



LUNCH MENU - OCTOBER 2026



Fresh Sandwiches made daily as an option served with salad or fruit - Various selections
Tossed Green Salad always available with choice of fresh made dressings sub as main per request
Bread always available upon request
Coffee, tea, juice or milk Fresh fruit, Yogurt or Ice Cream is available as a dessert option*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Soup of the Day Cuban Sandwich Roasted Pork, Ham Mustard & Pickles White Bread Fresh Fruit	2 Soup of the Day Chicken Strips Honey Mustard Sauce Carrot & Celery Sticks With Ranch Dip OR Vegan Nuggets Jello	3 Soup of the Day Assorted Danishes Assorted Domestic & Imported Cheeses Fresh Berries Nut Mixture Fresh Fruit
4 Soup of the Day Fried Eggs Triangle Hashbrowns & Wholewheat Toast Chicken Sausages Fresh Fruit	5 Soup of the Day Entrée Salad: Tuscany Ham & Egg Croutons & Havarti Cheese Avocado & Tomato Thousand Island Dressing Ice Cream Sandwich	6 Soup of the Day Tuna & Celery Salad Sandwich Served on Peasant Bread Carrot Sticks & Cucumber With Dill Ranch Dip Fresh Fruit	7 Soup of the Day Baked Croissants Assorted Domestic & Imported Cheeses Fresh Berries Nut Mixture Fresh Fruit	8 Soup of the Day Braised Chicken Enchiladas Corn & Black Bean Salsa Sour Cream & Avocado Shredded Cheese Fresh Fruit	9 Soup of the Day Artichoke & Four Cheese Quiche Kale Caesar Salad Parmesan Cheese Jello with Fruit	10 Soup of the Day Beef Pot Pies Mixed Salad Greens Dried Cranberries Buttermilk Dressing Fresh Fruit
11 Soup of the Day Scrambled Eggs Triangle Hashbrowns & Wholewheat Toast Side Bacon Chocolate Brownie	12 Soup of the Day Crab Cakes With Avocado & Lemon Mixed Salad Greens Green Goddess Dressing Fresh Fruit	13 Soup of the Day Fresh Baked Croissants Orange Marmalade Assorted Domestic & Imported Cheeses Fresh Berries Fresh Fruit	14 Soup of the Day Fried Egg Breakfast Sandwich English Muffin Ham & Cheese Rustic New Potato Hashbrowns Fresh Fruit	15 Soup of the Day Borscht Soup Potato & Cheese Perogy With Caramelized Onion Slice of Bacon, Sauerkraut Sour Cream & Green Onions Fresh Fruit	16 Soup of the Day Diced Turkey & Celery Salad Sandwich Cranberry Mayonnaise Hearth Bread Waldorf Salad Jello	17 Soup of the Day Matts Choice Scone With Greek Yogurt Fresh Berries Nut Mixture Fresh Fruit
18 Soup of the Day Chef's Choice Frittata Pork Sausage Shredded Hashbrowns Whole Wheat Toast Fresh Fruit	19 Soup of the Day Tempura Breaded Prawns Soya Dipping Sauce Soba Noddle Salad Fresh Lemon Wedge Cookie	20 Soup of the Day Grilled Chicken Caesar Salad Roasted Garlic Dressing Focaccia Crouton Parmesan Cheese Lemon Fresh Fruit	21 Soup of the Day Pumpkin Seed Raisin Bran Muffin Assorted Domestic & Imported Cheeses Fresh Berries Fresh Fruit	22 Soup of the Day Monte Cristo Sliced Ham & Turkey Sourdough Bread Sandwich Mixed Lettuce Salad Thousand Island Dressing Fresh Fruit	23 Soup of the Day Vegetable Spring Rolls Shredded Carrot Edamame Beans Coleslaw Plum Sauce Jello with Fruit	24 Soup of the Day Beef Sloppy Joes On Hamburger Buns Pickled Red Beets Side Salad Fresh Fruit
25 Soup of the Day Brioche Bread French Toast Triangle Hashbrowns & Maple Syrup & Butter Hunter Sausages Fresh Fruit	26 Soup of the Day Entrée Cobb Salad Diced Turkey & Avocado Gorgonzola Cheese Tomato & Bacon Buttermilk Ranch Rice Crisp Square	27 Soup of the Day Shaved Roast Beef Dip On A Hoagie Roll Served with Horseradish French Fries Au Jus Dipping Sauce Fresh Fruit	28 Soup of the Day Banana Bread Assorted Domestic & Imported Cheeses Fresh Berries Nut Mixture Fresh Fruit	29 Soup of the Day Local Farm Fresh Egg Salad Sandwich Multigrain Bread Sliced Cucumbers Fresh Fruit	30 Soup of the Day Belgian Waffles with Side Bacon Fresh Strawberries Whipped Cream Maple Syrup & Butter Jello	31 Soup of the Day Grilled Cheese Cheddar & Swiss On White Bread Thick Cut Onion Rings Fresh Fruit



