



Menu for Mar 4-10, 2010

Thursday 4

Breakfast	Ham, scrambled eggs, English muffins, hollandaise, spinach, oats	85
Lunch	Beef stirfry, triple pepper tofu, asian slaw, noodle salad, fried rice	90
Dinner	Poached sole, roasted potatoes, white beans provencal, swiss chard, yams, chococonut pie	100

Friday 5

Breakfast	Sausages, boiled eggs, french toast, oats	45
Lunch	Chicken pies, quiche, organic greens, rice salad	15
Dinner	Pork ribs, tofu schnitzel, butternut squash, broccoli, wild rice pilaf, apple pie	15

Saturday 6

Breakfast	Bacon, scrambled eggs, croissants, oats	40
Lunch	Seafood lasagna, garlic toast, caesar salad, veggie platter, tofu sauce	45
Dinner	Nuts, beef bourguignon, carrot nut loaf, egg noodles, spaghetti squash, savory kale, rice, turtle squares	55

Sunday 7

Breakfast	Sausages, boiled eggs, pancakes, oats	55
Lunch	Ribs, macaroni and cheese, organic greens	55
Dinner	Turkey, mashed potatoes, chickpea stew, carrots, peas, rice, stuffing, assorted desserts	60

Monday 8

Breakfast	Ham, scrambled eggs, English muffins, spinach, hollandaise, oats	60
Lunch	Beef and broccoli, Mel's mixed greens & wasabe salad, noodle salad, tofu and greens	60
Dinner	Lamb, lentils, greek salad, butternut squash, foccacio, rice, custard and berries	60

Tuesday 9

Breakfast	Bacon, boiled eggs, stuffed french toast, oats	60
Lunch	Turkey sandwiches, veggie melts, fries, broccoli salad	60
Dinner	Salmon, potato latkes, seedy spinach sauce, carrots, grilled zucchini, rice, carrot cake	60

Wednesday 10

Breakfast	Sausages, scrambled eggs, muffins, oats	60
Lunch	Lamb & lentils, hummus and pita, greek salad with romaine, rice	70
Dinner	Roast pork, mushroom cashew aioli, polenta tart with feta, scalloped potatoes, beets, broccoli, rice, apple crisp	70



Menu for Mar 11-17, 2010

Thursday 11		
Breakfast	Ham, boiled eggs, blueberry buckwheat pancakes, oats	70
Lunch	Fish cakes, veggie casserole, biscuits, caesar salad	65
Dinner	Chicken, saffron rice, tortilla espanol, spinach, roasted red peppers, lemon cake	60
Friday 12		
Breakfast	Bacon, scrambled eggs, cheesy English muffins, oats	60
Lunch	Pulled pork sandwiches, yam fries, roasted veggie melt, organic greens salad	60
Dinner	Curried shrimp, chickpeas, rice, pappadams, yams, kale, rice pudding	35
Saturday 13		
Breakfast	Sausages, scrambled eggs, muffins, oats	35
Lunch	chicken stew, rice, romaine with pears and blue cheese, chickpea stew, biscuits	35
Dinner 5:30	Hoisin pork, tofu and peppers, zucchini, mushroom chow mein, carrots, rice, chococonut pie	50
Sunday 14		
Breakfast	Ham, boiled eggs, pancakes, oats	35
Lunch	Indian buffet, spinach salad with fruits, raita, deepfried tortillas	35
Dinner	Roast beef, mashed potatoes, nut patties, peas and carrots, roasted cauliflower, assorted desserts	35
Monday 15		
Breakfast	Bacon, scrambled eggs, croissants, oats	35
Lunch	Pork pie, veggie quiche, caesar salad, garlic bread	35
Dinner	Snapper with herbs and tomato, gnocci with spinach walnut pesto, roasted Italian vegetable medley, spaghetti squash, tofu marinara, rice sponge with fruits	30
Tuesday 16		
Breakfast	Sausages, boiled eggs, stuffed french toast, oats	30
Lunch	Turkey sandwiches, cheese toast, fries, spinach salad	30
Dinner	Apple sage pork, scalloped potatoes, tofu schnitzel, butternut squash, carrot cake	30
Wednesday 17		
Breakfast	Ham, scrambled eggs, spinach, English muffins, hollandaise, oats	30
Lunch	Fish stew, macaroni and cheese, organic greens, biscuits	30
Dinner	Chicken, tofu & spinach, rice & peas, kale and peppers, potatoes O'Brien, cheesecake with kiwi topping	30