

FRIDAY DINNER

Beef Shepherd's Pie

seasoned beef w/ mixed veg topped w/ sweet potato / turnip / cauliflower /
assorted buns / salad

SATURDAY

Breakfast

Baked Frittata Baked with peppers & onions / side of crispy bacon /
whole wheat toast / hashbrowns

Lunch

Sandwich / Wrap Bar Tuna salad / egg salad / ham / turkey / roast beef / cheese
/ assorted vegetable toppings + condiments / tossed salad / chef's choice of soup

Dinner

Angus Roast Beef Served w/Yorkshire pudding / garlic mashed potatoes / seasonal
vegetables / gravy / and chef's choice of salad

SUNDAY

Breakfast

Classic Eggs Benny Poached eggs w/ ham on an English muffin / Hollandaise sauce
/ hashbrowns / assorted yogurt

Lunch

Philly Beef Dip Thin sliced beef / au jus / sautéed mushrooms and onions /
julienne pepper / swiss cheese / fries / chef's choice of salad