

LAKESIDE WEEKLY FARE

March 10th – March 16th

MONDAY 3/11

SOUP DU JOUR

Chicken & Rice Soup

LUNCH & DINNER

Yankee Pot Roast ^{HH/GF}
w. Pearl Onions & Peas

Turnip Greens ^{HH/GF}

Glazed Carrots ^{HH/GF}

Mashed Potatoes ^{GF}

Aztec Blend Grains ^{HH/GF}

TUESDAY 3/12

SOUP DU JOUR

Panera Bread Potato Soup

LUNCH & DINNER

Carved Virginia Ham ^{HH/GF}

Zucchini ^{HH/GF}

Black Eyed-Peas ^{HH/GF}

Beets ^{HH/GF}

Roasted Red Potatoes ^{HH/GF}

Cabernet Blend Grains ^{HH}

WEDNESDAY 3/13

SOUP DU JOUR

Split Pea w. Ham Soup

LUNCH & DINNER

St. Louis Ribs ^{GF}
w. BBQ Slaw

Green Beans ^{HH/GF}

Collard Greens ^{HH/GF}

Corn on the Cob ^{HH/GF}

Baked Beans

Potato Wedges ^{GF}

THURSDAY 3/14

SOUP DU JOUR

Taco Soup

LUNCH & DINNER

Fried & Roasted Chicken
^{HH/GF}

Mustard Greens ^{HH/GF}

Stewed Tomatoes ^{HH/GF}

Roasted Beets & Carrots
^{HH/GF}

Macaroni & Cheese

Yukon Gold Potatoes ^{HH/GF}

FRIDAY 3/15

SOUP DU JOUR

Shrimp Gumbo

LUNCH & DINNER

Baked Salmon w. Lemon Dill
Sauce ^{HH/GF}

Broccoli ^{HH/GF}

Zucchini ^{HH/GF}

Southern Succotash ^{HH/GF}

Red Beans & Rice ^{HH/GF}

Ruby Wild Blend Grains ^{HH}

SATURDAY 3/16

SOUP DU JOUR

Chicken Tortilla Soup

LUNCH & DINNER

“Build Your Own Taco Bar”
Ground Beef & Chicken

Sautéed Peppers & Onions
^{HH/GF}

Fiesta Corn ^{HH/GF}

Southwest Carrots ^{HH/GF}

Black Beans ^{HH/GF}

Spanish Rice ^{HH/GF}

FRIDAY NIGHT FEATURED ENTRÉE

Lamb Chops with Mint Jelly

SATURDAY NIGHT FEATURED ENTRÉE

Shrimp Veracruz

LAKESIDE SUNDAY LUNCH BUFFET 3/10

11:30 AM – 1:30 PM

Fried & Roasted Chicken ^{HH/GF}

Prime Rib ^{HH/GF}

Haricots Verts ^{HH/GF}

Squash Medley ^{HH/GF}

Spinach ^{HH/GF}

Roasted Red Potatoes ^{HH/GF}

Jade Blend Grains ^{HH/GF}

SUNDAY EVENING

4PM-6PM

“Breakfast for Dinner”

Vegetable Frittata ^{HH/GF}

Hash Browns, Bacon, Sausage & Fruit

BOXED MEAL:

Trio of Chicken, Tuna & Egg Salad
w. Chips, Muffin & Cookie

SMART STARCHES

JADE BLEND GRAINS (SUNDAY 3/10)

Bamboo rice, basmati rice, split baby garbanzo beans, wheat berries, green lentils and daikon radish seeds

AZTEC BLEND GRAINS (MONDAY 3/11)

Ancient Amaranth Grains Combined W. Red Rice, Whole-Grain Brown Rice & Multi-Colored Split Peas.

CABERNET BLEND GRAINS (TUESDAY 3/12)

Red Rice, Barley, Rye & Long-Grain Rice.

RUBY WILD BLEND GRAINS (FRIDAY 3/15)

Red Rice, Sprouted Sienna Red Rice, Wild Rice, Sprouted Brown Rice & Long-Grain Brown Rice.