



## Cavell Gardens Monthly Meal Plan

	Mon, Jun 01	Tue, Jun 02	Wed, Jun 03	Thu, Jun 04	Fri, Jun 05	Sat, Jun 06
	Tomato Basil Soup	Miso Soup with Tofu and Scallions	Cream of Mushroom Soup	Butternut Squash Soup with Maple Syrup	Lentil Soup with Cumin, Coriander and Paprika	Garden Vegetable Soup
	Swiss and Cheddar Grilled Cheese Sandwich on Sour Dough Bread	Sweet and Sour Pork with Bell Peppers and Pineapple	Grilled Chicken Caesar Salad	Creamy Lobster and Shrimp Roll	Mediterranean Lamb Burger with Lettuce, Tomato, Red Onion and Tzatziki	Chilled Quinoa Salad, Warm Potato Scallion Roll
	Kettle Chips and Pickle Spear	Vegetable Cabbage Chow Mein	Romain Lettuce, Garlic Crutons, Parmesan Cheese and Lemon Wedge	Mixed Greens with Radish and Tomatoes	Wedge Cut Yam Fries with Garlic Yogurt Dip	Quinoa Salad with Diced Cucumber, Bell Peppers, Red Onions and Cherry Tomatoes
	Two Bite Brownie with Whipped Cream	Mango Ice Cream	Red Wine Poached Pear with Cloves and Cream	Banana Foster Crepes with Whipped Cream and Icing Sugar	Lemon Jell-O Cubes	Orange Chocolate Pudding with Vanilla Wafer
	Creamy Cucumber and Dill Salad	Tomato and Bocconcini Salad	Iceberg Greens with Sliced Strawberries	Watermelon, Feta Salad with Fresh Mint	Rainbow Coleslaw, Lemon Vinaigrette	Curried Chick Peas Salad with Fresh Vegetables, Dried Cranberries and Almonds
	Pan Seared Scallops with Black Truffle Oil	Chicken Picatta with Butter, Capers, Lemon and Parsley	Maple Glazed Salmon with Soy Ginger Drizzle	Garlic Duck Sausage with Tangy Cherry Reduction	BBQ Glazed Chicken Thighs	Turkey a la King with Cheddar and Chive Biscuit
	Seared Beef Tenderloin Tips	Vegetable Bolognese with Garlic Toast	English Bangers with Onion Gravy	Peach Braised Pork Steak with Natural Jus	Texan Smokey BBQ Baby Back Ribs	North Indian Style Butter Tofu with Raita and Mini Naan Bread
	Lemon Risotto, Asparagus Spears and Blistered Tomatoes	Herb and Butter Egg Noodle, Roasted Zucchini and Mixed Pepper Sauté	Green Onion Mashed Potato, Green Peas and Braised Cabbage	Roasted Parsley Potatoes, Broccoli and Cauliflower	Baked Potato, Corn on the Cob and Creamed Spinach	Lemon Scented Rice, Baby Bok Choy and Roasted Parsnips
	Bavarian Cream Tart with Fresh Berries	Tiramisu Mousse with Shaved Chocolate	Carrot Cake with Cream Cheese Frosting	Stewed Strawberries with Vanilla Yogurt	Pecan Pie Bar	Lemon Blueberry New York Cheesecake
Sun, Jun 07	Mon, Jun 08	Tue, Jun 09	Wed, Jun 10	Thu, Jun 11	Fri, Jun 12	Sat, Jun 13
Spring Pea and Mint Soup	Parsnip and Cauliflower Soup	Black Bean and Cilantro	Golden Egg Drop Soup	Cream of Broccoli Soup	Carrot Ginger Soup	Cream of Vegetable Soup
Creamy Scrambled Eggs with Chives	Summer Time BBQ Chicken Wings	Chicken Taco Salad with Los Fixins	Crispy Ginger Beef with Scallions	All Beef Hot Dog with Ketchup, Mustard, Relish and Caramelized Onions	Hawaiian Style Pizza with Pineapple, Ham and Mozzarella Cheese	Mediterranean Chickpea Salad with Lemon Olive Oil and Sliced Garlic Focaccia Bread
