



# Legion Village

SENIOR LIVING IN STYLE

## Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Tomato	Mushroom	Beef Barley	Chicken Rice	Cream Of Veg	Potato & Leek	Cream Of Carrot
LUNCH	Mexican Sloppy Joe On A Bun Or Grilled Turkey & Cranberry Panini (Multigrain Bread)	Steak & Pepper, Onion & Cheese Wrap Nappa Cabbage Salad Or Macaroni & Cheese Stewed Tomato & Zucchini / Roll	Meat, Cheese, Potato Salad, Cabbage Salad, Roll Or Bacon, Lettuce, Tomato Toasted with Mayo	Chicken Strips Plum Sauce Pom Pom Or Hawaiian Ham Sandwich	Beef Dip Au Jus On Soft Bun Or Herb & Cheese Omelette Toast Points	Chicken Burger Lettuce, Tomato Mayo Or Salmon Salad Plate With Tuscan Pasta Salad, Cheese, Pickles, Roll	Poached Egg Peameal Sliced Chopped Fruit Toast Or Deli Meat & Cheese Sandwich With Tomato & Lettuce On Rye
SALAD	Iceberg Lettuce Tossed Salad		Cabbage & Rutabaga Salad	Tomato/Pepper/Onion Salad	Romaine Salad	Beet & Onion Salad	Tangy Cucumber Salad
DESSERT	Applesauce	Grapes	Mandarins	Watermelon	Ice Cream Cup	Peaches	Banana
DINNER	Beef Bourguignon Caramelized Onion Mashed Or Seafood Stew Patty Shell	Lemon Ginger Chicken Or Pork Chop Milanese	Breaded Lemon Pepper Cod Lemon/Tartar Or Fried Chicken	Beef Lasagna Caesar Salad Garlic Bread Or Turkey Divan Tea Biscuit Peas	Sage Crusted Pork Loin Applesauce Or Soy Glazed Salmon Lemon Wedge	Mid-East Lamb Chop Mint Jelly Or Honey Glazed Corned Beef	Roast Beef Gravy/Horseradish Yorkshire Pudding Garlic Mashed Potato
STARCH/ VEGETABLE	PEI Mixed Vegetables	Gnocchi with Bacon & Onions Savory Carrots	Fries & Gravy Coleslaw		Au Gratin Potatoes Yellow & Green Beans	Parsley Boiled Potato Braised Red Cabbage	Glazed Squash Brussel Sprouts
DESSERT	Assorted Danish	Carrot Loaf with Butter	Ice Cream Treat	Lemon Cream Cake	Cheesecake	Rhubarb Crisp	Blueberry Pie