DINNER MENU - OCTOBER 2026



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Bread always available upon request
Coffee, tea, juice or milk Fresh fruit, Yogurt or Ice Cream is available as a dessert option*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Turkey Ala King Maderia Glazed Pearl Onion OR Roasted Celeriac Ala King Fresh Fruit	2 Garlic Buttered Prawns With Lemon OR Bangers & Mash Sauteed Onion & Gravy Fresh Fruit	3 Pizza Night: Double Pepperoni Hawaiian Margherita Fresh Fruit
4 Baked Honey Ham Scallop Potato Chef's Choice Potato Assorted Vegetables OR The Vegetarian Option Apple Pear Crisp	5 Sundried Tomato Pesto Stuffed Chicken Breast Wrapped with Pancetta OR Catch of the Day Lemon Fresh Fruit	6 Beef Ravioli Marinara Sauce OR Butternut Squash Ravioli Gorgonzola Cream Garlic Bread Fresh Fruit	7 Black Thai Rice Crusted Cod Coconut Panang Curry Sauce OR Black Thai Rice Crusted Tofu Coconut Panang Curry Sauce Sesame Stickey Rice Fresh Fruit	8 Meatloaf With Pancetta Peppercorn Café Au Lait Sauce OR Caramelized Onion Loaf Meatless Sausage Peppercorn Sauce Fresh Fruit	9 Breaded Panko Prawns Cocktail Sauce OR Crispy Oyster Mushroom House Made Ketchup Fresh Fruit	10 Chicken Souvlaki Roasted Potato & Pita Greek Salad & Tzatziki OR Spinach & Feta Spanakopita Fresh Fruit
11 Swiss Steak Glazed Pearl Onions OR Catch of the Day Served with Lemon Fresh Fruit	12 Roasted Turkey Breast Gravy & Cranberry Sauce Chef's Potatoes & Vegetables with Gravy OR The Vegetarian Option Pumpkin Mini Tarts	13 Grilled Ham Steak Blackened Pineapple OR Cornbread Pizza House Pizza Sauce Goats Cheese Fresh Fruit	14 BBQ Chicken Thigh Smokey BBQ Sauce OR Three Bean Succotash Grilled Corn Bread Fresh Fruit	15 Beef Stew With Potato & Carrots OR Vegetarian Stew With Potato & Carrots Fresh Fruit	16 Fish & Chips Lemon Wedges Creamy Coleslaw With Tartar Sauce OR Vegetarian Nuggets Fresh Fruit	17 Spinach Tortellini Tomato Basil Sauce OR Spinach Cheese Tortellini Alfredo Cream Sauce Chef's Choice Salad Fresh Fruit
18 Roasted Whole Chicken With Gravy Chef's Choice Potato Assorted Vegetables OR The Vegetarian Option Peach Cobbler	19 Stuffed Pork Tenderloin Dried Fruit Stuffing OR Bison Loaf Blueberry Jam Fresh Fruit	20 Herb Butter Spaghetti With Meatballs Puttanesca Sauce OR Vegetarian Swedish Meatballs Fresh Fruit	21 Starter Course Vegetarian Spring Rolls With Plum Sauce Sweet & Sour Chicken Stir-Fried Vegetables Fried Rice Fresh Fruit	22 Beef Brisket Trio Of Mustard Sour Cream Coleslaw OR Mac & Cheese Smoked Cheddar Blend Fresh Fruit	23 Grilled Pork Chops Mango Cilantro Salsa OR Lemon Maple Salmon Lime Mango Salsa Fresh Fruit	24 Chef Rin's Butter Chicken Scented Basmati Rice Cucumber Raita OR Spicy Vegetable Samosa Mango Chutney Fresh Fruit
25 Roasted Pork Loin Gravy & Apple Compote Chef's Choice Potato Assorted Vegetables OR The Vegetarian Option Chocolate Cake	26 Lamb Kofta Mint Jelly & Demi Glaze OR Vegetarian Sausage Kofta Mint Jelly & Onion Glaze Fresh Fruit	27 Potato Crusted Cod Balsamic Dressing OR Black Potato Lentil Stew Fresh Fruit	28 Baby Back Pork Ribs Apple BBQ Sauce OR Vegan Smoked Tofu Ribs Double Baked Mashed Potato Potato with Bacon Fresh Fruit	29 Grilled Cheese Burgers Tomato, Red Onion, Lettuce Dill Pickle & House Mayo OR Grilled Vegetable Burgers French Fries Fresh Fruit	30 Seafood Newburgh Puff Pastry Disc OR Vegetarian Newburgh Puff Pastry Disc Fresh Fruit	31 Breaded Chicken Parmesan Marinara Sauce Mozzarella Cheese OR Eggplant Parmesan Fresh Fruit