

Egg Dish of the Week: Poached Egg with Toast

WEEK 1	LUNCH	DINNER
Monday July 13th	Thai Chicken Soup Cheese Quesadilla with Sautéed Peppers & Onions/Sour Cream & Salsa Corn & Black Bean Salad Salmon Salad Sandwich with Carrot & Raisin Coleslaw Assorted Squares with Fresh Fruit	Navy Bean and Ham Soup Caesar Salad Pot Roast and Gravy Baked Sable Fish with Pineapple Fruit Salsa Mashed Potatoes & Beets Strawberry Shortcake
Tuesday July 14th	Turkey Noodle Turkey Salad with Walnuts and Sundried Cranberries, a Bun over Mixed Greens Cheese, Lettuce & Tomato on Peasant Bread with Pesto Mayo & Watermelon Wedge Banana Pudding with Fresh Berries	Leek & Potato Soup Spinach Salad with Bacon Bits, Mushrooms and Egg Roasted Pork Tenderloin with Sliced Apple Sweet and Sour Chicken Balls with Asian Noodles Roasted Potatoes & Fresh Summer Mixed Vegetables Cherry Apple Pie
Wednesday July 15th	Potato Mushroom Soup Beef or Veggie Cheese Burger With Tomato, Lettuce & Onion Curly Fries and Pickle Egg Salad Sandwich with Celery & Carrot Sticks and Pickled Beets Fresh Local Strawberries and Ice Cream	Crab and Corn Chowder Tomato & Fresh Basil with Mozzarella and Balsamic Dressing Chicken Souvlaki with Pita and Tzatziki Local Cod with Dill Sauce Scalloped Potatoes & Broccoli Florets Chocolate Bread Pudding
Thursday July 16th	Chicken Rice Soup Chef's Plate with Ham, Cheese, Cucumber, Tomato, Boiled Egg and Tossed Salad with Baguette Submarine Sandwich with Deli Meats, Cheese, Lettuce, Tomato and Onion Potato Salad Rice Pudding	Italian Sausage, White Beans and Orzo Pasta Summer Italian Salad Pasta Trio Tortellini alla Panna, Fettuccine Pesto, Penne Bolognese with Garlic Bread Grilled Summer Vegetables Home Made Tiramisu
Friday July 17th	Grilled Cheddar Cheese Sandwich on Brown Bread with Tomato Soup Bacon, Lettuce & Tomato on Peasant Bread With Potato Chips & Dill Pickle Lemon Pudding with Blueberries	Carrot Ginger Soup Pear, Blue Cheese, Walnuts, Cranberries and Iceberg Lettuce Steelhead Fillet with Lemon Butter Sauce and Fresh Herbs Bratwurst Sausage with Onion Gravy Mashed Potatoes & Asparagus Profiteroles with Warm Chocolate Sauce
Saturday July 18th	Beef Vegetable Soup French Toast with Maple Syrup, Bacon & Orange Slice Shrimp Salad Sandwich on Multigrain with Coleslaw Mandarin Oranges with Macaroon Cookie	Cream of Vegetable Soup Watermelon, Avocado, and Mint Salad Thai Chicken Local Sole with Lemon, Fresh Herbs & Capers Basmati Rice & Mexican Style Vegetables Strawberry Rhubarb Pie
Sunday July 19th BBQ	Salads French Fries Hot Dogs Beef, Chicken or Veggie Burger Watermelon	Cream of Asparagus Soup Romaine and Orange Salad with Almonds Roasted N.Y. Striploin with Gravy Fried Chicken with Gravy Baked Potatoes, Carrots with Fresh Parsley Chocolate Mousse and Fresh Berries

***Please place your order for room service or pick up at reception (604-940-6005)**

By 11:15am for lunch (pick up at 12:30) – 4:15pm for dinner (pick up at 5:30)