

SEPTEMBER

Dining Menu



1 Friday

LUNCH Egg Salad Sandwich & Mango Cabbage Slaw **OR** Penne Primavera
DESSERT Mandarin Orange
DINNER Steak & Potatoes **OR** Vegetable Napoleon with Rice Pilaf
DESSERT Umali

2 Saturday

LUNCH Smoked Salmon on Cream Cheese Bagel **OR** Cabbage Rolls & Perogies
DESSERT Watermelon & Blueberries
DINNER Turkey a la King & Caprese Chicken **OR** Salisbury Steak
DESSERT Baked Apple

3 Sunday

LUNCH Roast Turkey on Brioche **OR** Vegetable Strata & Tossed Salad
DESSERT Red Grapes
DINNER Veal Marsala & Brown Rice **OR** Cheese Tortellini in Tomato Sauce
DESSERT Fresh Fruit Cup

4 Monday

LUNCH Veggie Burger **OR** Spanakopita with Carrot & Celery Sticks
DESSERT Rainbow Fruit Salad
DINNER Beef Stew & Mashed Potatoes **OR** Penne Primavera & Wheat Roll
DESSERT Blueberry Cobbler

5 Tuesday

LUNCH Lime Dill Tuna Sandwich **OR** Falafel Pita
DESSERT Chocolate Mousse
DINNER Roast Chicken & Jambalaya Rice **OR** Corned Beef & Whole Wheat Roll
DESSERT Coconut Cake

6 Wednesday

LUNCH BBQ Pulled Chicken Sandwich **OR** Apple French Toast
DESSERT Rice Pudding
DINNER Rotini in Meat Sauce & Garlic Bread **OR** Quinoa Chicken Tenders
DESSERT Cranapple Crunch

7 Thursday

LUNCH Salmon Salad Sandwich **OR** Garden Chili
DESSERT Banana Yogurt
DINNER Meatloaf & Roasted Potatoes **OR** Chicken Thigh with Gravy & Wheat Roll
DESSERT Chocolate Mousse

8

LUNCH Roasted Vegetable Sandwich **OR** Italian Style Macaroni
DESSERT Cantaloupe & Strawberries
DINNER Lemon Butter Salmon & Rice **OR** Shepherd's Pie with Duchess Potato Top
DESSERT Brownie

9

LUNCH Chicken Cheese Burger **OR** Roasted Portobello Mushroom Salad
DESSERT Poached Pears
DINNER Turkey a la King & Broccoli Polonaise **OR** Baked Basa
DESSERT Watermelon with Mint

10

LUNCH Salmon Salad Croissant **OR** Grilled Veggie Sandwich
DESSERT Fresh Fruit Salad
DINNER **Featured Resident Dinner**
**If you want to be the Resident Chef of the Month see Reception*

11

LUNCH Grilled Cheese Sandwich **OR** Cottage Cheese Plate & Muffin
DESSERT Yogurt & Berries
DINNER Teriyaki Chicken **OR** Traditional Beef Stew
DESSERT Apple Loaf

12

LUNCH Egg Salad Sandwich **OR** Chickpea Tagine
DESSERT Fresh Grapes
DINNER Penne Alfredo **OR** Herbed Baked Salmon & Mashed Potato
DESSERT Cinnamon Mango Pudding

13

LUNCH Deli Turkey Sandwich **OR** Tuna Salad Platter
DESSERT Tapioca Pudding
DINNER Coconut Chicken Stew & Broccoli **OR** Breaded Cod & Rice
DESSERT Yellow Cake

14

LUNCH Pastrami on Rye **OR** Falafel Croissant
DESSERT Vanilla Mousse
DINNER Thai Curry & Brown Rice **OR** Vegetable Lasagna & Garlic Bread
DESSERT Carrot Cake

15

LUNCH Philly Cheese Sandwich **OR** Potato & Cheese Frittata
DESSERT Pineapple & Chocolate
DINNER Roast Beef & Yorkshire Pudding **OR** Pesto Tilapia
DESSERT Watermelon & Blueberries

