

# LAKESSIDE WEEKLY FARE

February 17<sup>th</sup> – February 23<sup>rd</sup>

## MONDAY 2/18

### SOUP DU JOUR

Potato Chowder

### LUNCH & DINNER

Carved NY Striploin HH/GF  
w. Red Wine Sauce

Broccoli HH/GF

Rainbow Chard HH/GF

Stewed Tomatoes HH/GF

Mashed Potatoes

Aztec Blend Grains HH/GF

## TUESDAY 2/19

### SOUP DU JOUR

Chicken Gumbo

### LUNCH & DINNER

Spaghetti w. Meat Sauce

Spinach HH/GF

Spaghetti Squash HH/GF

Green Beans HH/GF

Garlic Bread Sticks HH/GF

Smashed Red Potatoes HH

## WEDNESDAY 2/20

### SOUP DU JOUR

Potato Leek Soup

### LUNCH & DINNER

Spanish Pork Loin HH/GF

Braised Red Cabbage HH/GF

Brussels Sprouts HH/GF

Whipped Sweet Potatoes /GF

Corn & Black Beans HH/GF

Ruby Wild Blend Grains  
HH/GF

## THURSDAY 2/21

### SOUP DU JOUR

Tomato Basil

### LUNCH & DINNER

Fried & Roasted Chicken  
HH/GF

Mustard Greens HH/GF

Green Beans w. Almonds  
HH/GF

Corn on the Cob GF

Mashed Potatoes w. Gravy  
HH/GF

Red Jasmine Rice HH/GF

## FRIDAY 2/22

### SOUP DU JOUR

Manhattan Clam Chowder

### LUNCH & DINNER

Butter Crumb Fish  
(Pollock)

Spinach HH/GF

Cauliflower HH/GF

Baby Bok Choy HH/GF

Wild Rice Pilaf HH/GF

Roasted Red Potatoes HH/GF

## SATURDAY 2/23

### SOUP DU JOUR

Egg Drop Soup

### LUNCH & DINNER

“Chinese Take Out”

Chicken Chow Mein

Fried Rice GF

Asian Vegetable Blend  
HH/GF

Egg Rolls

Herbed Carrots HH/GF

Zucchini HH/GF

### FRIDAY NIGHT

#### FEATURED ENTRÉE

Veal Marsala

### SATURDAY NIGHT

#### FEATURED ENTRÉE

Soy Ginger Salmon

## LAKESSIDE SUNDAY

### LUNCH BUFFET 2/17

11:30 AM – 1:30 PM

Fried & Roasted Chicken HH/GF

Prime Rib w. Horseradish Sauce & Au Jus  
HH/GF

Haricots Verts HH/GF

Brussels Sprouts HH/GF

Corn on the Cob GF

Delmonico Potatoes HH/GF

Kamut Blend Grains HH/GF

### SUNDAY EVENING

Broccoli & Chicken Casserole

Rice Pilaf HH/GF

Glazed Carrots HH/GF

### BOXED MEAL:

Chicken Caesar Salad

w. Chips, Muffin & Cookie

## SMART STARCHES

### KAMUT BLEND GRAINS (SUNDAY 2/17)

Khorasan Wheat, Vibrant Red Rice & Epicurean Wild Rice.

### AZTEC BLEND GRAINS (MONDAY 2/18)

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

### RUBY WILD BLEND GRAINS (WEDNESDAY 2/20)

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