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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Chocolate CroissantApple  | Peanut Butter Muffin Orange  | Cheese Scone Fresh Fruit Bowl | Raisin Bread w/P.ButterApple  | Blueberry Scone Banana | Bran & Raisin Muffin Orange  | Assorted PastryFresh Fruit Bowl |
| **2pm Snack** | Banana Loaf  | Butter Tarts | Date Square  | Pumpkin Loaf  | Bavarian Fruit Tart  | Lemon Loaf  | Assorted Tarts/Squares  |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Bacon | House Salad (Italian) | House Salad w/Chicken  | House Salad w/Egg | House Salad w/Nuts  | House Salad (Greek)  |
| **Lunch****1st Seating 11:30am****2nd Seating 12:30 pm****Dessert Tray**Yogurt, Jell-0,Ice Cream, Fruit | Baked Salmonw/BBQ Mayo**OR**Chicken Cordon Bleu **With**Lyonnais PotatoCauliflower Peas **Dessert Tray** |  Roasted Pork Loin Kalbi Marinated**OR**Teriyaki Chicken**With**Jasmine Rice Stir-Fry Romaine PEI Vegetables **Dessert Tray** | Shepheard’s Pie**OR**Steamed Codw/Ginger & Scallion**With**Mashed PotatoGlazed Carrot Broccoli **Dessert Tray** | **Brunch Menu** **Residents Choice** Pancake w/StrawberryHashbrown Scrambled EggsSausage Fruit **Dessert Tray** | Sole FishMediterranean Style**OR**Hamw/Sweet Spiced**With**Rice Pilaf Vegetable Blend(Pick Of the Day)**Dessert Tray** | Chicken Piccataw/Caper Cream Sauce**OR**Beef Chili w/Sour Cream**With**Roasted YamBell PepperCorn **Dessert Tray** | Roasted Pork w/Sage & Apple **OR**Slow Cooked Chickenw/Mango Salsa**With**Roasted Herbs PotatoBrussels Sprout & WalnutsHarvard Beets**Dessert Tray** |
| **Supper****1st Seating****4:30 pm****2nd Seating****5:30 pm** | Cream of MushroomRuben Sandwichw/Swiss Cheese & Sauerkraut**OR**Breaded Fish**With**Potato salad**Feature Dessert**Chocolate Pudding  | Ham & Pea SoupTurkey Burgerw/Cranberry Mayo**OR**Cheese OmeletteDinner Roll**With**Mixed Bean Salad**Feature Dessert**Berries Cheesecake | Tomato Basil SoupMeat Lover’s Pizza **OR**Chicken Wrap(Lettuce, Tomato, Cucumber, Red Onion & Caesar Dressing)**With**Garden Salad**Feature Dessert**Peach Cake | Harvest Squash Soup Spaghettiw/Meat Sauce**OR**Salmon Quiche**With**Chef SaladFruits**Feature Dessert**Apple Pie w/ice Cream | Lemon Orzo Soup Spanakopita **OR**Chicken Souvlaki **With**Pita BreadGreek Salad Tzatiki Sauce **Feature Dessert**Lemon Pudding | Mushroom Barley SoupTomato Pasta Primavera**OR**Turkey BLT Wrap(Bacon, Lettuce, Tomato & Ranch)**With**Italian Salad**Feature Dessert**Orange Cake | Borscht SoupBeef Stew w/Bacon & Red Wine **OR**Tuna Sandwich**With**French Bistro SaladDinner Roll **Feature Dessert**Pecan Pie |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Banana Walnut MuffinFruit Cocktail | Apple StrudelApple | Bagels w/Cream CheesFresh Fruit Bowl | Herb & Cheese SconeOrange | Mixed Berry MuffinBanana | Raisin SconeApple | Assorted PastryFresh Fruit Bowl |