Home Fries, Maple Turkey Sausage and Orange Wedge	Fresh Cut Crudité and Ranch Dressing	Mixed Greens, Shredded Cheese, Sour Cream, Salsa, and Nacho Chips	Udon Noodles and Stir-Fry Vegetables	Wedge Cut Fries and Pickle Spear	Iceberg Salad with Tomato, Ranch Dressing	Tomato, Cucumber, Red Onions, Kalamata Olives, Feta Cheese and Fresh Parsley
Fresh Fruit Salad with Berries	Watermelon and Chocolate Chip Ice Cream	Cinnamon and Sugar Mini Donuts	Classic Ambrosia Salad	Mandarin Jellied Orange Jell-O	Cappuccino Frozen Yogurt	Victorias Nanaimo Bar
Mixed Greens with Cucumber, Carrots and Radish	Edamame Beans with Sesame Oil and Sea Salt	Crispy Caesar Salad with Croutons and Parmesan	Citrus Seven Bean Salad with Mixed Greens	Spinach Salad with Mandarin Oranges, Strawberries and Caramelized Onions	Creamy Coleslaw with Raisins and Dried Cranberries	Broccoli Salad with Grapes
Whole Fruit + Assorted Cookies	Whole Fruit + Cherry, Apple and Cheese Danish	Whole Fruit + Savory Spinach and Feta Strudel	Whole Fruit + Hummus and Crudité	Whole Fruit + Sliced Watermelon	Whole Fruit + Assorted Mini Maple Donuts	Whole Fruit + Assorted Cookies
Carved Roast Beef with Rosemary Gravy and Yorkshire Pudding	Teriyaki Fried Tofu Stir-Fry	Herb Crusted Pork Tenderloin with Shallot Jus	Bison Meatloaf with Blackberry and Balsamic Reduction	Chicken Souvlaki Skewers with Creamy Tzatziki and Mini Pita	Salisbury Steak with Mushroom and Herb Gravy	Carved Pork Loin with Shaved Fennel Slaw
Garlic Mashed Potato, Asparagus and Red Peppers	Coconut Scented Rice, Baby Bok Choy and Baby Corn	Creamy Parmesan Polenta, Broccoli and Garlic Bread	Mashed Yams, Yellow Beans and Green Peas	Rice Pilaf, Green Beans and Blistered Grape Tomatoes	Mashed Potatoes, Roasted Zucchini and Parsnips	Buttered Egg Noodle, Red Beets and Petite Carrots
Banana Cream Pie	Coconut Pudding with Candied Almonds	Coffee Crunch Bar	Citrus Chocolate Mousse with Toasted Walnuts	Lemon Burst Cake	Chilled Apricots with Honey and Mint	Apple Crumble Squares with Whipped Cream
Sun, Jun 14	Mon, Jun 15	Tue, Jun 16	Wed, Jun 17	Thu, Jun 18	Fri, Jun 19	Sat, Jun 20
Lemon Chicken Orzo Soup	Onion Soup with Tarragon and Garlic Croutons	Parsnip Apple Soup	Gingered Coconut Yam Soup	Sweet Corn Chowder	Turkey Noodle Soup	Cream of Vegetable Soup
Cinnamon French Toast with Warm Maple Syrup and Icing Sugar	Tuna Nicoise Salad with Olive Oil and Lemon Juice	Turkey and Swiss with Cranberry Bread and Cranberry Mayo	AAA Beef Burgers with Lettuce, Tomato, Red Onions and Cavell Special Sauce	Shrimp and Crab Potato Cake with Capers Herb Yogurt Sauce + Lemon Wedge	Creamy Egg Salad with Truffle Oil, Buttery Croissant	Crispy Chicken Wrap with Spinach, Tomato, Cheese, Cucumbers and Buttermilk Ranch
