

Birchmere Menu/July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Lunch: Beef barley soup Fish & chips with Tarter sauce and coleslaw, lemon wedge Cheese dreams and coleslaw Banana pudding parfait Honey garlic meatballs Pork button bones Parsley egg noodles Brussels sprouts Butter tart bar	2 Lunch: French Onion soup Oktoberfest sausage with sauerkraut on a bun Tomato and cucumber salad Egg salad sandwich with cucumber and tomato salad Peach melba Dinner: Herbed baked Haddock BBQ Chicken wings O Brien potato PEI blend Angel food cake with strawberry sauce
3 Lunch: Chicken gumbo soup French toast with apples and raisins Tuna salad sandwich Pears Dinner: Eye of round and jus Yorkshires Penne noodles with Asparagus salmon and peppers in a cream sauce Parisienne potato Squash Apple pie	4 Lunch: Red lentil soup Waldorf salad on lettuce with grilled chicken strips dinner bun Baked macaroni and cheese with tomato slice and a bun Rice and raisin pudding Baked Hoki with herbs Served with lemon w/ tarter sauce or Salisbury Steak w/ Fried onion and gravy, Stewed tomato, Half baked Potato Lemon pudding cake	5 Lunch: Leek and Potato soup Cottage cheese fruit plate with melon, berries, peaches and a slice of carrot loaf Mushroom and spinach grilled cheese sandwich with pickles Jell-O jewels and whipped topping Shepherds pie with gravy Baked ham with pineapple sauce Creamed corn, Mashed potato Banana split	6 Lunch: Beef barley soup Curry chicken and grape salad on a bed of greens with a garlic finger Seafood crapes with parmesan cream sauce/tossed salad Vanilla pudding with raspberry sauce Dinner: Veal with Mushroom gravy Pork tenderloin with Blueberry sauce Carrots, Herbed roast potato Pound cake with lemon sauce	7 Lunch: Vegetable Soup Spinach salad with chicken, mandarins red onion and cranberries served with poppy seed dressing Egg salad sandwich with pickled beets Brownies Dinner: Butter chicken breast Roast Pork loin with apples Peas and Scalloped Potato Coconut cream pie	8 Lunch: Carrot ginger Soup Turkey salad cold plate with cheese, tomato wedge, cucumber slice and macaroni salad Pork bites with Macaroni salad and honey mustard sauce. Watermelon wedges Dinner: Spaghetti with Meat sauce and Caesar salad or Shrimp Stir fry, Mashed Potato Stewed Rhubarb over custard	9 Lunch: Seafood chowder soup Asparagus on toast with cheese sauce Chicken nuggets with plumb sauce and French fries Tiramisu Mousse Dinner: Pork Kabobs Seafood salad plate with egg, veggie sticks on greens with a tea biscuit Rice pilaf, Broccoli Dessert cart
10 Lunch: Roasted red pepper & potato soup Eggs Bennie with hollandaise sauce and peameal bacon /Corn beef on rye Pears with chocolate sauce Dinner: Pot Roast and Yorkshires with gravy or Coq au vin (Chicken leg in a bacon, onion, mushroom wine sauce) Mashed potato Squash Lemon Meringue pie	11 Chicken vegetable Soup Slider burgers with all the trimming and broccoli salad Nicoise salad on greens Ice cream with strawberry sauce Seafood Newburg Beef vegetable stew Green bean Mashed potato Éclairs	12 Tomato soup BBQ pull pork on a bun Celery/carrot sticks Served with onion rings or Chicken salad sandwich Celery/carrot sticks Ginger bread loaf Turkey pot pie with Gravy or Popcorn shrimp with seafood sauce Herbed roast potato, Broccoli Peach crisp	13 Beef Vegetable soup Tuna salad sandwich with lettuce and cucumber slices Chicken burger with lettuce, tomato and mayo Raspberry Mousse with raspberry drizzle Pork Ribits with sweet sour sauce Roast of Veal with gravy Steamed mini potato, Peas Chocolate cake	14 Split pea soup Bacon, cheese and scrambled egg on a English muffin with Hollandaise sauce Crab Louise with garlic bread Tapioca Pudding Chicken finger with Plumb sauce Meat loaf with rich brown gravy Scalloped potato Mix Vegetables Banana cream Pie	15 Chicken vegetable soup Fish and chips with lemon wedge and tarter sauce and Cole slaw Roast beef sandwich with horse radish mayo,with Cole slaw Date squares Turkey schnitzel with cranberry sauce Cottage roll Parsley boiled potato and Cabbage Nanaimo Bars	16 Mulligatawny soup Egg salad sandwich Caesar salad Ham salad sandwich Caesar salad Fresh fruit Chicken and sausage Jambalaya Swedish Meatballs Rice pilaf Corn with red pepper Fruit cocktail with vanilla ice cream
