

Canterbury Woods
Weekly Menus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Orange Juice Cereal Selection Oatmeal/Cream of Wheat French Toast w/Apple Cranberry Compote Scrambled Eggs Turkey Sausage Red's Donuts Margarine / Butter Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Rolled Oats/Cream of Wheat Denver Scramble Scrambled Eggs Lox Bagel Margarine / Butter/Cream Cheese Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Oatmeal / Cream of Wheat Belgian Waffle Bar Scrambled Eggs Bacon Strawberry Jam Muffin Margarine / Butter Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Chile Relleno Frittata Scrambled Eggs Sausage Links Freshly Baked Croissant Margarine / Butter Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Omelette Bar Scrambled Eggs Bacon Freshly Baked Biscuits & Honey Margarine / Butter Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Eggs Benedict Scrambled Eggs Canadian Bacon Sliced Tomato & Spinach English Muffin Margarine / Butter Seasonal Fruit Milk Coffee / Tea	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Bacon & Cheese Strata Scrambled Eggs Corned Beef Hash Red's Donuts Margarine / Butter Seasonal Fruit Milk Coffee/Tea
Sunday Buffet	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
New England Clam Chowder Waldorf Salad Herb Baked Mahi-Mahi Baharat Chicken w/ Couscous Carved Prime Rib Roast Scalloped Potatoes Sesame Green Beans Rainbow Cauliflower Signature Breads Pina Colada Cake No Added Sugar Cake	Beef Masala Soup Meatball Sandwich Black & Blue Chicken Salad Sweet Potato Fries Seasonal Fruit Dessert Bar No Added Sugar Cookie	Turkey & Wild Rice Soup Beer & Brat Bar Asian Tofu Salad Baked Beans Sauerkraut Seasonal Fruit Chocolate Chip Cookie No Added Sugar Cookie	Pacific Trader Soup Whole Wheat Penne Alfredo w/Chicken & Broccoli Deli Bar w/Salami Sautéed Spinach Olive Antipasti Salad Seasonal Fruit Potato Chips Tapioca Pudding No Added Sugar Pudding	Hawaiian Tomato Soup Charbroiled Hamburger Bar Couscous & Quinoa Spinach Salad Onion Rings Seasonal Fruit Homestyle Shortbread No Added Sugar Cookie	Albondigas Soup Vegetarian Tostada Bar Chef's Salad Black Beans & Rice Fresh Pico de Gallo Seasonal Fruit Cuban Wedding Cookie No Added Sugar Cookie	Mulligatawny Soup Pulled Pork Sliders Sonoma Chicken Salad Corn on the Cob Seasonal Fruit Ice Cream Sundae Bar No Added Sugar Ice Cream
Supper	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
New England Clam Chowder Pork Chile Verde Organic Kale & Jicama Slaw Black Beans & Rice Seasonal Fruit Corn Tortillas Angel Food Cake w/ Blueberries No Added Sugar Tart	Beef Masala Soup Lentil Tomato Orzo Miso Barley w/Mushrooms Corned Beef Trout w/Lemon Parsley Butter Mashed Potatoes w/Leeks Steamed Cabbage Baby Carrots Dinner Roll Caramel Custard No Added Sugar Custard	Turkey & Wild Rice Soup Barley Tabouli w/Artichoke Salad Braised Pork Loin Dijon Herb Chicken Tilapia Vera Cruz Rosemary Russet Potatoes Honey Roasted Squash Herbed Green Beans w/ Pimentos Breadsticks Apple Pie No Added Sugar Tart	Pacific Trader Soup Black Bean & Corn Salad New England Baked Cod BBQ Baby Back Ribs Chicken Cacciatore Quinoa Roasted Beets & Oranges Brussels Sprouts Garlic Bread Pinwheel Peach Cobbler No Added Sugar Tart	Hawaiian Tomato Soup Iceberg Lettuce Wedge w/Bacon & Blue Cheese Shrimp Scampi Mac n' Cheese RANCHER'S GRILL- N.Y. Striploin Baked Potato w/Sour Cream Roasted Roma Vegetables Haricot Vert Olive Loaf Cappuccino Caramel Mousse No Added Sugar Mousse	Albondigas Soup Pear & Blue Cheese Salad Braised Beef Short Ribs Spinach Lasagna Catch of the Day Brown Rice Glazed Baby Carrots Caramelized Onions & Peas w/Mint Rustique Dinner Roll Boston Cream Pie No Added Sugar Tart	Mulligatawny Soup Chipotle Caesar Salad Saffron Faro w/ Mushrooms & Squash Maple Chili Glazed Pork Tenderloin Baked Salmon Filet Roasted Red Potatoes Sautéed Spinach Harvard Beets Home Baked Rolls Coconut Cream Pie No Added Sugar Tart



Items in bold and italic meet the Balanced Choices "FIT" criteria
FIT: Contains less than 350 calories, 80 mg of cholesterol, 600 mg of sodium and less than 14 grams of fat