

Egg Dish of the Week: Poached Egg with Toast

WEEK 1	LUNCH	DINNER
Monday October 5th	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 October 6th	Turkey Noodle Soup 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 & Mixed Vegetables Cherry Apple Pie
Wednesday October 7th	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 Blueberry Oat Bar	Corn Chowder Tomato & Fresh Basil with Mozzarella and Balsamic Dressing Chicken Souvlaki with Pita and Tzatziki Local Cod with Basil and Lemon Sauce Scalloped Potatoes & Broccoli Florets Chocolate Bread Pudding
Thursday October 8th	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, Onion and Potato Salad Rice Pudding	Cream Of Broccoli Soup Summer Italian Salad Fried Chicken with Gravy Homemade Lasagna with Garlic Bread Fried Potato Wedges & Cauliflower Home Made Tiramisu
Friday October 9th	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 October 10th	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 October 11th	Tomato, Rice, and Vegetable Soup Eggs Benedict with Ham, Pan-Fried Potatoes, and an Orange Slice Chicken Salad Sandwich with Watermelon Lemon Streusel Cake	Cream of Asparagus Soup Romaine and Orange Salad with Almonds Roast Turkey with Stuffing, Gravy and Cranberry Sauce Garlic Prawns Mashed Potatoes, Carrots & Brussel Sprouts Pumpkin Pie

***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)