



# FEBRUARY LUNCH MENU



<p><b>4 Sunday</b></p> <p><b>SOUP</b> Cream of Tomato <b>MAIN</b> Grilled Cheese Sandwich <b>OR</b> Seared Salmon <b>OR</b> Black Bean Burger* <b>OR</b> Asian Vegetable Stir Fry* <b>DESSERT</b> Honeydew &amp; Mint</p>	<p><b>5 Monday</b></p> <p><b>SOUP</b> Vegetable Rice <b>MAIN</b> Seafood Salad Croissant <b>OR</b> Asian Vegetable Stir Fry <b>OR</b> Grilled Cheese* <b>OR</b> Chimmichurri Salmon* <b>DESSERT</b> Baked Apple with Caramel Sauce</p>	<p><b>6 Tuesday</b></p> <p><b>SOUP</b> Tuscany Garbanzo <b>MAIN</b> Beef Dip Sandwich with Au Jus <b>OR</b> Grilled Trout with Lemon <b>OR</b> Italian Smoked Meat* Sandwich <b>OR</b> Penne with Sausage in Marinara* <b>DESSERT</b> Tiramisu Parfait</p>	<p><b>7 Wednesday</b></p> <p><b>SOUP</b> Borscht with Sour Cream <b>MAIN</b> Lime Dill Tuna Sandwich <b>OR</b> Vegetable Strudel with Tarragon Cream <b>OR</b> Smoked Salmon Sandwich* <b>OR</b> Veggie Strudel <b>DESSERT</b> Fresh Grapes</p>	<p><b>8 Thursday</b></p> <p><b>SOUP</b> Lentil Soup <b>MAIN</b> Pastrami on Rye <b>OR</b> Broccoli Cheddar Quiche <b>OR</b> Grilled Vegetable Sandwich* <b>OR</b> Moroccan Vegetable Stew* <b>DESSERT</b> Fruit Cup</p>	<p><b>9 Friday</b></p> <p><b>SOUP</b> Mushroom Barley Soup <b>MAIN</b> Chicken Souvlaki Sandwich <b>OR</b> Breaded Cod <b>OR</b> Mediterranean Salad* <b>OR</b> Lox Bagel with Cream Cheese* <b>DESSERT</b> Red Grapes</p>	<p><b>3 Saturday</b></p> <p><b>SOUP</b> Vegetable Rice Soup <b>MAIN</b> Tofu Sandwich <b>OR</b> Potato Pancakes <b>OR</b> Vegetable Frittata* <b>OR</b> Roasted Turkey Sandwich* <b>DESSERT</b> Pineapple &amp; Chocolate</p>
<p><b>11</b></p> <p><b>SOUP</b> Corn Chowder <b>OR</b> Split Pea* <b>MAIN</b> Roasted Vegetable Sandwich <b>OR</b> Chicken Caesar Salad <b>OR</b> Berry Pancakes* <b>OR</b> Seared Salmon Pasta Salad* <b>DESSERT</b> Watermelon &amp; Mint</p>	<p><b>12</b></p> <p><b>SOUP</b> Minestrone <b>MAIN</b> Roast Beef Sandwich <b>OR</b> Vegetable Egg Frittata <b>OR</b> BBQ Tofu, Lettuce &amp; Tomato Sandwich* <b>OR</b> Homemade Vegetarian Lasagne* <b>DESSERT</b> Banana &amp; Orange</p>	<p><b>13</b></p> <p><b>SOUP</b> Split Pea <b>MAIN</b> Grilled Cheddar with Onion &amp; Tomato Sandwich <b>OR</b> Tuna Salad Plate <b>OR</b> Holishkes* <b>OR</b> Shakshuka* with Mashed Potatoes* <b>DESSERT</b> Honey Apple Cake</p>	<p><b>14</b></p> <p><b>SOUP</b> Cream of Tomato <b>OR</b> Cream of Mushroom* <b>MAIN</b> Chicken Salad on Brioche <b>OR</b> Turkey Chili <b>OR</b> Salmon Salad Croissant* <b>OR</b> Potato Latkes with Apple Sauce &amp; Cream* <b>DESSERT</b> Blueberry Loaf</p>	<p><b>15</b></p> <p><b>SOUP</b> White Bean <b>MAIN</b> Veggie Burger <b>OR</b> Three Cheese Quiche <b>OR</b> Tuna Cobb Salad Plate* <b>OR</b> Penne with Tomato Soya Meat Sauce* <b>DESSERT</b> Strawberries &amp; Cantaloupe</p>	<p><b>16</b></p> <p><b>SOUP</b> Autumn Pumpkin <b>OR</b> Cream of Tomato* <b>MAIN</b> Egg Salad on Brioche <b>OR</b> Penne Primavera <b>OR</b> Homemade Knishes* <b>OR</b> Vegetable Frittata* <b>DESSERT</b> Mandarin Orange Slices</p>	<p><b>17</b></p> <p><b>SOUP</b> Chicken Noodle <b>MAIN</b> Smoked Salmon on Cream Cheese Bagel <b>OR</b> Cabbage Rolls &amp; Perogies <b>OR</b> Egg Salad Sandwich* <b>OR</b> Veggie Bean Cholent* <b>DESSERT</b> Watermelon &amp; Blueberries</p>
