

LUNCH MENU - NOVEMBER 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** Chef's Choice Frittata Shredded Hashbrowns Whole Wheat Toast Fruit Salad **Fresh Fruit**	***2*** **Soup of the Day** Peach Turnover Danish Assorted Domestic & Imported Cheeses Fresh Berries Nut Mixture **Chef's Choice Cookies**	***3*** **Soup of the Day** Entrée Salad: Tuscany Ham & Egg Croutons & Havarti Cheese Grape Tomato Thousand Island Dressing **Fresh Fruit**	***4*** **Soup of the Day** Tuna & Celery Salad Sandwich Served on Peasant Bread Carrot Sticks & Cucumber With Dill Ranch Dip **Fresh Fruit**	***5*** **Soup of the Day** Chicken Quesadillas Cilantro Black Bean Salsa Sour Cream & Avocado Shredded Cheese **Fresh Fruit**	***6*** **Soup of the Day** Bacon & Spinach Smoked Cheddar Cheese Quiche Side Salad Balsamic Dressing **Jello with Fruit**	***7*** **Soup of the Day** Matts Choice Scone With Greek Yogurt Toasted Granola Fresh Berries Nut Mixture **Fresh Fruit**
8 **Soup of the Day** Scrambled Eggs Triangle Hashbrowns & Wholewheat Toast Side Bacon **Fresh Fruit**	***9*** **Soup of the Day** Vegetable Dumplings Soya Dipping Sauce Sesame Broco slaw Edamame Beans **Monster Cookies**	***10*** **Soup of the Day** Shaved Roast Beef Dip On A Soft Hoagie Roll Served with Horseradish French Fries Au Jus Dipping Sauce **Fresh Fruit**	***11*** **Soup of the Day** BLT Entrée Salad Bacon, Tomato & Lettuce Sliced Baguette Avocado Buttermilk Ranch Dressing **Fresh Fruit**	***12*** **Soup of the Day** Ham & Cheese Croissant Mustard, Mayonnaise, Lettuce & Tomato House Coleslaw **Fresh Fruit**	***13*** **Soup of the Day** Pumpkin Seed Raisin Bran Muffin Assorted Domestic & Imported Cheeses **Jello**	***14*** **Soup of the Day** Grilled Cheese Cheddar & Swiss Whole Wheat Bread Thick Cut Onion Rings **Fresh Fruit**
15 **Soup of the Day** Buckwheat Buttermilk Pancakes Blueberry Compote Side Bacon Maple Syrup & Butter **Fresh Fruit**	***16*** **Soup of the Day** Chicken Strips Honey Mustard Sauce Carrot & Celery Sticks Ranch Dressing **Coconut Kisses**	***17*** **Soup of the Day** Roasted Red & Yellow Beet & Orange Salad With Candied Pecans Chive Goats Cheese Truffle Crostini **Fresh Fruit**	***18*** **Soup of the Day** Local Farm Fresh Egg Salad Sandwich Multigrain Bread Sliced Cucumbers **Fresh Fruit**	***19*** **Soup of the Day** Borscht Soup Potato & Cheese Perogy With Caramelized Onion Sour Cream & Green Onions **Fresh Fruit**	***20*** **Soup of the Day** Belgian Waffles with Side Bacon Fresh Strawberries Whipped Cream Maple Syrup & Butter **Jello with Fruit**	***21*** **Soup of the Day** Beef Sloppy Joes Whole Wheat Buns Side Salad Thousand Island Dressing **Fresh Fruit**
22 **Soup of the Day** Fried Eggs Triangle Hashbrowns & Wholewheat Toast Sliced Ham **Fresh Fruit**	***23*** **Soup of the Day** Fish & Chips Lemon & Tartar Sauce Creamy Coleslaw OR Vegetarian Nuggets **Healthy Granola Bars**	***24*** **Soup of the Day** Banana Bread Assorted Domestic & Imported Cheeses Fresh Berries Nut Mixture **Fresh Fruit**	***25*** **Soup of the Day** Authentic Cuban Sandwich Sliced Roasted Pork, Ham Mustard & Pickles White Bread **Fresh Fruit**	***26*** **Soup of the Day** Crab Cakes With Avocado & Lemon Mixed Salad Greens Green Goddess Dressing **Fresh Fruit**	***27*** **Soup of the Day** Grilled Chicken Breast Kale Caesar Salad Focaccia Crouton Parmesan Cheese Roasted Garlic Dressing **Hibiscus Tea Jello**	***28*** **Soup of the Day** Tempura Breaded Prawns Orange Miso Dipping Sauce Soba Noodle Salad **Fresh Fruit**
29 **Soup of the Day** Scrambled Eggs Triangle Hashbrowns & Wholewheat Toast Side Bacon **Fresh Fruit**	***30*** **Soup of the Day** Salmon Salad Sandwich Red Onion Mayonnaise Cucumber Mint Yogurt Salad **Oatmeal Rasin Cookies**					

Menu subject to change without notice



DINNER MENU - NOVEMBER 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 Baked Honey Ham Scallop Potato Chef's Choice Potato Assorted Vegetables OR The Vegetarian Option **Pecan Pie**	**2** Catch of the Day Served with Lemon OR Swiss Steak Glazed Pearl Onions **Fresh Fruit**	**3** Starter Course Vegetarian Spring Rolls With Plum Sauce Chicken Chow Mein Stir-Fried Vegetables Egg Fried Rice **Fresh Fruit**	**4** Lobster Raviolli OR Beef Short rib Ravioli OR Butternut Squash Ravioli Pesto Cream Sauce **Fresh Fruit**	**5** Tradition Sheppard's Pie Butter Whipped Potato With Gravy OR Vegetarian Sheppard's Pie **Fresh Fruit**	**6** Breaded Panko Prawns Citrus Miso Aioli OR Crispy Oyster Mushroom Citrus Miso Aioli Lemon **Fresh Fruit**	**7** Pizza Night: Double Pepperoni Hawaiian Margherita **Fresh Fruit**
8 Roasted Turkey Breast Gravy & Cranberry Sauce Chef's Potatoes & Veg Herb Stuffing OR The Vegetarian Option **Pumpkin Spiced Cheese Cake**	**9** Seafood Newburgh Puff Pastry Disc OR Vegetarian Newburgh Puff Pastry Disc **Fresh Fruit**	**10** Chicken Coq Au Vin Braised I Red Wine Bean Cassoulet Smoked Bacon & Leeks OR Creamed & Crispy Leeks **Fresh Fruit**	**11** Charbroiled Beef Sirloin Coffee Rubbed Steaks Green Peppercorn Sauce OR Grilled Smoked Beetroot Chimichurri Sauce **Fresh Fruit**	**12** Turkey Meatballs Pancetta Mushroom Sauce Wild Rice Pilaf OR Stuffed Mushroom Wild Rice Pilaf **Fresh Fruit**	**13** Lemon Maple Salmon Lime Mango Salsa OR Grilled Pork Chops Mango Cilantro Salsa **Fresh Fruit**	**14** Chicken Souvlaki Roasted Potato & Pita Greek Salad & Tzatziki OR Spinach & Feta Spanakopita **Fresh Fruit**
15 Beef Pot Roast With Gravy Chef's Choice Potato OR The Vegetarian Option **Peanut Butter** **Chocolate Cake**	**16** Garlic Buttered Prawns With Lemon OR Bangers & Mash Sauteed Onion & Gravy **Fresh Fruit**	**17** Pasta Carbonaro Ham, Peas Peppers Parmesan Alfredo Sauce Roasted Garlic Buttered Focaccia Bread Side Salad **Fresh Fruit**	**18** Baby Back Pork Ribs Apple BBQ Sauce OR Vegan Smoked Tofu Ribs Double Baked Mashed Potato with Bacon **Fresh Fruit**	**19** Grilled Cheese Burgers Tomato, Red Onion, Lettuce Dill Pickle & House Mayo OR Grilled Vegetable Burgers French Fries **Fresh Fruit**	**20** Spinach Tortellini Tomato Basil Sauce OR Spinach Cheese Tortellini Alfredo Cream Sauce Chef's Choice Salad **Fresh Fruit**	**21** Chef Rin's Butter Chicken Scented Basmati Rice Cucumber Raita OR Spicy Vegetable Samosa Mango Chutney **Fresh Fruit**
22 Roasted Pork Loin Gravy & Apple Compote Chef's Choice Potato Assorted Vegetables OR The Vegetarian Option Rhubarb Berry Crisp	**23** Meatloaf Beef Gravy OR Caramelized Onion Loaf Meatless Sausage HP Sauce **Fresh Fruit**	**24** German Sausage Herb Spaetzle Braised Red Cabbage Sauerkraut OR Plant Based Sausage **Fresh Fruit**	**25** Persian Lamb Stew Apricot Cous Cous OR Root Vegetable Stew Pomegranate **Fresh Fruit**	**26** Beef Brisket Trio Of Mustard Sour Cream Coleslaw OR Mac & Cheese Smoked Cheddar Blend	**27** Potato Crusted Cod Balsamic Dressing OR Black Potato Lentil Stew **Fresh Fruit**	**28** Herb Butter Spaghetti With Meat Sauce Tomato Basil Sauce OR Vegetarian Swedish Meatballs **Fresh Fruit**
29 House Roasted Chicken With Gravy Chef's Choice Potato Assorted Vegetables OR **Angel Food Cake**	**30** Steamed Ham Steak Blackened Pineapple OR Cornbread Pizza Goats Cheese **Fresh Fruit**					

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