| **2pm Snack** | Lemon Poppy Loaf | Pumpkin Loaf | Raisin Tarts | Berry Loaf | Squares  | Banana Loaf  | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Bacon | House Salad w/Veg | House Salad w/Salmon  | House Salad w/Veg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch****1st Seating 11:30am****2nd Seating 12:30 pm****Dessert Tray**Yogurt, Jell-0,Ice Cream, Fruit | Green Curry Chicken (Coconut Milk & Basil)**OR**Oktoberfest Sausage**With**Pineapple &Raisin Fried Rice Thai Vegetables Mix**Dessert Tray** | Honey Garlic Chicken**OR**BBQ Pork Ribs**With**Garlic Whipped PotatoBraised Red CabbageCitrus ArtichokesCorn Salsa**Dessert Tray** | Oriental Beefw/Bell Pepper **OR**Steamed Haddock**With**Chow MienVegetable Medley (Broccoli, Cabbage, Mushroom, Carrot)**Dessert Tray** | Chicken Pesto**OR**Liver & Onion**With**Rice Pilaf Vegetable Blend(Pick Of the Day)**Dessert Tray** | Curry Fish**OR**Pork Chop**With**Rice Pilaf Spaghetti Squash Carrots **Dessert Tray** | Captain Fish Burger**OR**Cheeseburger **With**Roasted PotatoGreen Apple SlawOrange Wedges**Dessert Tray** | Prime Rib Gravy/Horseradish**With**Baked Potato w/Sour CreamYorkshire Pudding Garlic Mushrooms Green Beans**ALT:** Chicken **Dessert Tray** |
| **Supper****1st Seating****4:30 pm****2nd Seating****5:30 pm** | Chickpeas Veg SoupBeer Battered Fishw/Lemon Aioli Sauce **OR**Monte Cristo Sandwich**With**Mixed Bean SaladOranges **Feature Dessert**Apricots Halves  | Cream of Mushroom Spanish Omeletw/Red Pepper, Spinach& Dinner Roll**OR**Perogies w/Bacon **With**Beet & Spinach Salad**Feature Dessert**Berry Panna Cotta  | French Onion SoupBeef Hotdog**OR**Crispy Turkey Sandwich**With**ColeslawFruit Slice**Feature Dessert**Coconut Pie | Broccoli Cheese Soup Tuna CasseroleDinner Roll**OR**Eggs Benedict **With**Mixed Green Salad Honeydew Wedge**Feature Dessert**Peach Crumble  | Navy Bean SoupHam & Pineapple Pizza**OR****Cold Deli Plate**Deli Meat w/Bun,Cheese, Egg,Pickles & Olives **With**House Salad**Feature Dessert**Baked Apples & Raisin  | Cream of Celery SoupMediterranean Pasta(Feta Cheese, Olives, Artichoke, Tomato)**OR**Veal Parmesan **With**Chickpea SaladGarlic Bread **Feature Dessert**Tiramisu  | Hot & Sour SoupBeef Sandwichw/Carrot, Cucumber, Cilantro & Hoisin Mustard Mayo**OR**Cabbage RollsGarlic Bread**With**Garden Salad **Feature Dessert**Blueberry Pie  |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Coconut Bran MuffinOrange | Apple SconeBanana | CroissantFresh Fruit Bowl | Raisin Bread w/P.ButterApple | Bagel w/Cr. CheeseBanana | Banana MuffinOrange | Assorted PastryFresh Fruit Bowl |
| **2pm Snack** | Streusel | Carrot Loaf  | Squares | Chocolate Chip Loaf | Pumpkin Tart  | Cranberry Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Veg | House Salad w/Bacon | House Salad w/ Veg | House Salad w/Chicken | House Salad w/Nuts | Classic House Salad |
| **Lunch****1st Seating 11:30am****2nd Seating 12:30 pm****Dessert Tray**Yogurt, Jell-0,Ice Cream, Fruit | Baked Hamw/Caramelized Apple**OR**Turkey Sausage**With**Garlic Mashed PotatoGreen beansCarrots**Dessert Tray** | Tandoori Chicken**OR**Pineapple Pork Stir-Fryw/Peanut & Peppers**With**Saffron Jasmine RiceBroccoliBeets**Dessert Tray** | Beef Short Ribs**OR**Shrimp Skewerw/Garlic Butter**With**Lyonnais PotatoRed PepperPea**Dessert Tray** | Roasted Chickenw/Herbs Gravy**OR**Corned Beef**With**Scalloped PotatoesBrussels SproutCauliflower**Dessert Tray** | Herbed Sole Fish**OR**Meatloaf w/Red Wine Gravy **With**Roast PotatoBaked YamSautéed Spinach**Dessert Tray** | **Brunch Menu****Residents Choice**Waffles w/Berry Whipped CreamHashbrownSausageBoiled Egg**Dessert Tray** | Roast Turkey **OR**Veal Cutletw/Mushroom Gravy**With**Sweet Potato Glazed Carrots Grilled Zucchini**Dessert Tray** |