16

LUNCH Pita Pocket with Falafel **OR** Grilled Salmon
DESSERT Bananas & Orange
DINNER Sweet & Sour Chicken **OR** Baked Portobello Mushroom & Rice
DESSERT Angel Food Cake

17

LUNCH Lemon Chicken Sandwich **OR** Maple Pancakes
DESSERT Fruit Cup
DINNER Breaded Tilapia & Steamed Rice **OR** Chicken Mango Salad
DESSERT Baked Apple

18

LUNCH BBQ Tofu Sandwich **OR** Veggie Burger
DESSERT Red Grapes
DINNER Beef Goulash & Mashed Potato **OR** Vegetable Napoleon
DESSERT Blueberry Cobbler

19

LUNCH Vegetable Stir Fry **OR** Spanakopita
DESSERT Watermelon & Mint
DINNER Chicken Wings **OR** BBQ Meatball Slider with Caesar Salad
DESSERT Vanilla Pudding

20

LUNCH Bagel & Smoked Salmon **OR** Salisbury Steak
DESSERT Poached Pears
DINNER Southern Fried Chicken **OR** Parmesan Crusted Salmon
DESSERT Peach Upside-Down Cake

21

LUNCH Roast Turkey Sandwich **OR** Mushroom Quiche
DESSERT Mandarin Oranges
DINNER Baked Basa & Rice Pilaf **OR** Tuna Cobb Salad & Bread Roll
DESSERT Watermelon & Mint

22

LUNCH Egg Salad Sandwich **OR** Moroccan Basa
DESSERT Pineapple & Chocolate
DINNER Steak & Mashed Potato **OR** Vegetable Napoleon & Rice Pilaf
DESSERT Flourless Chocolate Cake

23

LUNCH Vegetarian Chili **OR** Lemon Pepper Salmon
DESSERT Strawberry Compote
DINNER Balsamic Chicken **OR** Tortellini & Peppers
DESSERT Rice Pudding

24

LUNCH Smoked Meat Sandwich **OR** Veal Parmesan
DESSERT Poached Pears
DINNER Tandoori Chicken **OR** Chefs Salad with Egg, Cheese and Chicken
DESSERT Cherry Tart

25

LUNCH Homemade BBQ Burger **OR** Vegetarian Cassoulet
DESSERT Oranges & Bananas
DINNER Penne with Meatballs **OR** Fennel Chicken & Garlic Bread
DESSERT Peach Crisp

26

LUNCH Monte Cristo **OR** Zesty Orange Fish
DESSERT Mixed Yogurt & Fruit
DINNER Turkey Schnitzel & Gravy **OR** Shepherd's Pie & Roast Potatoes
DESSERT Jello with Fruit

27

LUNCH Tuna Melt **OR** Liver & Onions
DESSERT Honeydew Melon
DINNER Meat Lover Pizza **OR** Tomato Mozzarella Sandwich
DESSERT Chocolate Cake

28

LUNCH Ruben Pastrami Sandwich **OR** Manicotti
DESSERT Cantaloupe & Strawberries
DINNER Meatloaf & Mashed Potato **OR** Penne Florentine & Garlic Bread
DESSERT Rice Pudding

29

LUNCH Chicken Souvlaki Pita **OR** Breaded Cod
DESSERT Red Grapes
DINNER Chicken Kiev & Mashed Potato **OR** Pasta Primavera & Garlic Bread
DESSERT Carrot Cake

30

LUNCH Tofu Sandwich **OR** Potato Pancakes
DESSERT Pineapple & Chocolate
DINNER Cabbage Rolls & Perogies **OR** Beef Liver & Onions
DESSERT Chocolate Mousse



SEPTEMBER

Dining Menu



1 Friday

LUNCH Homemade Knishes
OR Vegetable Frittata
DESSERT Mandarin Orange
DINNER Beef Burgundy &
Steamed Rice *OR* Chicken
Curry & Butternut Squash
DESSERT Angel Food Cake with
Strawberries