17 Potato leek Soup Cherry cheese cake French toast Deli meat assorted mini subs Dessert cart Prime rib with gravy and Yorkshire Chef salad Plate Baked potato, Parsnips Boston cream Pie	18 Lunch: Ham and potato soup Philly cheese steak with sautéed onion, mushroom/bun Salad Cheese & peppercorn pizza/salad Apple sauce with cinnamon Dinner: Sweet & Sour pineapple pork Oven baked chicken parmesan Parsley egg noodle, mini carrots Mixed fruit crisp	19 Beef barley soup Chicken & melon salad on a bed of greens/garlic finger or Fish burger w/lettuce/tomato tarter/Veggie sticks Rice and raisin pudding Vegetable lasagne Caesar salad Shrimp stir fry w/ vegetables, asparagus, Rice pilaf Chocolate/Raspberry Cake	20 Lunch: Tomato Soup Cottage cheese fruit plate w/ peaches, pears, melon and a cranberry scone or Quiche Lorraine Tossed green salad Tiramisu Mousse Dinner: Chicken stew or Beef noodle bake with Mashed potato Green beans Brown betty	21 Lunch: Corn Chowder Soup Corn beef on rye with mustard, potato salad, dill pickle Oktoberfest sausage on a bun with sauerkraut, potato salad, dill pickle Apricots Dinner: Baby back ribs with Maple BBQ sauce or Herbed baked cod with lemon and tarter sauce Mini Potato, corn Ice cream sundae	22 Lunch: Cream cabbage & ham Soup Fish cakes, tarter sauce. Coleslaw, and sweet potato fries or Baked Mac and cheese, coleslaw Neapolitan parfait Dinner: Spaghetti with meat sauce, garlic bread, Caesar salad Potato, ham and mushroom casserole, garlic bread w/ Caesar salad – Butter tarts	23 Lunch: Mushroom soup Egg salad sandwich Layered salad Perogies w/ fried onion, sour cream, layered salad Fruit salad Dinner: Chicken pot pie w/gravy Liver w/ onion and gravy Parsley boiled potato Garden vegetables Dessert cart
24 Lunch: Chicken rice soup Pancakes with blueberries/sausages syrup Fruit garnish Tuna sandwich w/ pickles Chocolate pudding , topping Dinner: Prime Rib and Yorkshire Smoked turkey salad plate with cheese, pickled beets, veggie sticks, potato salad and a tea biscuit, mashed potato, turnip, Cherry pie	25 Lunch: Minestrone soup Peameal on a bun macaroni salad Seafood salad plate w/ macaroni salad, veggie sticks, cheese, bun Mandarin Mousse, topping Dinner: Pineapple chicken breast Ground beef and potato bake Herbed roasted potato California mixed vegetables Country carrot cake	26 Lunch: Chicken noodle soup Turkey club sandwich with pickled beets Tomato cheddar melt on a tea biscuit with pickled beets Lemon pudding Dinner: Baked ham with baked beans, Marmalade baked chicken legs, Scalloped potato, peas Ice cream with caramel sauce	27 Lunch: Cauliflower cheddar soup Toasted western sandwich with potato salad or Salmon salad plate with Deviled egg, potato salad cheese and veggie slices Jell-O with fruit cocktail Dinner: Open face hot beef sandwich with rich beef gravy or Pork chops in a onion mushroom sauce Mashed potato Mini carrots Marble pudding cake with chocolate sauce.	28 Lunch: Clam chowder soup Chicken salad sandwich with carrot/raisin salad Grilled ham & Swiss cheese sandwich with carrot raisin salad Nanaimo bar Dinner: Sweet & sour chicken balls Farmers sausages with fried onion Fried rice Broccoli Cherry cheese cake	29 Lunch: Beef barley soup Fish & chips with Tarter sauce and coleslaw, lemon wedge Cheese dreams and coleslaw Banana pudding parfait Honey garlic meatballs Pork button bones Parsley egg noodles Brussels sprouts Butter tart bar	30 Lunch: French Onion soup Oktoberfest sausage with sauerkraut on a bun Tomato and cucumber salad Egg salad sandwich with cucumber and tomato salad Peach melba Dinner: Herbed baked Haddock BBQ Chicken wings O Brien potato PEI blend Angel food cake with strawberry sauce
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