| **Supper****1st Seating****4:30 pm****2nd Seating****5:30 pm** | Pumpkin Harvest SoupMeat Lasagna **OR**Cheese Omelet w/Caramelized Onions & Garlic bread**With**Italian Salad **Feature Dessert**Baked Banana | Corn & Egg Soup Sausage Bean Stew **OR**Seafood Cake w/Aioli Sauce **With**Beet & Feta SaladMelon **Feature Dessert**Tapioca Pudding | Turkey SoupTuna Sandwich**OR**Vegetable Egg Roll w/Sweet & Sour Sauce **With**Honey Sesame SaladOrange Wedge**Feature Dessert**Condensed Milk Flan |  Beef Minestrone SoupTortellini Pastaw/Tomato Cream Sauce **OR**Cod Nuggets**With**House SaladGarlic Bread**Feature Dessert**Fruit Crisp | Spinach Cream SoupChef’s Special Wings**OR**Smoked Salmon (Open Face Sandwich)**With**Caesar Salad Dinner Roll **Feature Dessert**Apple Pie w/ice Cream  | Carrot Ginger SoupVegetarian Burger**OR**Bacon Quiche**With**Potato Saladw/House Garnish**Feature Dessert**Chocolate Cake | Clam Chowder Soup Cabbage Rolls**OR**Macaroni & Cheese**With**French Bistro SaladFresh Fruit Cut**Feature Dessert**Pineapple Parfait |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Herb & Cheese SconeApple  | Morning Glory Muffin Orange  | Tea Biscuit w/JamFresh Fruit Bowl | French Toast w/JamApple  | Blueberry Scone Banana | Cranberry MuffinOrange  | Assorted PastryFresh Fruit Bowl |
| **2pm Snack** | Banana Loaf  | Butter Tarts | Date Square  | Lemon Loaf  | Bavarian Fruit Tart  | Pumpkin Loaf  | Assorted Tarts/Squares  |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Bacon | House Salad (Italian) | House Salad w/Chicken | House Salad w/Egg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch****1st Seating 11:30am****2nd Seating 12:30 pm****Dessert Tray**Yogurt, Jell-0,Ice Cream, Fruit |  Steamed Codw/Ginger & Scallion**OR**Chicken Stir-Fry w/Peanut & Scallion**With**Jasmine Rice Stir-Fry Romaine PEI Vegetables **Dessert Tray** | Cordon Bleu Chickenw/Gravy**OR**Salmonw/Chive Cream Sauce**With**Hungarian PotatoGlazed Carrots Green Bean**Dessert Tray** | Lamb Curryw/Mint Yogurt**OR**Pork Chopw/Honey Garlic Glaze**With**Rice PilafVegetable Blend(Pick of the Day)**Dessert Tray** | Seafood Medley in Cream Sauce**OR**Chicken Schnitzel w/Gravy & Cranberry**With**Whipped PotatoGrilled ZucchiniRoasted Bell Pepper **Dessert Tray** | Beef Stir-Fryw/Green Pepper & Mushroom**OR** Teriyaki Salmon**With**Fried RiceVegetable Medley (Broccoli, Corn, Mushroom, Carrot)**Dessert Tray** |  Chicken Breast w/Mustard &Mango Salsa**OR**Farmers Sausage**With**Tomato Penne PastaHarvard BeetsButtered Pea **Dessert Tray** | Roasted BeefGravy/Horseradish**With**Baked Potato(Sour Cream/Green Onion)Yorkshire Pudding Garlic MushroomsPEI Vegetable**ALT:** Chicken **Dessert Tray** |
