

FALL & WINTER 5 WEEK CYCLE MENU Effective 10-15-2017

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Mushrooms Maple Glazed Scallops Wrapped in Bacon 🌊 Roast Beef Tenderloin Caprese Chicken Mashed Potato Duchess Potato Fresh Medley of Vegetable 🍃 Flourless Chocolate Torte	Roast Turkey with Whipped Sweet Potatoes Baked Lamb Mashed Potato Red Bliss Potato Zucchini 🍃 Cherry Chocolate Ganache Pie	Chicken Cordon Bleu Butternut Squash Ravioli 🍃 Mashed Potato Roasted Potatoes Braised Kale 🍃 Baker's Choice Dessert	Pork Tenderloin with Apple 🍏 Cider Glaze Chicken Parmesean Mashed Potato Pasta Steamed Broccoli 🍃 Pumpkin Bread Pudding	Swiss Steak Cornbread Stuffed Chicken Mashed Potato Brown Rice Cream Style Corn 🍃 Lemon Layer Cake	Swedish Meatballs Pork Schnitzel Mashed Potato Egg Noodles Braised Red Cabbage 🍃 Banana Split	Brunch Buffet 11:30am-1:00pm

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Mushrooms Warm Gorgonzola Dip Baked Ham with Raisin Sauce Seafood Crepe 🌊 Baked Potato O'Brien Potato Asparagus 🍃 Chocolate Layer Cake	Baked Ham with Raisin Sauce Coconut Shrimp 🌊 Baked Potato Sweet Potato French Fries Roasted Cauliflower 🍃 Pecan Pie	Pan Seared Swordfish 🌊 Bacon Wrapped Pork Tenderloin Baked Potato Rosemary Roasted Potato Peas and Pearl Onions 🍃 Baker's Choice Cupcake	Finnan Haddie 🍏🌊 Spaghetti and Meatballs Baked Potato New Potatoes Baby Spinach 🍃 Coconut Custard Pie	Baked Stuffed Scallops 🌊 Beef Stew in Bread Boule Baked Potato Dill Potato Roasted Brussel Sprouts 🍃 Apple Crisp	Crab Cakes 🌊 Beef Rouladen Baked Potato Au Gratin Potato Mixed Squash Sauté 🍃 Ice Cream Sundaes	Brunch Buffet 11:30am-1:00pm

WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Mushrooms Shrimp Cocktail 🌊 Chef's Choice Carved item Pan Seared Statler Chicken 🍏 Mashed Potato Garlic & Basil Potatoes Stewed Tomatoes 🍃 Cheesecake	Roast Chicken Leg w/ Burgundy Mushroom Sauce Baked Macaroni and Cheese 🍃 Mashed Potato Fried Potato Wedges Warm Cabbage Slaw with Bacon 🍃 Chocolate Cream Pie	Stuffed Pork Roast 🍏 Pistachio Encrusted Chicken Mashed Potato Candied Yams Mushrooms w/ Pepper & Onions 🍃 Baker's Choice Mousse	Chefs Choice Ravioli 🍃 Turkey Cutlets in Marsala Wine Sauce Mashed Potato Rice Corn with Fresh Chives 🍃 Chocolate Eclair	Corned Beef and Cabbage Buttermilk Fried Chicken Breast Mashed Potato Boiled Potato Mashed Turnips and Carrots 🍃 Dessert of the Day	Pork Chop with Fennel and Marsala 🍏 Chicken En Crouete Mashed Potato Steamed Rice P.E.I. Blend of Vegetables 🍃 Brownie Ala Mode	Brunch Buffet 11:30am-1:00pm

WEEK 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Mushrooms Spring Roll 🍃						Brunch Buffet 11:30am-1:00pm
Smoked Ham with Apricot Rum Glaze Baked Stuffed Shrimp 🌊	Broiled Scallops 🌊 Oriental Duck	Pork Pie Fried Haddock 🌊	Seafood Scampi Over Spaghetti Squash 🌊 🍃 Meatloaf	Stuffed Sole 🌊 🍃 Baby Back Ribs	Salmon with Smoked Salmon and Horseradish Crust 🌊 Sauerbraten	
Baked Potato Twice Baked Potatoes	Baked Potato Brown Rice	Baked Potato French Fries	Baked Potato Pasta 🍃	Baked Potato Roast Potato Wedges with Parmesan Cheese	Baked Potato Potato Pancakes	
Squash 🍃	Broccoli 🍃	Baked Tomato Half 🍃	Creamed Spinach 🍃	Corn O'Brien 🍃	Cabbage 🍃	
Lemon Meringue Pie	Carrot Cake	Bourbon Bread Pudding	Apple Pie	Cookies and Cream Pie	Novelty Ice Cream	

WEEK 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stuffed Mushrooms Onion Rings with Dipping Sauce Roast Beef Leg of Lamb w/Mint Demi Glaze Baked Chicken w/Artichoke Hearts & Bleu Cheese Mashed Potatoes Rissole Potatoes Baked Tomato Crown 🍃 Boston Cream Pie	Country Fried Steak Turkey Tenderloin w/Cranberry Shallot Sauce 🍃 Mashed Potato Buttered Ziti Root Vegetable Medley 🍃 Banana Cream Pie	Marminated Beef Tips Tempura Chicken Mashed Potato Rice Roasted Cauliflower 🍃 Bakers Choice Cookie	Turkey Oscar Lasagna Mashed Potato Red Bliss Potatoes Green Beans 🍃 Tiramisu	Pork Piccata Milanese Yankee Pot Roast Mashed Potato Vegetable Rice Beets 🍃 Pumpkin Pie	Marinated Flank Steak 🍃 Chicken ALA King 🍃 Mashed Potato Home Fries Roasted Asparagus and Red Peppers 🍃 Bananas Foster	Brunch Buffet 11:30am-1:00pm

Low sugar dessert 🍷, vegetable soup, soup of the day, sandwich of the day and complete salad bar available daily - except Sunday.

WEEKLY ALTERNATIVE CHOICES:

- WEEK 1** Teriyaki Salmon 🌊 / Chicken Fajita Salad / Butternut Squash 🍃
- WEEK 2** Cranberry Chicken Tenders 🍷 🍃 / Pecan Chicken Salad 🍃 / Carrots 🍃
- WEEK 3** Panko Encrusted Haddock 🌊 🍃 / Cobb Salad / Green Beans 🍃
- WEEK 4** Baked Chicken Leg 🍃 / Tuna Salad Stuffed Tomato / Zucchini 🍃
- WEEK 5** Boston Basked Haddock 🌊 🍃 / Chicken Waldorf Salad 🍃 / Acorn Squash 🍃



- Fit-Under 600 Calories / 90mg Cholesterol
- Less than 400mg of salt
- No added sugar
- Vegetarian
- Ocean friendly

Menu items subject to change at manager's discretion