<p><b>18</b></p> <p><b>SOUP</b> Potato &amp; Leek* <b>MAIN</b> <b>Sunday Brunch</b> <b>OR</b> Lox Plate with Cream Cheese Bagel* <b>OR</b> Vegetable Strata* <b>DESSERT</b> Red Grapes*</p>	<p><b>19</b></p> <p><b>SOUP</b> Cream of Broccoli <b>MAIN</b> Veggie Burger <b>OR</b> Spanikopita <b>OR</b> Spinach Mushroom Crepes* <b>OR</b> Grilled Cheese &amp; Tomato Sandwich* <b>DESSERT</b> Rainbow Fruit Salad</p>	<p><b>20</b></p> <p><b>SOUP</b> French Onion <b>MAIN</b> Lime Dill Tuna Sandwich <b>OR</b> Falafel Sliders <b>OR</b> French Tartiflette* <b>OR</b> Strawberry Crepes* <b>DESSERT</b> Chocolate Mousse <b>OR</b> Vanilla Bavaois*</p>	<p><b>21</b></p> <p><b>SOUP</b> Cream of Cauliflower <b>MAIN</b> BBQ Chicken Sandwich <b>OR</b> French Toast with Apple Sauce <b>OR</b> Falafel Pita Pockets* <b>OR</b> Apple French Toast* <b>DESSERT</b> Rice Pudding</p>	<p><b>22</b></p> <p><b>SOUP</b> White Bean <b>MAIN</b> Salmon Salad Sandwich <b>OR</b> Garden Chili <b>OR</b> Baked Cheese Sandwich with Salsa* <b>OR</b> Herb Baked Tilapia* <b>DESSERT</b> Banana Yogurt</p>	<p><b>23</b></p> <p><b>SOUP</b> Pepper Cabbage Soup <b>MAIN</b> Roasted Vegetable Sandwich <b>OR</b> Macaroni &amp; Cheese <b>OR</b> Tuna Pita Pockets* <b>OR</b> Garden Chili* <b>DESSERT</b> Cantaloupe &amp; Strawberries</p>	<p><b>24</b></p> <p><b>SOUP</b> Mulligatawny <b>MAIN</b> Chicken Burger <b>OR</b> Portobello Mushroom Salad <b>OR</b> Baked Penne Marinara* <b>OR</b> Portobello Mushroom Salad* <b>DESSERT</b> Poached Pears</p>
<p><b>25</b></p> <p><b>SOUP</b> Cream of Mushroom <b>MAIN</b> Salmon Salad Croissant <b>OR</b> Grilled Vegetable Sandwich <b>OR</b> Maple Pancakes* <b>OR</b> Spanakopita* <b>DESSERT</b> Fruit Salad</p>	<p><b>26</b></p> <p><b>SOUP</b> Vegetable Lentil <b>MAIN</b> Grilled Cheddar Sandwich <b>OR</b> Fish Sticks &amp; French Fries <b>OR</b> Tuna Salad Quinoa Plate* <b>OR</b> Potato Latkes* <b>DESSERT</b> Yogurt &amp; Berries</p>	<p><b>27</b></p> <p><b>SOUP</b> Carrot &amp; Ginger <b>MAIN</b> Egg Salad Sandwich <b>OR</b> Chickpea Tagine <b>OR</b> Vegetable Thai Curry* <b>OR</b> Lemon Chicken Sandwich* <b>DESSERT</b> Tapioca Pudding</p>	<p><b>28</b></p> <p><b>SOUP</b> Vegetable Rice <b>MAIN</b> Deli Turkey Sandwich <b>OR</b> Tuna Salad Platter <b>OR</b> Salmon Salad Sandwich* <b>OR</b> Pasta Primavera with Red Pepper* <b>DESSERT</b> Fresh Grapes</p>			

Menu subject to change





