

## Menu Cycle 10 Schedule

<b>Week 1</b>	Sunday, February 19, 2012	-	Saturday, February 25, 2012
<b>Week 2</b>	Sunday, February 26, 2012	-	Saturday, March 03, 2012
<b>Week 3</b>	Sunday, March 04, 2012	-	Saturday, March 10, 2012
<b>Week 4</b>	Sunday, March 11, 2012	-	Saturday, March 17, 2012

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Low Sodium</b>	Chunky Tomato Soup	Cream of Asparagus	Black Bean Soup w/ Rice	Cream of Cauliflower	Sweet Potato Soup	New England Clam Chowder	Turkey & Rice
<b>Salad</b>	Sunday Brunch Salad Station	Black-eyed Pea Salad with Basil Dressing	Baby Spinach and Red Onions	Shrimp Ceviche Salad	Bowtie Florentine	Southwest Caesar	Seafood Salad
<b>Veg</b>		Califlower Au Gratin	Grilled Zucchini	Broccoli & Cauliflower	Steamed Yellow Squash	Italian Batonnet Vegetables	Green Bean Casserole
<b>Veg</b>		Spinach & Mushrooms	Steamed Red Beets	Ratatouille	Brussels Sprouts	Sauteed Spaghetti Squash	Grilled Baby Vegetables
<b>Entrées:</b>	Salad Bar, Two Specialty Salads, Omelet Station, Waffle Station, Carving Station, Fruit Tray, Bacon, Sausage, Scrambled Eggs, Eggs Benedict, Bread Station, Two Entrees, One Starch	Sole Florentine <b>*Teriyaki Chicken Stir Fry &amp; Rice Q</b> <b>*Pork Cutlets with Brussels Sprouts</b> <b>*Entrees that will be served in the evening Bistro buffet</b>	<b>*Southwest Tri-Tip Steaks</b> <b>*Chicken Parmesan</b> Southwestern Grilled Pork Tenderloin <b>*Entrees that will be served in the evening Bistro buffet</b>	<b>*Baby Back Ribs Chicken &amp; Asparagus Crepes</b> <b>*Red Snapper Veracruz Q</b> <b>*Entrees that will be served in the evening Bistro buffet</b>	Grilled Fish Tacos <b>Q</b> <b>*Rib-Eye Steaks with Gorgonzola Butter &amp; Onion Rings</b> <b>*Chicken Alfredo</b> <b>*Entrees that will be served in the evening Bistro buffet</b>	Ham & Cheese Casserole <b>Fish &amp; Chips</b> Chili Peanut Pork chops w/ Carrot Cucumber Salad <b>Chef choice of entree that will be served with Steak night</b>	<b>*Opened Face Chicken Cordon Bleu Broiled Trout with Bacon, Onions &amp; Raisins</b> <b>*Roast Beef Tenderloin with Port Sauce</b> <b>*Entrees that will be served in the evening Bistro buffet</b>
<b>Vegetarian Entrée</b>		Vegetable Lasagna	Eggplant Parmigiana w Marinara	Chickpea Eggplant & Tomato Tarts	Grilled Vegetable Pizza	Lentils with Port- Glazed Shallots	Vegetarian Jambalaya <b>Q</b>
<b>Desserts</b>	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice

Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Low Sodium</b>	Italian Vegetable	Turkey Vegetable Soup	Italian Sausage Soup	Asparagus Potato Soup	Broccoli Soup	Wild Mushroom & Brie	Canadian Cheese
<b>Salad</b>	Sunday Brunch Salad Station	Chopped Iceberg with Cheddar Cheese	Tomato & Feta Salad	Bruschetta Orzo Salad	Carrot Raisin	Shredded Red Cabbage Salad w/ Pistachios	Asparagus & Orange Salad
<b>Vegs</b>		Buttered Green Peas with Bacon Bits	Butternu Squash	Broccolini	Steamed Green Beans	Steamed Vegetable Medley	Sugar Snap Peas
<b>Vegs</b>		Baby Carrots	Stir-Fry Vegetable Medley	Breaded Okra	Honey-Mint Glazed Carrots	Cabbage w/ Bacon & Apples	Steamed Cauliflower
<b>Entrée's</b>	Salad Bar, Two Specialty Salads, Omelet Station, Waffle Station, Carving Station, Fruit Tray, Bacon, Sausage, Scrambled Eggs, Eggs Benedict, Bread Station, Two Entrees, One Starch	*Shrimp Scampi <b>Pesto Fettuccine w/ Chicken</b> *Chicken Fried Steak with Country Gravy *Entrees that will be served in the evening Bistro buffet	*Asparagus Chicken Carbonara <b>Q</b> <b>Mu Shu Style Pork Roll Ups</b> *Broiled Tilapia with Parmesan *Entrees that will be served in the evening Bistro buffet	*Fried Chicken * <b>Slow Roasted Beef Tenderloin w/ Double Mushrooms Ragout</b> Spicy Scallops with Capellini *Entrees that will be served in the evening Bistro buffet	Crawfish Étouffée <b>Beef Stroganoff with Egg Noodles</b> *Sweet & Sour Pork *Entrees that will be served in the evening Bistro buffet	Chicken Parmesan <b>Prime Rib</b> Broiled Striped Bass w/ Ginger Scallion Oil <b>Q</b> <b>Chef</b> choice of entree that will be served with Steak night	*Spaghetti & Meatballs <b>King Ranch Chicken Casserole</b> *Crab Cakes *Entrees that will be served in the evening Bistro buffet
<b>Vegetarian Entrée</b>		Tomato, Garlic & Basil Fettuccine <b>Q</b>	Vegetable Casserole (Pasta with Tomato, Vegetables & Beans)	Potobello Fajitas	*Spinach and Mushroom Crepes	Black Bean Cakes with Salsa	Risotto with Spring Vegetables
<b>Desserts</b>	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice

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Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Low Sodium</b>	Baked Potato Soup	Corn Chowder	Lentil Black Bean Soup	Beef and Barley	Spinach, Bacon & Feta	Split Pea Soup	Brunswick Stew
<b>Salad</b>	Sunday Brunch Salad Station	Italian Pasta	Southwest Chicken	Spinach with Sun dried Cranberries and Walnuts	Nicoise Salad	Macaroni Salad with Ham & Peas	Roasted Corn & Tomato
<b>Veg</b>		Braised Red Cabbage	Herb Tomato Crown	Stir-Fried Asparagus	Diced Asian Cabbage (Chopped Bok Choy)	Steamed Cauliflower	Steamed Yellow Squash
<b>Veg</b>		Vegetable Medley	Steamed Collard Greens	Spinach & Artichoke Casserole	Honey-Glazed Carrots	Garlic Creamed Spinach	Green Beans Almandine
<b>Entrée's</b>	Salad Bar, Two Specialty Salads, Omelet Station, Waffle Station, Carving Station, Fruit Tray, Bacon, Sausage, Scrambled Eggs, Eggs Benedict, Bread Station, Two Entrees, One Starch	Chili Rubbed Halibut with Lime-Avocado Salsa <b>Q</b> *Beer Marinated Tri Tip w/ Bleu Cheese, Wild Mushrooms & Onions Kung Pao Chicken *Entrees that will be served in the evening Bistro buffet	*Apple Stuffed Pork Chops Turkey Meatloaf with Mushrooms & Herbs Trout Almandine *Entrees that will be served in the evening Bistro buffet	*Shredde Brisket Tacos with Chipotle Dressing Coquilles (Lobster, Shrimp & Crab) *Three Cheese Chicken Penne Florentine *Entrees that will be served in the evening Bistro buffet	*Veal Scaloppini with Olive & Sundried Tomato Sauce Chicken Breast Stuffed w/ Italian Sausage & Breadcrumbs *Grilled Salmon with Vegetable Salsa <b>Q</b> *Entrees that will be served in the evening Bistro buffet	Beef & Broccoli Stir-Fry <b>Q</b> Sesame Seared Tuna with Vegetable Slaw Pork Medallion with Onion Marmalade Chef choice of entree that will be served with Steak night	Italian Chicken with Chickpeas <b>Q</b> *Pasta with Lobster, Wild Mushrooms & Cream *Chateaubriand with Béarnaise Sauce (Roasted Tenderloin) *Entrees that will be served in the evening Bistro buffet
<b>Vegetarian Entrée</b>		*Vegetable Lasagna	*Black Bean-Butternut Squash Chili <b>Q</b>	Brown Rice & Lentil Casserole <b>Q</b>	Sauteed Vegetable Spaghetti w/ Portobello Mushroom Tomato Coulis & Pesto Sauce	Pasta with Lentil Bolognese	Vegetarian Jambalaya <b>Q</b>
<b>Desserts</b>	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice

Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Low Sodium</b>	Light Cream of Tomato Soup	SW Roasted Tomato & Poblano	Navy Bean Soup	Chunky Lamb Vegetable	Beef Vegetable Soup	Spiced Ham & Cheese Chowder w/ Fennel & Leeks	Chicken & Rice Soup
<b>Salad</b>	Sunday Brunch Salad Station	Tropical Fruit Salsa with Yogurt Dressing	Iceberg Wedge	Italian Shrimp	Tuna & Bean Salad	Radicchio, Artichoke and Walnut Salad	Spinach w/ Mandarin Oranges & Red Beets
<b>Veg</b>		Green Bean Casserole	Steamed Zucchini	Red Beets	Sautéed Julienne Vegetables	Sauteed Yellow Squash	Onion Rings
<b>Veg</b>		Grilled Vegetables	Butternut Squash	Sautéed Spinach & Red Onions	Steamed Cauliflower	Broccoli	Sauteed Mushrooms
<b>Entrée's</b>	Salad Bar, Two Specialty Salads, Omelet Station, Waffle Station, Carving Station, Fruit Tray, Bacon, Sausage, Scrambled Eggs, Eggs Benedict, Bread Station, Two Entrees, One Starch	*Braised Beer Short Ribs w/ Salsa Verde & Feta <b>Spiced Smoked Ham with Mango Cranberry Chutney</b> Scallops with Cranberry-Orange Sauce Q <b>*Entrees that will be served in the evening Bistro buffet</b>	Farfalle w/ Savoy Cabbage, Pancetta and Mozzarella <b>Bell Pepper Steak</b> *Shrimp with Parmesan Grits <b>*Entrees that will be served in the evening Bistro buffet</b>	*Chicken Bowtie Pasta w/ Red Peppers & Artichoke <b>*Roasted Tri-Tip with Wild Mushroom Gravy</b> Fish Tacos(Soft) <b>*Entrees that will be served in the evening Bistro buffet</b>	*BBQ Beef Brisket <b>Porkloin Roast with Apple-Onion Chutney</b> *Halibut w/ Mushroom & Shrimp Sauce Q <b>*Entrees that will be served in the evening Bistro buffet</b>	Tequila Shrimp <b>Teriyaki Chicken with Pineapple-Papaya Salsa Q</b> Braised Beef Braciola Stuffed w/ Basil & Mozzarella <b>Chef choice of entree that will be served with Steak night</b>	*Steak Diane <b>Bourbon Chicken</b> *Grilled Mahi Mahi with Avocado Salsa Q <b>*Entrees that will be served in the evening Bistro buffet</b>
<b>Vegetarian Entrée</b>		*Cheese Tortellini w/ Spinach & Marinara	*Layered Zucchini & Tomato Casserole Q	Penne w/ Plum Tomatoes & Artichokes Q	Spinach & Mushrooms Crepes	Vegetable Filled Phyllo Tart	Tofu Stack Up (Tofu Corn Napoleon)
<b>Desserts</b>	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice