

Shrimp Fried Rice with Cilantro
Spring Roll with Plum Sauce
Chocolate Mousse with Cherry

Mixed Greens with Apples and Walnuts
Vegetable Pot Pie with Thyme Gravy
Chicken and Leek Pot Pie with Thyme Gravy
Creamy Mashed Potatoes, Broccoli and Roasted
Red Pepper
German Chocolate Cake

Cavell Gardens Monthly Meal Plan

			.		Wed, Oct 01	Thu, Oct 02
20000					Cream ofBroccoli Soup	Egg DropSoupwith Scallions
2010110					Jumbo Stuffed Baked Potato with a Three Bean Chili	Crispy Ginger Beef
61000					Sour Cream, Salsa, Avocado Whipped	Vegetable Stir Fried Noodles and Spring Rolls
					Citrus Chocolate Pudding	Mango Angel Cake whith Shaved Chocolate
					Ŭ	0 0
					Greek Salad with Feta Cheese and Olives	German Cucumber Salad with Sour Cream
					Chicken Souvlaki with Tzatziki and Pita Bread	Hearty Chicken Stew with Vegetables, Potatoes and Dinner Roll
VO ERLO	A Nicolar				Greek Lamb Stew topped with Feta Cheese, Pita Bread	Beef Liver with Crispy Bacon, Caramelized Onion Gravy
					Lemon Scented Rice, Roasted Zucchini and Blistered Tomatos	Creamed Spinach & Orzo with Roasted Wild Mushrooms
					Warm AppleCrumble withWhipped Cream	TiramisuMousse with Vanilla Wafer
Fri, Oct 03	Sat, Oct 04	Sun, Oct 05	Mon, Oct 06	Tue, Oct 07	Wed, Oct 08	Thu, Oct 09
Cream of Vegetable Soup with Fresh Chives	Split Peas Soup	ChickenNoodle Soup	CurriedCauliflower Soup	Italian Wedding Soup	Miso Soupwith TofuandScallions	Creamy Vegetable Chowder
	Nathan's All Beef Hot Dog with Ketchup, Mustard,	· ·	Roasted Beef Sandwich with Dijon Tarragon		·	, ,
Quiche Lorraine with Ham, Spinach & Ricotta	Relish and Sauerkraut	Creamy Scrambled Eggs with Chives	Creamy Potato Salad, Pickle Spear	BBQ Pulled Pork Sliders on Brioche Rolls	Honey Garlic Crispy Chicken	Garlic Shrimp with Spinach and Grape Tomato
Mixed Green Salad with Cherry Tomato and Italian D re ss ing	Wedge Cut Fries with Dill Pickle Spear	Hashbrown, Maple Breakfast Sausage and Orange Wedge	Two Bite Brownies with Whipped Cream	Creamy Coleslaw and Yam Fries	Hoisin Fried Rice	Creamy Polenta, Fresh herbs
Lemon Jello with Whipping Cream	Yogurt with Stewed Strawberries	Fruit Salad with Fresh Berries		Butterscotch Pudding with Candied Walnuts	Mandarin Orange Jell-O	Yogurt with Honey Maple Granola
Asian Coleslaw with Sesame Hoison Dressing	Chick Pea Salad with Fresh Cut Vegetables and Herbs	Baby Spinach Salad, Red Onions, Crumbled Egg	Roasted Butternut Squash Soup with Nutmeg Crean and Fresh Herbs	Ceasar Salad with Crutons and Parmesan	Iceburg Salad with Apples and Grapes	Baby Kale Salad with Julienne Vegetables
Shrimp & Vegetables in Thai Green Curry	Lentil & Root Vegetable Shepherd's Pie with	and Balsamic Dressing Vegetable Pot Pies with Roasted Garlic Gravy	Traditional White & Dark Turkey Plate on Herb	Linguini and Clams with Garlic Bread	Chicken a la King with Chive Cheddar Biscuit	Chicken Adobo (Filipino Style Stew)
Sweet and Sour Pork with Sweet Bell Peppers and	Mushroom Red Wine Gravy Lamb Shepherd's Pie with Mint Gravy with	Double Smoked Virginia Ham with Apple Compote	Stuffing with Giblet Gravy Stuffed Acorn Squash with Quinoa, Cranberries and	Classic Beef Lasagna with Garlic Bread	Hearty Bangers & Mash with Caramelized Onion	Chickpeas, Tomatoes and Spinach Curry
Pineapple	Mushroom Red Wine Gravy Buttered Peas and Petite Carrots	Double Smoked Virginia Ham with Apple Compote Onion and Cheese Scallop Potato, Braised Purple	Walnuts Creamy Chive Mashed Potato, Maple-Glazed		Gravy Mashed Potato, Green Peas and Roasted Parsnips	
Steamed Rice, Baby Bok Choy and Purple Eggplant		Cabbage and Golden Wedge Beets	Carrots and Steamed Green Beans, Homemade	Roasted Lemon Broccolini	Carrot Cake with Cream Cheese Frosting	Steamed Rice, Bok Choy and Mixed Pepper Sautee Apple Crumble Square with Whipped Cream and
Vanilla Cream Puffs	NY CheesecakewithMixed Berry Compote	ChocolateCreamPie	Orange Citrus Cake with Toasted Coconuts	Lemon Ricotta Cheesecake	Carrot cake with cream cheese frosting	Cinnamon Dusting
Fri, Oct 10	Sat, Oct 11	Sun, Oct 12	Mon, Oct 13	Tue, Oct 14	Wed, Oct 15	Thu, Oct 16
ButternutSquash Coconut Soup	Creamof TomatoSoup	Creamof Broccoli Soup Fried Chicken and Waffles with Hot Honey	PotatoVegetable Soup Monte Cristo Sandwich with Ham and Swiss	Lemony ChickenVegetable Soup	CabbageandTomato Soup	Hotand SourSoup
Hawaiian Pizza	Pesto Grilled Cheese Sandwich with Sundried Tomato	Sliced Tomatoes	Carrot Slaw	Creamy Mac N' Cheese with Cajun Shrimp	Chicken Salad Club Sandwich with Lettuce, Tomato, Red Onion	Beef Tenderloin Teriyaki Stir-Fry
Lemon Tossed Greens	Arugula Salad with Toasted Walnut and Balsamic	Fresh Fruit Salad with Fresh Berries	Strawberry Mousse with Vanilla Wafer	Spinach Cornbread with Honey Butter Glaze	Yam Fries with Smoked Paprika Aioli Dusted	Yam Fries with Smoked Paprika Aioli
Vanilla Pudding with Shaved Chocolate	V i nag rette Classic Ambrosia Salad		-	Cherry Jubilee with Whipped Cream	Lemon Squares	Tapioca Pudding with Mango Syrup
	Mixed Green Salad with and Cucumbers	Greek Salad, Tomatoes, Cucumber, Black Olives, Ro	asted Butternut Squash Soup with Nutmeg Cream	Canada Calad with Cautaga and Dagaraga		Mixed Greens w/ Grape Tomato, Cucumbers and
Broccoli Slaw with Grapes and Ranch Dressing	Chicken Stroganoff, Mushrooms and Pearl Onions	Feta Trout Roasted with Olives, Cherry Tomato and Fresh	and Fresh Herbs White & Dark Turkey on Herb Stuffing and Giblet	Ceasar Salad with Crutons and Parmesan	Coleslaw with Almonds and Carrots Roasted	Carrots Chicken and Artichoke Casserole, Roasted Red
Poached Salmon with Dill Hollandaise	with Sour Cream	Herbs. Served with Couscous	Gravy	Braised Chicken Breast with Honey Dijon Glaze	Salmon with Romesco Sauce	Pepper Coulis with Garlic Toast
Hearty Vegetable Penne Pasta Casserole	Moroccan Spiced Beef Stew with cinnamon, cumin, coriander, apricots, and chickpeas.	Traditional French Duck Cassoulet Served with Roasted Misey Rose Vegetable	Stuffed Acorn Squash with Quinoa, Cranberries and Walnuts	Memphis BBQ Pork Back Ribs with Mashed Potatoes		Herb Rubbed Pork Tenderloin with Sage and Brown Butter Sauce
Parsley Steamed Potato, Roasted Red Beets and Carrots	Egg Noodle, Green Beans and Red Peppers	Rodsted Wined Root Vegetable	Creamy Chive Mashed Potato, Steamed Green Beans, Maple-glazed Carrot, Homemade	Creamy Mashed Potato, Broccoli and Carrots	Roasted New Potatoes, Braised Red Cabbage and Mushrooms	Creamed Corn and Wilted Garlic Spinach
Chocolate Layered Cake	Bavarian Cream Tartwith Fresh Berries	BostonCream Pie	Pumpkin Pie with Chantilly Cream OR Apple Pie with Vanilla IceCream	ChocolateCakewith Raspberry Coulis	Warm Pear Crumble withVanilla Ice Cream	Black Forest Cake
Fri, Oct 17	Sat. Oct 18	Sun, Oct 19	Mon, Oct 20	Tue, Oct 21	Wed, Oct 22	Thu. Oct 23
Creamof Mushroom Soup	Basil Minestrone Soup	Creamy ButternutSquashSoup	TomatoBasil Bisque	RoastedCorn Chowder	PotatoandPea Soup	Egg Drop Soup withScallions
Beef Burger with Lettuce, Tomato and Red Onion or	'	French Toast with a Warm Apple Chutney	Grilled Chicken Salad with Soft Potato Roll	Turkey and Swiss Sandwich with Cranberry Mayo on	BBQ Chicken Pizza with Red Onions, Peppers and	Beef and Broccoli
Soft Potato Bun Wedge Cut Fries and Dill Pickles	Ceasar Salad, Lemon Wedge, Croutons &	Chicken Sausage and Orange Wedge	Iceberg Lettuce, Tomato, Cucumber, Red Onion,	Sourdough Bread Creamy Caesar Salad	Cil antro Tossed Green Salad with Tomato and Cucumber	
	Parmesan Cheese	Fresh Fruit and Berries	Bacon and Blue Cheese Dressing	Creamy Caesar Salau		Mixed Vegetable Chow Mein
Jelly Filled Donuts with Icing Sugar	Apple Fritters		Vanilla Yougurt with Honey Garnola	Date Squares	Raspberry Jello with Whipped Cream	Butterscotch Pudding
Baby Spinach Salad, Red Onions, Crumbled Egg and Balsamic Dressing	Herb Chick Pea Salad with Julienne Vegetable	Greek Salad Cucumber, Tomatoes, Red Onions, Kalamata Olives and Feta	Mixed Greens with Vegetables and Balsamic Dressing	Red Beet Salad with Fresh Dill	Rainbow Coleslaw with Diced Apple	Spinach Salad with Mandarian Oranges and Walnuts
Seared Cod with Creole Cream Sauce	Roasted BBQ Chicken Thighs	Atlantic Cod with Warm Vegetable Caper Salsa	Herbed Roasted Turkey Breast with Sage Gravy	Thai Coconut Vegetable Curry	Rustic Roasted Vegetable Pasta in a Silky Rose Sauce	Slow Baked Salmon with Warm Tomato Caper V i nai gre tte
Moroccan Chickpea Stew	Beer Braised Bratwurst Sausage with Crispy Onions	Pork Schnitzel with Mushroom Cream Sauce	Smoked Ham with Pineapple Chutney	Kashmiri-Style Lamb Curry with Mint Raita	Beef Stroganoff with Sour Cream and Smoked Paprika	Pork Tenderloin with Marbella Sauce
