

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 Cheese Blintz Scrambled Eggs	Orange Juice Cereal Selection Rolled Oats/Cream of Wheat Mediterranean Quiche Scrambled Eggs	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Pancake Bar Scrambled Eggs	Orange Juice Cereal Selection Oatmeal/Cream of Wheat French Toast w/ Berry Compote Scrambled Eggs	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Omelette Bar Scrambled Eggs	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Chorizo Casserole Scrambled Eggs	Orange Juice Cereal Selection Oatmeal/Cream of Wheat Greek Scramble Scrambled Eggs
Sausage patty	Lox	Bacon	Corned Beef Hash	Bacon Home Fried Potatoes	Vegetable Sausage Patty	Sausage Link
Biscuits & Gravy	Bagel	Strawberry Cream Cheese Coffee Cake	Blueberry Muffin		Cranberry Scones	Banana Crunch Muffin
Margarine / Butter	Margarine / Butter/Cream Cheese	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter	Margarine / Butter
Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee / Tea	Seasonal Fruit Milk Coffee/Tea
Sunday Buffet	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chipotle Chicken Soup Calypso Salad	Greek Lemon Soup	Chicken Soup w/Quinoa	Vegetable Orzo Soup	Roasted Onion & Mushroom Soup	Manhattan Clam Chowder	Five Bean Soup
Lemongrass Chicken Carved Rack of Lamb Pecan Crusted Catfish Roasted Garlic Mashed Potatoes	Turkey Chili Thai Beef Salad Steamed Spinach Cornbread Muffin	Grilled Salmon Cakes BBQ Chicken & Wild Rice Salad	Teriyaki Chicken Drumettes Deli Bar w/ BLT Sauteed Bok Choy Spring Rolls Potato Salad Seasonal Fruit	Spaghetti w/Italian Meat Sauce Grilled Vegetable Antipasti Steamed Broccoli Seasonal Fruit Garlic Bread Tapioca Pudding	Beef Taco Bar Melon & Prosciutto Salad Guacamole Tortilla Chips Mexican Wedding Cookie	Monte Cristo Sandwich Turkey Tarragon Salad Steak Fries
Roasted Squash Medley Cauliflower Au Gratin Olive Loaf Raspberry Swirl Cheesecake	Seasonal Fruit Peanut Butter Cookie	Haricot Vert Seasonal Fruit Angel Food Cake w/Strawberry Topping	Cherry Brownie	No Added Sugar Pudding	No Added Sugar Cookie	Ice Cream Sundae Bar No Added Sugar Ice Cream
No Added Sugar Cake	No Added Sugar Cookie	No Added Sugar Cake	No Added Sugar Jello	No Added Sugar Pudding	No Added Sugar Cookie	No Added Sugar Ice Cream
Supper	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chipotle Chicken Soup	Greek Lemon Soup Asian Sweet Chili Slaw	Chicken Soup w/Quinoa Lentil-Mint Salad	Vegetable Orzo Soup Peach & Arugula Salad	Roasted Onion & Mushroom Soup Arugula-Beet Salad	Manhattan Clam Chowder Southwest Salad	Five Bean Soup Pasta Salad
Chicken Parmesan	Mushroom Crêpes	Roasted Turkey Breast	Baked Salmon	Cheese Ravioli w/Lobster Vodka Cream Sauce	Beef Satay	New Mexican Roasted Chicken
Seafood Louie Salad	Cod Adobo Asian Pork Skewers	Beef Shawarma	Smoked Cheese Lasagna	RANCHER'S GRILL- Santa Maria Tri-Tip w/Salsa Stuffed Peppers	Eggplant Parmesan Catch of The Day	Garlic Shrimp w/Couscous Keilbasa w/Peppers & Onions
Italian Flat Beans Seasonal Fruit Garlic Bread	Curried Lentil-Scallion Pancakes Lima Beans & Carrots Steamed Zucchini Squaw Dinner Roll	Pollock au Pesto Sweet Potatoes w/Pecans	Chicken Barley Stew Roasted Red Potatoes	Polenta Mashed Rutabaga Peas & Mushrooms Whole Wheat Roll	Jasmine Rice Creamed Spinach Glazed Beets Olive Bread	Baked Potato Long Beans Bok Choy Home Baked Rolls
Coconut Lemon Cake	Pumpkin Pie	Carrot Cake	Strawberry Layer cake	Bread Pudding w/Whiskey Sauce	Crème Brulee	Peach Crisp
No Added Sugar Cake	No Added Sugar Mousse	No Added Sugar Cake	Fresh Strawberries & Cream	No Added Sugar Pudding	No Added Sugar Custard	No Added Sugar Peach Crisp



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