| **Supper****1st Seating****4:30 pm****2nd Seating****5:30 pm** | Mushroom Rice SoupClub Sandwichw/Ham & Cheddar**OR**Turkey Sandwich**With**Mixed Bean SaladOrange Slice **Feature Dessert**Pumpkin Pie  | Borscht SoupPesto Chicken **OR**Beef Stroganoff**With**Penne PastaHouse Salad Fruit Slices **Feature Dessert**Mango Pudding  | Potato SoupRuben Sandwichw/Beef & Sauerkraut**OR**Breaded Fishw/Citrus Dill Aioli **With**Caesar Salad **Feature Dessert**Cheese Cake | Hearty Minestrone Soup Eggs Benedict **OR**Perogiesw/Sausage**With**Garden SaladDinner Roll **Feature Dessert**Cinnamon Baked Apples w/raisins  | Creamy Squash Soup Cottage CheeseBran MuffinFruit**OR**Chicken Skewersw/Peanut SauceHouse Salad**Feature Dessert**Strawberry Cream Pie | Tomato Basil Soup Swedish Turkey Ball**OR**Captain Fish Burger**With**Potato SaladColeslawFruit Slice**Feature Dessert**Iced Lemon Cake  | Italian SoupPizza Margherita **OR**Fettuccini Carbonaraw/Cream & Ham**With**Spinach Salad Fruits**Feature Dessert**Peach Cobbler |

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| **Week 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Banana MuffinOrange | Apple StrudelBanana | Waffle w/JamFresh Fruit Bowl | Peanut Butter Muffin Apple | Bagel w/Cr. CheeseBanana | Coco Pineapple MuffinOrange | Assorted PastryFresh Fruit Bowl |
| **2pm Snack** | Fruit Tart  | Brownies  | Pumpkin Loaf  | Date Square  | Chocolate Croissant | Walnut Loaf  | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Chicken | House Salad (Italian) | Classic House Salad  | House Salad w/Egg | House Salad w/Nuts  | House Salad (Greek)  |
| **Lunch****1st Seating 11:30am****2nd Seating 12:30 pm****Dessert Tray**Yogurt, Jell-0,Ice Cream, Fruit | Jerk Chicken**OR**Fried Fishw/Tamarind sauce**With**Jasmine Rice Steamed Vegetables (Mushroom, CarrotBaby Corn & Celery)**Dessert Tray** | Salisbury Steakw/Mushroom & Gravy**OR**Roasted BBQ Pork**With**Scalloped PotatoRoasted CornButtered Pea**Dessert Tray** | Thai Red Curry Shrimp **OR**Kung Pow Chicken w/Peanut & Pepper**With**Chow MienVegetable Medley (Broccoli, Cabbage, Mushroom, Carrot)**Dessert Tray** | **Brunch Day** French Toast w/Syrup Sausage Bacon HashbrownFresh Fruit **ALT:** Cheese Sandwich w/Fruit**Dessert Tray** | Chicken Cacciatorew/Olive & Mushroom**OR**Meatloafw/Gravy**With**Rice PilafBroccoli FloretsRoasted Bell Peppers**Dessert Tray** | Chicken Kiev**OR**Baked Haddock**With**Mashed PotatoSautéed SpinachSweet Potato **Dessert Tray** | Roast Lamb**OR**Pork Cutlet**With**Baked YamsBraised Red CabbageCitrus ArtichokesCorn Salsa**Dessert Tray** |
| **Supper****1st Seating****4:30 pm****2nd Seating****5:30 pm** | Split Pea SoupHot Beef Sandwich w/Gravy**OR**Egg Sandwich**With**Honey Sesame SaladOrange Wedge**Feature Dessert**Rice Pudding | Corn & Egg Soup Spinach Dipw/French Toast**OR**Beef Hotdog**With**Mixed Green Salad Honeydew Wedge**Feature Dessert**Pineapple Cake | French Onion SoupCalifornia Burger**OR**Chicken Tenderw/Sweet & Sour Sauce**With**ColeslawFruit Slice**Feature Dessert**Banana Cream Pie  | Beef Barley SoupTortellini Pastaw/Pesto Cream Sauce**OR**Grilled Cheese Sandwich**With**Chef Salad  Watermelon **Feature Dessert**Tiramisu | Turkey Noodle SoupMalibu Avocado Burger**OR**Cajun Wingsw/Ranch Sauce**With**House SaladDinner Bun**Feature Dessert**Apple Crisp | Mulligatawny SoupTempura Shrimpw/Soy Sauce**OR**Macaroni & Cheese**With**Beet & Feta SaladMelon **Feature Dessert**Caramel Banana  | Carrot Red Lentil Soup Grilled Chicken Sandwichw/Sourdough Bread**OR**Veal Parmesan**With**Arugula SaladFresh Fruit Cut**Feature Dessert**Lemon Meringue Pie |