Herbed Couscous, Zucchini and Mixed Pepper	Wild Rice Pilaf, Green Beans and Cauliflower	Creamy Mashed Potatoes, Braised Purple Cabbage (Garlic Rice, Roasted Mushroom and Zucchini	Egg Noodle, Broccoli and Yellow Beans	Herbed Steamed Baby Potato, Roasted Pepper
Sautee Pumpkin Pie Tarts with Whipped Cream	Blueberry Clafoutis	and Peas Banana Bread Pudding	and Carrots Lemon Meringue Pie	Mango Ice Cream	Mixed Berry Cobbler	and Roasted Tomato Straberry Cheesecake with Crumbled Oreos
			-	-		
Fri, Oct 24	Sat, Oct 25	Sun, Oct 26	Mon, Oct 27	Tue, Oct 28	Wed, Oct 29	Thu, Oct 30
Lentil and Vegetable Soup	Chicken Noodle Soup	Cream of Mushroom Soup	Winter Root Vegetable Soup	Roasted Red Pepper Soup	Parsnip and Nutmeg Soup Turkey and Brie Sandwick on White Rye Bread with	·
Homemade Fish Cakes with a Tarragon Remoulade	Shrimp Salad on Butter Croissant	Old English Breakfast	Chicken Taco Salad	Crispy Chicken and Pesto Cranberry Wraps with Onions, Cheese, Lettuce	Rosemary Aioli	Creamy Mac N' Cheese with Toasted Herb Panko Crust
Fresh Green Salad with Tomato and Bell Pepper	Yam Fries and Orange Slices	Scrambled Eggs, Baked Beans, Sausages, Roasted Roma Tomato and Hashbrowns	lceberg Lettuce, Sour Cream, Salasa, Cheddar Cheese	Krincle Cut Potato Chips and Pickel Spears	Yam Wedges and Lemon Garlic Aioli	Broccoli Salad and Garlic Toast
Maple Walnut Ice Cream	Nanaimo Bar	Fresh Cut Fruit Salad	Mini Churro Bites	Pineapple Jell-O with Whipped Cream	Lemon Blueberry Tarts	Caramel Praline Ice Cream
Tomato Bocconcini with Fresh Basil and Balsamic	Roasted Chicke Pea Salad	Brocoli Coleslaw with Raisin	Chopped Salad with Tomato and Blue Cheese	Creamy Cucumber and Dill Salad		Asian Coleslaw with Hoison Vanagrette and
Glaze Butternut Squash Ravioli with Prawns, Brown Butte	r Fried Chicken with Dijon Mayo		D re ss ing	Savory Chickpea and Lentil Tomato Ragout	Spinach Salad with Red Onions and Crumbles Eggs	Seasame Seeds
Sauce and Toasted Walnuts	Slow Braised Pork Shoulder with Mustard Sauce	Roasted Turkey Breast with Garlic Thyme Gravy Slow Braised Beef Roast with Cranberry Balsamic	Baked Cod with Creamy Leeks	Lamb Kofta with Yogurt Dressing	Creamy Tomato Vegetable Pasta Bake	Steamed Salmon with Teriyaki Glaze
Chicken Alfredo with Fettuchini Noodles	Mashed Potato, Cream Corn and Green Bean	Glaze	Chicken Diane with Creamy Brandy Sauce	5-16-17	Breaded Veal Cutlets with Caper Lemon Parsley Butter	Salasbury Steak with Roasted Shallot Gravy
Toasted Garlic Bread, Roasted Mushrooms and Carrots	Almondine	Herb Roasted Potatoes, Acorn Squash and Parsnips	Mashed Potatoes, Green and Yellow Beans with Baby Carrots	Saffron & Onion Basmati Rice, Roasted Cauliflower and Zucchini	Herbed Orzo, Peas and Pepper Sautee Warm Rice	Steamed Rice, Golden Beets and Roasted Roma Tomatoes
CherryBavarianCream Tart	Pecan Streusel Cake	Pumpkin Cream Pie	Triple Fudge Cake	Mulled Wine Poached Pears with Whipped Cream and Mint	Pudding with Raisins	Whole Wheat Banana Cake with Buttered Oats Topping
Fri, Oct 31		1		1	1	0
rii, Ott 31						