# FEBRUARY DINNER MENU



<p><b>4 Sunday</b></p> <p><b>SALAD</b> Mixed Greens <i>OR</i> Carrot Raisin*</p> <p><b>MAIN</b> Chimmichurri Chicken Thigh <i>OR</i> Breaded Tilapia <i>OR</i> BBQ Braised Short Ribs* <i>OR</i> Cajun Salmon*</p> <p><b>DESSERT</b> Chocolate Brownie</p>	<p><b>5 Monday</b></p> <p><b>SALAD</b> Spinach</p> <p><b>MAIN</b> Rotini in Meat Sauce <i>OR</i> Chicken Stew <i>OR</i> Salisbury Steak* <i>OR</i> Apple Chicken Sandwich*</p> <p><b>DESSERT</b> Pear Crisp</p>	<p><b>6 Tuesday</b></p> <p><b>SOUP</b> Tomato Basil*</p> <p><b>MAIN</b> BBQ Beef Short Ribs <i>OR</i> Egg Salad Platter with Tomato &amp; Cucumber <i>OR</i> Rotini in Bolognese* <i>OR</i> Italian Bean Stew*</p> <p><b>DESSERT</b> Fruit &amp; Custard</p>	<p><b>7 Wednesday</b></p> <p><b>SALAD</b> Pear Waldorf <i>OR</i> Cucumber Onion*</p> <p><b>MAIN</b> Baked Chicken Breast <i>OR</i> Breaded Cod <i>OR</i> Lazy Cabbage Rolls* <i>OR</i> Meat Pie*</p> <p><b>DESSERT</b> Chocolate Hazelnut Cake</p>	<p><b>8 Thursday</b></p> <p><b>SALAD</b> Garlic Chickpea</p> <p><b>MAIN</b> Pot Roast Beef <i>OR</i> Spinach &amp; Cheese Manicotti <i>OR</i> Grilled Salmon* <i>OR</i> Roast Turkey Sandwich*</p> <p><b>DESSERT</b> Cantaloupe &amp; Honeydew</p>	<p><b>9 Friday</b></p> <p><b>SOUP</b> Tomato Macaroni <i>OR</i> Chicken Matzo Ball*</p> <p><b>MAIN</b> Chicken ala Kiev <i>OR</i> Pasta Primavera <i>OR</i> Shepherd's Pie* <i>OR</i> Stuffed Pepper*</p> <p><b>DESSERT</b> Carrot Cake</p>	<p><b>10 Saturday</b></p> <p><b>SALAD</b> Tossed Salad</p> <p><b>MAIN</b> Cabbage Rolls <i>OR</i> Liver &amp; Onions <i>OR</i> BBQ Chicken Sandwich* <i>OR</i> Moroccan Vegetable Stew*</p> <p><b>DESSERT</b> Chocolate Mousse</p>
<p><b>11</b></p> <p><b>SALAD</b> Tossed</p> <p><b>MAIN</b> Teriyaki Chicken <i>OR</i> Herb Crusted Salmon <i>OR</i> Chicken Cacciatore* <i>OR</i> Honey Soy Grilled Salmon*</p> <p><b>DESSERT</b> Pineapple &amp; Banana</p>	<p><b>12</b></p> <p><b>SOUP</b> Kale Caesar <i>OR</i> Garden Rainbow*</p> <p><b>MAIN</b> Tuscany Turkey Breast <i>OR</i> Shepherd's Pie <i>OR</i> Chimmichurri Chicken* <i>OR</i> Hamburger on a Bun*</p> <p><b>DESSERT</b> Lemon Tart</p>	<p><b>13</b></p> <p><b>SOUP</b> Florentine Soup</p> <p><b>MAIN</b> Beef Burgundy <i>OR</i> BBQ Chicken <i>OR</i> Hameen* <i>OR</i> Sephardic Moroccan Fish*</p> <p><b>DESSERT</b> Chocolate Chickpea Cake <i>OR</i> Kichel*</p>	<p><b>14</b></p> <p><b>SALAD</b> Tossed</p> <p><b>MAIN</b> Butter Chicken <i>OR</i> Valencia Basa <i>OR</i> BBQ Chicken* <i>OR</i> Eggplant &amp; Green Chutney Sandwich*</p> <p><b>DESSERT</b> Bread Pudding</p>	<p><b>15</b></p> <p><b>SALAD</b> Garden</p> <p><b>MAIN</b> Orange Beef Stir Fry <i>OR</i> Homemade Vegetarian Lasagne <i>OR</i> Orange Beef Stir Fry* <i>OR</i> Pastrami on Rye*</p> <p><b>DESSERT</b> Blueberry Tart</p>	<p><b>16</b></p> <p><b>SOUP</b> Italian Vegetable <i>OR</i> Matzo Ball*</p> <p><b>MAIN</b> Steak <i>OR</i> Vegetable Napoleon <i>OR</i> Beef Burgundy* <i>OR</i> Chicken Curry*</p> <p><b>DESSERT</b> Umali <i>OR</i> Strawberry Angel Food Cake*</p>	<p><b>17</b></p> <p><b>SALAD</b> Tossed</p> <p><b>MAIN</b> Caprese Chicken <i>OR</i> Salisbury Steak <i>OR</i> Roasted Turkey Sandwich* <i>OR</i> Veggie Bean Cholent*</p> <p><b>DESSERT</b> Baked Apple with Raisins</p>