Crispy Apple Smoked Bacon and Orange Wedge	Mixed Greens, Hard Boiled Egg, Potato, Green Beans, Tomato, Black Olives and Red Onion	Kettle Chips	Wedge Cut Fries and Pickle Spear	Lemon and Garlic Green Bean Salad	Dried Cranberries and Raisins Coleslaw	Sweet Potato Fries with Honey Mustard
Fresh Fruit Salad with Berries	Grapes and Brie	Lavender Lemonade Ice Cream	Yogurt with Stewed Strawberries	Chilled Citrus Poached Pear	Cherry Filled Donut with Icing Sugar	German Chocolate Cake
Spinach Salad with Crumbled Eggs and Red Onions	Seven Bean Salad with Honey Vinaigrette	Mixed Greens with Roasted Tex Mex Corn	Chilled Edamame Beans Tossed with Sesame Oil and Sea Salt	Caprese Salad with Balsamic Reduction	Blue Cheese Potato Salad with Green Onions	Baby Kale Caesar Salad
Cranberry Brined Turkey Breast with Sage Gravy and Cranberry Sauce	Chicken Pot Pie with Mushroom Thyme Gravy	Chicken Enchiladas with Tomatillo Sauce, Cotija Cheese, Cilantro and Lime + Pickled Red Onions	Poached Salmon with Thai Coconut Curry Sauce	Turkey and Ricotta Lasagne with Bechamel and Basil Oil	Mediterranean Chicken Stew with Sun Dried Tomato Pesto and Feta	Seared Tilapia with Pineapple Salsa
New Zealand Roasted Leg of Lamb with Natural Jus	Beef Liver with Caramelized Onion Gravy and Crispy Bacon	Vegetable Enchiladas with Tomatillo Sauce, Cotija Cheese, Cilantro and Lime + Pickled Red Onions	Char Siu (Chinese BBQ Pork)	Four Cheese Vegetarian Lasagna with Bechamel and Basil Oil	Breaded Veal Picatta with Lemon, Capers, White Wine and Butter	Lamb Shepherd's Pie with Mint Gravy
Whipped Yams, Brussel Sprouts and Red Beets	Creamy Mashed Potato, Broccoli and Cauliflower	Tomato Rice, Roasted Mixed Peppers and Zucchini	Lemon Scented Rice + Baby Bok Choy and Baby Corn	Focaccia Bread, Broccolini and Roma Tomato	Buttered Orzo, Parsley Roasted Artichokes and Baby Carrots	Mashed Potato, Asparagus and Roasted Yellow Zucchini
Chocolate Cream Pie	Vanilla Cream Puffs with Chocolate Sauce	Crepes with Caramelized Apples and Cinnamon Sugar	Mango Sorbet	Tiramisu Mousse with Shaved Chocolate	Raspberry Sponge Cake	Bavarian Cream Tart with Fresh Mint
Sun, Jun 21	Mon, Jun 22	Tue, Jun 23	Wed, Jun 24	Thu, Jun 25	Fri, Jun 26	Sat, Jun 27
Butternut Squash Soup	Cream of Mushroom Soup	Miso Soup with Scallions	Tomato Basil Soup	Black Bean Soup with Cilantro	Chicken Noodle Soup	Cream of Vegetable Soup
Corn Beef Hash with Poached Egg and Hollandaise	Chicken Strips with Plum Sauce	Teriyaki Salmon Bowl	Pita Chicken Shawarma	Fish Tacos on Soft Flour Tortillas + Lime Wedge	Broccoli, Cheddar and Green Onion Quiche	Jumbo Baked Potato Stuffed with Pulled Pork
Shredded Potatoes, Red Bell Peppers and Green Onions	Wedge Cut Fries and Sliced Tomato	Rice, Edamame Beans, Diced Cucumber, Julienne Carrots and Pickled Ginger	Pita, Garlic Sauce, Hummas, Lettuce, Tomato, Red Onion, Pickles and Feta	Shredded Cabbage, Pickled Red Onions, Sour Cream and Pico de Gallo	Mixed Greens with Sliced Cucumber and Tomato Wedge	Shredded Cheese, Sour Cream, BBQ Sauce and Crispy Onions
