

EVERGREEN HEIGHTS AND MANOR

SAMPLE LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch 1	Burger Monday	Beef stroganoff	Tomato soup and grilled cheese	Baked lemon butter chicken macaroni salad	Salmon cakes fruit salsa	Spaghetti bolognese	Honey glazed ham
Lunch 2	Slow roasted ribs	Salmon fillet burger and fries	Beef Stroganoff	Grilled cheese	Lemon butter chicken	Salmon cakes	Spaghetti bolognese
Sides	Steamed rice, carrots and beans	Egg noodles and Italian vegetables	Whipped potato with steamed broccoli	Tomato cucumber salad	Jasmine rice mixed vegetables	Garlic mashed potatoes	Potatoes and daily vegetables
Dessert	Peanut butter ham cheese cake squares	Vanilla cream pie	Apple pecan maple crumble	Bavarian fruit tart	Greek honey cake whipped cream	Jello and cream	Cherry pie with whipped cream
Vegetarian	Veggie burger	Planed based stroganoff	Grilled cheese	Grilled marinated tofu	Veggie coconut curry	Veggie pasta	Brown lentil meatloaf

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SAMPLE DINNER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Navy bean and vegetables	Beef and vegetable soup	Mushroom soup	Herb chicken and rice	Minestrone	Spinach and lentil soup	Cauliflower red pepper soup
Entree	Chicken stew	Salmon sandwich	Chicken kiev	Fish and chips	Beef pot pie	Tuna baked with garlic toast	Beef, ham swiss sandwich
Salad	Spring salad with cranberry and candied nuts	Pickled beets	Spinach salad with berries and citrus	Fries and creamy coleslaw	Tossed Tuscan salad	Pasta salad	Grainy dijon mustard potato salad
Dessert	Apple cinnamon bread whipped cream	Vanilla ice cream and berries	Fresh watermelon	Brownie	Sliced peaches	Tiramisu	Pecan streusel
Vegetarian	Cottage cheese fruit plate and bran muffin	Veggie pizza	Veggie hotdog	Cheese tomato sandwich	Veggie pot pie	Tofu fried rice	Grilled tofu and avocado on bread