

Egg Dish of the Week: Cheddar Cheese Omelet

WEEK 3	LUNCH	DINNER
Monday September 30 NATIONAL DAY FOR TRUTH AND RECONCILIATION	Potato & Mushroom Soup Chicken Strips & Plum Sauce with Yam Fries Corned Beef Sandwich on Rye Bread with Homemade Pasta Salad Pecan Streusel Cake	Three Sister's Soup (Squash, Beans, & Corn) Fresh Spinach & Strawberries with Wild Berry Vinaigrette Bison Salisbury Steak with Mushroom Gravy Salmon with Blueberry Glaze Haida Potatoes with Squash & Parsnips Triple Berry Cheese Cake
Tuesday October 1	Tomato Soup with Fresh Basil Fresh Fruit & Assorted Cheese Plate with Baguette Egg Salad Sandwich, Celery & Carrot Sticks, Pickled Beets Jell-O with Fruit	Beef Mushroom Barley Soup Quinoa Apple Almond Salad Breaded Chicken with Béarnaise Sauce, Mashed Potatoes & Mixed Fresh Vegetables Poached Cold Salmon with Lemon Dill Sauce, Carrot Slaw, & Potato Salad Fresh Baked Peach Pie
Wednesday October 2	French Onion Soup with Croutons & Parmesan Cheese Baked Beans with Broccoli Slaw and Roll Trio of Deli Meats & Cheese on a Kaiser with Chips & Pickle Nanaimo Bar	Cream of Broccoli Soup Noodle Salad Pork Schnitzel with Mushroom Sauce Cheesy Meat Sauce with Corkscrew Pasta and Baguette Mashed Potatoes, Fresh Asparagus English Style Trifle
Thursday October 3	Spanish Chowder Beef Sliders with Tomato, Lettuce, Pickles and Curly Fries & Watermelon Turkey with Cranberry Mayonnaise on a Croissant, Fresh Melon Tropical Fruit Salad with a Fresh Baked Cookie	Turkey Rice Soup Cucumber Salad BBQ Ribs Popcorn Chicken with Sweet Pineapple Sauce Roast Potatoes, Corn Chocolate Bread Pudding with Custard Sauce
Friday October 4	Chicken and Corn Chowder Ham and Pineapple Pizza & Caesar Salad Cheese, Tomato, & Lettuce Sandwich on Olive Bread with Pesto Mayo, Coleslaw Caramel Carrot Cake	Cream of Vegetable Soup Watermelon, Feta Cheese, & Cherry Tomato Salad Fish and Shrimp Cake with Citrus Mayo Meatloaf with Gravy Scalloped Potatoes, Fresh Broccoli Coconut Cream Pie
Saturday October 5	Chicken Noodle Soup Blueberry Pancakes with Maple Syrup & Sausages, Fresh Strawberry Garnish Tuna Salad Sandwich with Sun Chips & Dill Pickle Apricots with a Fresh Baked Cookie	New England Clam Chowder Sonoma Style Salad Pork Fried Rice with Spring Roll Garlic chicken with Red Peppers & Basil Sauce Mashed Potatoes, Stir Fried Vegetables White Chocolate Raspberry Cake
Sunday October 6	Cream of Asparagus Soup Quiche Lorraine with Half Baked Tomato and Mixed Greens Garnish Turkey Salad with Tarragon Mayonnaise Sandwich with Pickled Beets Assorted Desserts	Tuscan Bean & Vegetable Soup Caesar Salad Roasted Chicken and Gravy Garlic Prawns Rice Pilaf and Beets House Baked Apple Pie

***Please place your order for room service or pick up at reception (604-940-6005) By 11:15am for lunch (service at 1:00) – 4:15pm for dinner (service at 6:00)**