

Menu Cycle 10 Schedule

Week 1 Sunday, January 22, 2012 - Saturday, January 28, 2012

Week 2 Sunday, January 29, 2012 - Saturday, February 04, 2012

Week 3 Sunday, February 05, 2012 - Saturday, February 11, 2012

Week 4 Sunday, February 12, 2012 - Saturday, February 18, 2012

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Low Sodium	Chunky Tomato Soup	Cream of Asparagus	Black Bean Soup w/ Rice	Cream of Cauliflower	Sweet Potato Soup	New England Clam Chowder	Turkey & Rice
Salad	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
Veg		Califlower Au Gratin	Grilled Zucchini	Broccoli & Cauliflower	Steamed Yellow Squash	Italian Batonnet Vegetables	Green Bean Casserole
Veg		Spinach & Mushrooms	Steamed Red Beets	Ratatouille	Brussels Sprouts	Sauteed Spaghetti Squash	Grilled Baby Vegetables
Entrées:	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 *Teriyaki Chicken Stir Fry & Rice Q *Pork Cutlets with Brussels Sprouts *Entrees that will be served in the evening Bistro buffet	*Southwest Tri-Tip Steaks *Chicken Parmesan Southwestern Grilled Pork Tenderloin *Entrees that will be served in the evening Bistro buffet	*Baby Back Ribs Chicken & Asparagus Crepes *Red Snapper Veracruz Q *Entrees that will be served in the evening Bistro buffet	Grilled Fish Tacos Q *Rib-Eye Steaks with Gorgonzola Butter & Onion Rings *Chicken Alfredo *Entrees that will be served in the evening Bistro buffet	Ham & Cheese Casserole Fish & Chips Chili Peanut Pork chops w/ Carrot Cucumber Salad Chef choice of entree that will be served with Steak night	*Opened Face Chicken Cordon Bleu Broiled Trout with Bacon, Onions & Raisins *Roast Beef Tenderloin with Port Sauce *Entrees that will be served in the evening Bistro buffet
Vegetarian Entrée		Vegetable Lasagna	Eggplant Parmigiana w Marinara	Chickpea Eggplant & Tomato Tarts	Grilled Vegetable Pizza	Lentils with Port- Glazed Shallots	Vegetarian Jambalaya Q
Desserts	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 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Low Sodium	Italian Vegetable	Turkey Vegetable Soup	Italian Sausage Soup	Asparagus Potato Soup	Broccoli Soup	Wild Mushroom & Brie	Canadian Cheese
Salad	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
Vegs		Buttered Green Peas with Bacon Bits	Butternu Squash	Broccolini	Steamed Green Beans	Steamed Vegetable Medley	Sugar Snap Peas
Vegs		Baby Carrots	Stir-Fry Vegetable Medley	Breaded Okra	Honey-Mint Glazed Carrots	Cabbage w/ Bacon & Apples	Steamed Cauliflower
Entrée's	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 Pesto Fettuccine w/ Chicken *Chicken Fried Steak with Country Gravy *Entrees that will be served in the evening Bistro buffet	*Asparagus Chicken Carbonara Q Mu Shu Style Pork Roll Ups *Broiled Tilapia with Parmesan *Entrees that will be served in the evening Bistro buffet	*Fried Chicken * Slow Roasted Beef Tenderloin w/ Double Mushrooms Ragout Spicy Scallops with Capellini *Entrees that will be served in the evening Bistro buffet	Crawfish Étouffée Beef Stroganoff with Egg Noodles *Sweet & Sour Pork *Entrees that will be served in the evening Bistro buffet	Chicken Parmesan Prime Rib Broiled Striped Bass w/ Ginger Scallion Oil Q Chef choice of entree that will be served with Steak night	*Spaghetti & Meatballs King Ranch Chicken Casserole *Crab Cakes *Entrees that will be served in the evening Bistro buffet
Vegetarian Entrée		Tomato, Garlic & Basil Fettuccine Q	Vegetable Casserole (Pasta with Tomato, Vegetables & Beans)	Potobello Fajitas	*Spinach and Mushroom Crepes	Black Bean Cakes with Salsa	Risotto with Spring Vegetables
Desserts	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
Low Sodium	Baked Potato Soup	Corn Chowder	Lentil Black Bean Soup	Beef and Barley	Spinach, Bacon & Feta	Split Pea Soup	Brunswick Stew
Salad	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
Veg		Braised Red Cabbage	Herb Tomato Crown	Stir-Fried Asparagus	Diced Asian Cabbage (Chopped Bok Choy)	Steamed Cauliflower	Steamed Yellow Squash
Veg		Vegetable Medley	Steamed Collard Greens	Spinach & Artichoke Casserole	Honey-Glazed Carrots	Garlic Creamed Spinach	Green Beans Almandine
Entrée's	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 Q *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 Q *Entrees that will be served in the evening Bistro buffet	Beef & Broccoli Stir-Fry Q 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 Q *Pasta with Lobster, Wild Mushrooms & Cream *Chateaubriand with Béarnaise Sauce (Roasted Tenderloin) *Entrees that will be served in the evening Bistro buffet
Vegetarian Entrée		*Vegetable Lasagna	*Black Bean-Butternut Squash Chili Q	Brown Rice & Lentil Casserole Q	Sauteed Vegetable Spaghetti w/ Portobello Mushroom Tomato Coulis & Pesto Sauce	Pasta with Lentil Bolognese	Vegetarian Jambalaya Q
Desserts	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
Low Sodium	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
Salad	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
Veg		Green Bean Casserole	Steamed Zucchini	Red Beets	Sautéed Julienne Vegetables	Sauteed Yellow Squash	Onion Rings
Veg		Grilled Vegetables	Butternut Squash	Sautéed Spinach & Red Onions	Steamed Cauliflower	Broccoli	Sauteed Mushrooms
Entrée's	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 Spiced Smoked Ham with Mango Cranberry Chutney Scallops with Cranberry-Orange Sauce Q *Entrees that will be served in the evening Bistro buffet	Farfalle w/ Savoy Cabbage, Pancetta and Mozzarella Bell Pepper Steak *Shrimp with Parmesan Grits *Entrees that will be served in the evening Bistro buffet	*Chicken Bowtie Pasta w/ Red Peppers & Artichoke *Roasted Tri-Tip with Wild Mushroom Gravy Fish Tacos(Soft) *Entrees that will be served in the evening Bistro buffet	*BBQ Beef Brisket Porkloin Roast with Apple-Onion Chutney *Halibut w/ Mushroom & Shrimp Sauce Q *Entrees that will be served in the evening Bistro buffet	Tequila Shrimp Teriyaki Chicken with Pineapple-Papaya Salsa Q Braised Beef Braciola Stuffed w/ Basil & Mozzarella Chef choice of entree that will be served with Steak night	*Steak Diane Bourbon Chicken *Grilled Mahi Mahi with Avocado Salsa Q *Entrees that will be served in the evening Bistro buffet
Vegetarian Entrée		*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)
Desserts	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice	Chef's Choice