



Week 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHEF'S TABLE						
CHEF'S TABLE ENTRÉES						
SAGE ROAST TURKEY WITH BREAD DRESSING	HONEY BBQ ROAST WHOLE CHICKEN	8OZ N.Y. STRIPLOIN STEAK	CHAR SIU ROAST CHICKEN	PRIME RIB au JUS WITH YORKSHIRE PUDDING	CRISPY KENTUCKY STYLE FRIED CHICKEN	CANADIAN MAPLE GLAZED ROAST PORK LOIN
HERB BREADED COD	PORK PAPRIKASH	ROSEMARY & GARLIC GRILLED PORK CHOPS	BUILD YOUR OWN BURGER (beef, chicken, veg)bacon, mushroom onions, cheese	MEXICAN PORK STEW	ULTIMATE BBQ MEATLOAF	TERIYAKI GINGER & GARLIC ROAST WHOLE CHICKEN
ASPARAGUS & CHEDDAR QUICHE (VEG)	FALAFEL STUFFED PEPPERS (VEG)	THAI LOW MEIN (VEG)	BROCCOLI & TOFU STIR FRY (VEG)	VEGETARIAN ENCHILADAS (VEG)	ASIAN GARLIC TOFU (VEG)	TOFU VEGETABLE CHOW MEIN (VEG)
Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2	Non seasoned/no sauce protien 1 & 2
GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST	GRILLED CHICKEN BREAST
CHEF'S TABLE SIDE DISHES						
MASHED POTATO	MASHED POTATO	MASHED POTATO	MASHED POTATO	MASHED POTATO	MASHED POTATO	MASHED POTATO
PARMESAN EGG NOODLES	ROSEMARY ROAST POTATO WEDGES	BAKED POTATO	OVEN ROAST POTATOES	STEAMED BABY RED POTATOES	ROAST POTATO WITH GARLIC SAUCE	ROASTED FINGERLING POTATOES
7 GRAIN RICE PILAF	BASMATI RICE	BROWN RICE	JASMINE RICE	CAJUN RICE PILAF	WHITE RICE PILAF	WILD RICE PILAF
CHEF'S TABLE VEGETABLES (PLAIN STEAMED VEGETABLES ALSO AVAILABLE)						
STEAMED VEGETABLE MEDLEY	YELLOW WAX BEANS WITH FRESH THYME	CORN ON THE COB	BUTTERED PEAS & CARROTS	STEAMED PESTO GREEN BEANS	THAI VEGETABLES WITH SESAME GINGER SAUCE	STEAMED MIXED VEGETABLES
ROASTED YELLOW ZUCCHINI	STEAMED BEETS WITH DILL BUTTER	HONEY DILL ROASTED CARROTS	MAPLE ROASTED BUTTERNUT SQUASH	BAKED ZUCCHINI PARMESAN	STEAMED BROCCOLI WITH GARLIC AND SAMBAL	BUTTERED ASPARAGUS
QUICK EATS						
SOUP OF THE DAY						
CURRIED CHICKEN NOODLE SOUP	BEEF BARLEY SOUP	PORK WON TON SOUP	CHICKEN & WILD RICE SOUP	ITALIAN LENTIL SOUP (VEG)(LS)	CAROLINA SEAFOOD CHOWDER	CHICKEN NOODLE SOUP
CREAM OF TOMATO & BASIL SOUP (VEG)(LS)	CAJUN CORN CHOWDER (VEG)(LS)	CREAM OF CAULIFLOWER & CHEDDAR (VEG)(LS)	CREAM OF MUSHROOM SOUP (VEG)(LS)	CHICKEN & CORN CHOWDER	ROASTED BUTTERNUT SQUASH SOUP (VEG)(LS)	BROCCOLI CHEDDAR SOUP (VEG) (LS)
QUICK EATS ENTRÉES						
	CHICKEN TENDERS		CHICKEN TENDERS			CHICKEN TENDERS
GARLIC DRY RIBS	ZUCCHINI WEDGES	GRILLED CHEDDAR SMOKIE	BEEF POT PIE	SWEET & SOUR CHICKEN BALLS	HONEY GARLIC PORK BITES	BLACK BEAN QUESADILLA
BEAN ENCHILADAS	SPANAKOPITA	ONION RINGS	CORN DOGS	SWEET POTATO FRIES WITH CHIPOTLE MAYO	FISH TACOS	BUFFALO CAULIFLOWER BITES
QUICK EATS SIDE DISHES						
FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES	FRENCH FRIES
BEEF GRAVY	BEEF GRAVY	BEEF GRAVY	BEEF GRAVY	BEEF GRAVY	BEEF GRAVY	BEEF GRAVY
PASTA BAR						
ROTINI PASTA	RIGATONI PASTA	SPAGHETTI	PENNE PASTA	FUSILI PASTA	FETTUCINE	SPAGHETTI
SPICY SAUSAGE MARINARA SAUCE	CHICKEN MEATBALL ALFREDO SAUCE	ITALIAN MEAT SAUCE	CREAMY CHICKEN LASAGNA FLORENTINE	TURKEY MEAT SAUCE	SHRIMP JAMBALAYA TOMATO SAUCE	SMOKED SAUSAGE SUNDRIED TOMATO SAUCE
SPICY CHICKPEA TOMATO SAUCE (VEG)	SPINACH & FETA MARINARA SAUCE	3 CHEESE GARLIC ALFREDO SAUCE	CHUNKY TOMATO & BASIL SAUCE (VEG)	ASPARAGUS & MUSHROOM ALFREDO SAUCE (VEG)	ROASTED TOMATO & SPRING VEGETABLE CREAM SAUCE	ROASTED GARLIC & BASIL CREAM SAUCE (VEG)
ASSORTED PIZZA						
THE MEATEOR- PEPPERONI,SALAMI, BACON,SAUSAGE,HAM	HAWAIIAN PIZZA	CHICKEN BACON MUSHROOM MELT PIZZA	SPICY SICILIAN PIZZA	BACON CHEESEBURGER PIZZA	GREEK PIZZA- HAM,ONION,GREEN PEPPER,OLIVE,TOMATO FETA	CANADIAN PIZZA
ULTIMATE VEGETABLE PIZZA (VEG)	ROASTED VEGGIE PIZZA (VEG)	BBQ MUSHROOM PIZZA (VEG)	BRUSCHETTA PIZZA (VEG)	PESTO GARDEN VEGGIE PIZZA (VEG)	EAST COAST GARLIC FINGERS (VEG)	CHEESE PIZZA (VEG)
SPECIAL FEATURE						
AVAILABLE SELECTED NIGHTS						
	MTO-CHICKEN, BEEF SHANGHAI NOODLE BOWL	GRAND SALAD BAR				