<p><b>18</b></p> <p><b>SALAD</b> Tomato Basil</p> <p><b>MAIN</b> Veal Roulade <i>OR</i> Cheese Tortellini in Tomato Sauce <i>OR</i> Roasted Turkey Breast* <i>OR</i> Peppered Beef Steak*</p> <p><b>DESSERT</b> Fresh Fruit Cup</p>	<p><b>19</b></p> <p><b>SALAD</b> Beet</p> <p><b>MAIN</b> Fish Burger <i>OR</i> Chicken Wings <i>OR</i> Grilled Salmon with Lemon* <i>OR</i> Penne Pasta with Herbed Vegetables*</p> <p><b>DESSERT</b> Blueberry Cobbler</p>	<p><b>20</b></p> <p><b>SOUP</b> Chicken &amp; Rice</p> <p><b>MAIN</b> Roast Chicken <i>OR</i> Corned Beef <i>OR</i> Poulet de Provençal* <i>OR</i> Beef Bourguignon*</p> <p><b>DESSERT</b> Coconut Cake <i>OR</i> Coffee Pots de Crème*</p>	<p><b>21</b></p> <p><b>SALAD</b> Carrot &amp; Pineapple</p> <p><b>MAIN</b> Rotini in Meat Sauce <i>OR</i> Orange Baked Tilapia <i>OR</i> Rotini in Meat Sauce* <i>OR</i> Seared Salmon with Lemon Butter Sauce*</p> <p><b>DESSERT</b> Cranapple Crunch</p>	<p><b>22</b></p> <p><b>SALAD</b> Romaine</p> <p><b>MAIN</b> Meatloaf with Onion Gravy <i>OR</i> Chicken Thigh <i>OR</i> Stuffed Bell Pepper* <i>OR</i> Rosemary Roasted Chicken Thigh*</p> <p><b>DESSERT</b> Chocolate Mousse</p>	<p><b>23</b></p> <p><b>SOUP</b> Roasted Red Pepper <i>OR</i> Chicken Matzo Ball*</p> <p><b>MAIN</b> Seared Haddock <i>OR</i> Shepherd's Pie <i>OR</i> Roasted Lamb* <i>OR</i> Trout Caprese*</p> <p><b>DESSERT</b> Chocolate Brownie</p>	<p><b>24</b></p> <p><b>SALAD</b> Caesar</p> <p><b>MAIN</b> Turkey Al a King with Sage <i>OR</i> Baked Basa with Lemon <i>OR</i> Shepherd's Pie* <i>OR</i> BBQ Chicken Sandwich*</p> <p><b>DESSERT</b> Watermelon &amp; Mint</p>
<p><b>25</b></p> <p><b>SALAD</b> <i>Resident's Choice TBD</i> <i>OR</i> Three Bean*</p> <p><b>MAIN</b> <i>Resident's Choice TBD</i> <i>OR</i> Turkey Dinner* <i>OR</i> Grilled Trout Almandine*</p> <p><b>DESSERT</b> <i>Resident's Choice TBD</i> <i>OR</i> Honeydew &amp; Mint*</p>	<p><b>26</b></p> <p><b>SALAD</b> Tossed</p> <p><b>MAIN</b> Teriyaki Chicken <i>OR</i> Traditional Beef Stew <i>OR</i> Chicken Teriyaki with Green Onion* <i>OR</i> Vegetable Pot Pie*</p> <p><b>DESSERT</b> Apple Loaf</p>	<p><b>27</b></p> <p><b>SOUP</b> French Onion</p> <p><b>MAIN</b> Penne Alfredo <i>OR</i> Herbed Baked Trout <i>OR</i> Ginger Beef* <i>OR</i> Chicken Stir Fry*</p> <p><b>DESSERT</b> Mango Coconut Rice Pudding</p>	<p><b>28</b></p> <p><b>SALAD</b> Tossed</p> <p><b>MAIN</b> BBQ Beef Short Ribs <i>OR</i> Breaded Cod <i>OR</i> Asparagus Quiche* <i>OR</i> Pot Roast &amp; Gravy*</p> <p><b>DESSERT</b> Yellow Cake &amp; Icing</p>			

Menu subject to change

