



Lunch Menu

October 6th – October 12th

All meals are served with fruit

Classic French Dip

Tender Roast Beef on a Hoagie Bun w/
Au Jus

Your Choice: Chips, Fries or Baked Beans

Tuna Salad Sandwich/Wrap/Bowl

Fresh made Tuna Salad w/ Lettuce &
Tomato

Your Choice: Chips, Fries or Baked Beans

Chef Salad with Dinner Roll

*Ham, Turkey, Tomato, Cucumber, Cheese,
Croutons*

Chicken Tenders (3)

Your Choice: Chips, Fries or Baked Beans

Add: BBQ Sauce, Ranch or your

Grilled Hot Dog on a Bun

Your Choice: Chips, Fries or Baked Beans

Deli Sandwich (Whole or Half)

Your Choice: Ham, Turkey, Bacon, Egg Salad or
PB&J

Bread: White, Wheat, Rye or Croissant Grilled
or Toasted

Add: Lettuce, Tomato, Onion, Avocado and/or
Cheese

Your Choice: Chips, Fries or Baked Beans

Pub Burger or Grilled Chicken on a Bun (Half or Whole)

Add: Cheese, Lettuce, Tomato, Onion and/or
Bacon

Sub: Turkey Burger or Vegetarian Burger

Your Choice: Chips, Fries or Baked Beans

Grilled Cheese (Whole or Half)

Add: Tomato, Onion, Avocado and/or Bacon

Your Choice: Chips, Fries or Baked Beans

A La Carte

Soup of the Day

Side Salad (Ranch, French,
Thousand Island, Balsamic,
Raspberry Vinaigrette)

Applesauce or canned fruit

Cottage Cheese

Cheese & Crackers

Coleslaw

Mashed Potatoes

Fruit Parfait

Yogurt (Activia, Yoplait, or Greek)

Hard Boiled Egg

Omelet (Cheese, Ham, Mushrooms,
Onion, Tomato, Peppers)





Beverages



Hot Coffee or Tea (Regular or Decaf)

Juice (Apple, Orange, Cranberry, Prune)

Milk (Skim, 2%, Whole, Soy)

Other (Iced Sweet Tea, Lemonade, Water)

Soup of the Day

Sunday: Chicken Dumpling

Monday: Cheesy Cauliflower

Tuesday: Beef Vegetable

Wednesday: Loaded Baked Potato

Thursday: Hearty Chili

Friday: Creamy Tomato

Saturday: Split Pea with Ham



Most items are cooked to order. If you would like an alternate preparation, please alert your server. Examples may include: Baked instead of fried, sauce on the side, ½ portions, omitting meat or no added seasoning. We will try to accommodate all requests.



Dinner Menu

October 6th – October 12th

All meals are served with vegetable of the day

Pot Roast with Vegetables

Pot roast marinated in gravy with veggies

Your Choice: Baked, Sweet or Mashed

Potatoes

Garlic Crusted Salmon

Oven-baked salmon topped w/ a crisp garlic crust

Your Choice: Baked, Sweet, or Mashed

Potatoes

Stuffed Pork Chop with Apple Glaze

Pork chop with stuffing and apple glaze

Your Choice: Baked, Sweet, or Mashed

Potatoes

Vegetarian Curry *Add Chicken

A mild and fresh cauliflower curry with sweet potato, chickpeas, greens and seasoned rice

Grilled Chicken Breast

Your Choice: Fries, baked, Mashed or Baked

Beans

Chicken Tenders (3)

Your Choice: Fries, Baked, Mashed or Baked Beans

Add: BBQ Sauce, Ranch or your choice of Sauce

Pub Burger or Grilled Chicken on a Bun (Half or Whole)

Add: Cheese, Lettuce, Tomato, Onion and/or Bacon

Sub: Turkey Burger or Vegetarian Burger

Your Choice: Chips, Fries or Baked Beans

Grilled Hot Dog on a Bun

Your Choice: Fries, Baked, Mashed or Baked Beans

Grilled Cheese (Whole or Half)

Add: Tomato, Onion, Avocado and/or Bacon

Your Choice: Chips, Fries or Baked Beans

A La Carte

Soup of the Day

Side Salad (Ranch, French, Thousand Island, Balsamic, Raspberry Vinaigrette)

Applesauce or canned fruit

Cottage Cheese

Cheese & Crackers

Coleslaw

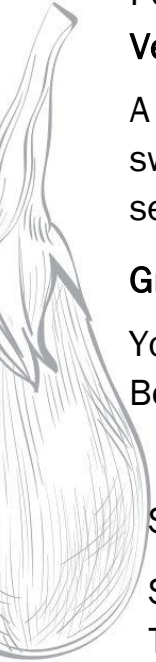
Mashed Potatoes

Fruit Parfait

Yogurt (Activia, Yoplait, or Greek)

Hard Boiled Egg

Omelet (Cheese, Ham, Mushrooms, Onion, Tomato, Peppers)





Vegetable of the Day

Will vary for the summer as we use our Farm's produce.

Beverages

Hot Coffee or Tea (Regular or Decaf)

Milk (Skim, 2%, Whole, Soy)

Juice (Apple, Orange, Cranberry, Prune)

Other (Iced Sweet Tea, Lemonade, Water)

Dessert of the Day

Ice Cream, Sherbert, Pudding, and Jell-o always available

Sunday: Assorted Dessert

Monday: Apple Pie

Tuesday: Cheesecake

Wednesday: Pineapple Upside Down Cake

Thursday: Banana Bread

Friday: Lemon Bars

Saturday: Strawberry Sunday



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