2 Saturday

LUNCH Egg Salad Sandwich
OR Veggie Bean Cholent
DESSERT Watermelon &
Blueberries
DINNER Roasted Turkey
Sandwich & Coleslaw *OR*
Beef Cholent & Coleslaw
DESSERT Baked Apple

3 Sunday

LUNCH Lox Bagel *OR* Vegetable
Strata
DESSERT Red Grapes
DINNER Roasted Turkey Breast &
Rice Pilaf *OR* Peppered
Beef Steak & Sautéed
Spinach
DESSERT Fresh Fruit Cup

4 Monday

LUNCH Grilled Cheese Sandwich
OR Spinach Mushroom
Crepes
DESSERT Rainbow Fruit Salad
DINNER Grilled Salmon & Potato
Pancakes *OR* Penne Pasta
with Grilled Veggies
DESSERT Blueberry Cobbler

5 Tuesday

LUNCH French Tartiflette *OR*
Strawberry Cream Crepes
DESSERT Vanilla Bavaois
DINNER Poulet de Provincial &
Vichy Carrots *OR* Beef
Bourguignon & Pomme
Duchesse
DESSERT Coffee Pots de Creme

6 Wednesday

LUNCH Falafel Pita Pockets *OR*
Apple French Toast
DESSERT Rice Pudding
DINNER Rotini with Meat Sauce
Garlic Bread *OR* Lemon
Butter Salmon & Whole
Wheat Roll
DESSERT Cranapple Crunch

7 Thursday

LUNCH Salsa & Cheese Sandwich
OR Herb Baked Tilapia
DESSERT Banana Yogurt
DINNER Stuffed Bell Pepper &
Broccoli *OR* Roasted
Chicken Thigh & Whole
Wheat Roll
DESSERT Chocolate Mousse

8

LUNCH Tuna Pita Pockets *OR*
Garden Chili with
Spinach Salad
DESSERT Cantaloupe & Strawberries
DINNER Roasted Lamb & Sweet
Potato *OR* Trout Caprese
& Braised Cabbage
DESSERT Brownie

9

LUNCH Roasted Mushroom
Salad *OR* Baked Penne
Marinara
DESSERT Poached Pears
DINNER Shepherd Pie & Herbed
Zucchini *OR* BBQ Chicken
Sandwich
DESSERT Watermelon & Mint

10

LUNCH Maple Pancakes with
Berries *OR* Spanakopita
DESSERT Fresh Fruit Salad
DINNER Turkey Dinner &
Cranberry Sauce *OR*
Grilled Trout & Whipped
Potatoes
DESSERT Honeydew Melon

11

LUNCH Tuna Salad Plate *OR*
Potato Latkes with Carrot
& Raisin Salad
DESSERT Yogurt & Berries
DINNER Chicken Teriyaki & Rice
OR Vegetable Pot Pie &
Roast Potatoes
DESSERT Apple Loaf

12

LUNCH Vegetable Thai Curry
OR Lemon Chicken
Sandwich
DESSERT Tapioca Pudding
DINNER Ginger Beef *OR* Chicken
Stir Fry & Baby Bok Choy
DESSERT Mango Coconut Rice
Pudding

13

LUNCH Salmon Salad Sandwich
OR Pasta Primavera
DESSERT Fresh Grapes
DINNER Asparagus & Swiss
Quiche & Glazed Carrots
OR Pot Roast & Gravy
with Glazed Carrots
DESSERT Yellow Cake

14

LUNCH Mediterranean Salad
with Hummus & Pita
Bread *OR* Veggie Burger
DESSERT Vanilla Mousse
DINNER Stuffed Bell Pepper &
Broccoli *OR* Chicken
Jambalaya
DESSERT Carrot Cake

15

LUNCH Egg Salad Sandwich *OR*
Lemon Pepper Salmon
DESSERT Pineapple & Chocolate
DINNER Beef Kabobs & Couscous
OR Caprese Chicken &
Roasted Zucchini
DESSERT Watermelon &
Blueberries