Fresh Fruit Salad with Berries	Maple Walnut Ice Cream	Coconut Tapioca Pudding	Lemon Jell-O w/ Whipped Cream	Cinnamon and Sugar Donut Balls	Vanilla Pudding with Chocolate Shaving and Wafer Cookie	Two Bite Brownie
Mixed Greens with Julienne Vegetables	Spinach Salad with Mandarin Oranges & Red Onion	Potato Salad with Paprika and Dill	Pickled Beets with Toasted Walnuts on Greens	Classic Caesar Salad with Garlic Croutons and Parmesan Cheese	Greek Salad with Tomatoes, Cucumbers, Red Onions, Kalamata Olives and Feta Cheese	Broccoli and Grape Salad, Creamy Dressing
Lemon and Herb Roasted Chicken Breast	Creamy Artichoke and Spinach Casserole	Crispy Fried Chicken with Dijon Mayo	Turkey Pot Pie with Mashed Potatoes and Sage Gravy	Spinach and Ricotta Cannelloni with Roasted Red Pepper Coulis	Miso-Glazed Seared Cod Loin	Roasted Mushroom Ravioli with Brown Butter, Truffle Oil and Toasted Walnuts
Carved Roast Beef with Rosemary Jus and Yorkshire Pudding	Bone In Pork Chop with Peach Compote	Braised St Louis Ribs with Tangy BBQ Sauce	Housemade Meatballs with Spaghetti and Garlic Bread	Lamb Salisbury Steak with Mushroom Gravy on Creamy Herb Polenta	Beef Bourguignon with Red Wine, Pearl Onions and Mushrooms	Bangers and Mashed with Guinness Gravy
Roasted Potatoes, Brussel Sprouts and Yellow Beans	Parsley Steamed Red Potatoes, Green Cabbage and Red Beets	Honey Glazed Spinach-Corn Bread and Corn on the Cob	Petite Carrots and Broccoli	Green Beans and Parsnips	Lemon Scented Rice, Baby Bok Choy and Golden Beets	Creamed Spinach and Carrot Spears
Banana Cream Pie	Warm Rice Pudding with Cinnamon and Whipped Cream	Citrus Chocolate Mousse	New York Mixed Berry Cheesecake	Blueberry Cream Tart with Fresh Mint	Stewed Mango on Sponge Cake and Toasted Coconut	Warm Apple Crumble with Vanilla Ice Cream
Sun, Jun 28	Mon, Jun 29	Tue, Jun 30				
Carrot Ginger Soup	Cream of Cauliflower Soup	Beef and Cabbage Borscht				
Westcoast Eggs Benedict with Shrimp Hollandaise	Chefs Salad	Open Faced Ruban Sandwich on Marbel Rye with Sauerkraut Dressing and Pickle Spear				
Home Fries and Tomato Wedge	Mixed Greens, Egg, Sliced Turkey, Sliced Swiss, Tomato, Cucumber and Carrots	Crinkle Potato Chips				
Fresh Fruit Salad with Berries	Lemon Pudding with Raspberry Sauce	Carrot Cake with Cream Cheese Frosting				
Macaroni Pasta Salad	Watermelon and Mint Salad with Crumbled Feta Cheese	Seven Bean Salad on Mixed Greens				
Lemongrass Marinated Turkey Breast with Natural Jus	Chicken Stroganoff with Sour Cream and Dill	Linguini and Clams with Garlic Bread				
Coffee Rubbed Beef Brisket with Decaf-BBQ Gravy	Bratwurst Sausage with Grainy Mustard Gravy	Chicken Parmesan with Linguini Alfredo				
Onion and Cheddar Scallop Potatoes, Asparagus and Charred Roma Tomato	Buttered Egg Noodle, Baby Bok Choy and Red Beets	Green, Yellow and Baby Carrots				
Apple Pie with Icing Sugar	Mixed Berry Crumble Squares	Espresso Ice Cream				