16

LUNCH Salmon Salad Croissant
OR Potato & Cheese
Frittata
DESSERT Bananas & Orange
DINNER Vegetable Lasagne *OR*
Hot Beef Sandwich &
Potato Wedges
DESSERT Angel Food Cake

17

LUNCH Vegetarian Pizza *OR*
Italian Mac & Cheese
DESSERT Fresh Fruit Ramekin
DINNER Quinoa Chicken Tenders
OR Roasted Salmon &
Roasted Red Potatoes
Broccoli & Carrots
DESSERT Baked Apple

18

LUNCH Chickpea Burger *OR*
Valencia Baked Basa with
Potato Wedges
DESSERT Red Grapes
DINNER Turkey Stroganoff *OR*
Moroccan Couscous
Salad & Roasted Zucchini
DESSERT Blueberry Cobbler

19

LUNCH Cheese & Bean Burritos
OR Tuna Quesadilla
DESSERT Watermelon & Mint
DINNER Beef & Rice Casserole
OR Mexican Chicken &
Brown Rice with Corn &
Peppers
DESSERT Key Lime Pie

20

LUNCH Egg Salad Sandwich *OR*
Vegetable Cheese Crepes
DESSERT Poached Pears
DINNER Penne with Grilled
Vegetables *OR* Pot Roast
& Whipped Potatoes
with Parsnips & Peas
DESSERT Pineapple Cake

21

LUNCH Salmon Salad Croissant *OR*
Cottage Cheese & Fruit
Plate with Muffin
DESSERT Mandarin Oranges
DINNER Chicken & Rice Casserole
OR Grilled Veggie
Skewers
DESSERT Watermelon & Mint

22

LUNCH Tuna Sandwich *OR* Red
Onion Quiche
DESSERT Pineapple & Chocolate
DINNER Maple Glazed Trout *OR*
Chicken Mushroom
Pasta with Cauliflower &
Red Peppers
DESSERT Chocolate Flourless Cake

23

LUNCH Vegetarian Chili & Beet
Salad *OR* Roasted
Portobello Mushroom
Salad
DESSERT Strawberry Compote
DINNER Salmon Salad *OR*
Vegetable Lasagne
DESSERT Rice Pudding

24

LUNCH Homemade Knishes *OR*
Vegetable Frittata
DESSERT Red Wine Poached Pears
DINNER Corned Beef & Mashed
Potatoes *OR* Trout
Almandine & Mashed
Potatoes
DESSERT Cherry Tart

25

LUNCH Chickpea Tagine *OR*
Egg Salad Sandwich with
Tomato Cucumber Salad
DESSERT Orange, Banana & Coconut
DINNER BBQ Hamburger & Fries
OR BBQ Chicken &
Whipped Potatoes
DESSERT Peach Crisp

26

LUNCH Ukrainian Fish Cutlets
with Potato Salad *OR*
Cabbage Rolls
DESSERT Mixed Yogurt & Fruit
DINNER Lamb Dushenia &
Cauliflower *OR* Deruni
(potato pancakes)
DESSERT Jello & Mixed Fruit

27

LUNCH Mushroom & Herb
Quiche *OR* Falafel Pita
Pockets
DESSERT Honeydew & Mint
DINNER Chicken Pot Pie *OR*
Herb Baked Salmon &
Butternut Squash
DESSERT Chocolate Cake

28

LUNCH Vegetable Strudel *OR*
Grilled Cheddar & Onion
Sandwich
DESSERT Cantaloupe &
Strawberries
DINNER Spaghetti & Meatballs *OR*
Chicken Korma & Rice
DESSERT Cinnamon Rice Pudding

29

LUNCH Mediterranean Salad
OR Lox with Bagel &
Cream Cheese
DESSERT Red Grapes
DINNER Shepherd's Pie *OR*
Stuffed Pepper with
Broccoli & Cauliflower
DESSERT Carrot Cake

30

LUNCH Roasted Turkey
Sandwich *OR* Vegetable
Frittata
DESSERT Pineapple & Chocolate
DINNER BBQ Chicken Sandwich
OR Moroccan Vegetable
Stew & Potatoes
DESSERT Chocolate Mousse

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