

	Monday Option A	Monday Option B	Wednesday Option A	Wednesday Option B	Friday Option
<b>Week 1</b> March 1 Apr 2 May 7 Jun 11 July 16 Aug 20 Sep 24 Oct 29 Dec 3	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Grilled chicken breast with mushroom sauce ,mashed potato and vegetables  <b>Dessert:</b> Cream puff  Or Fresh fruit (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Homemade meat- balls with fettuccine, tomato sauce, side vegetables, garlic toast  <b>Dessert:</b> Tiramisu Or Fresh fruit (diabetic)	<b>Salad:</b> Mixed Green Salad  <b>Entrée:</b> Boneless chicken with sweet & sour sauce and rice with seasoned vegetables  <b>Dessert:</b> Rice pudding Or Fresh fruit (diabetic )	<b>Soup:</b> Soup of the Day chowder  <b>Entrée:</b> teriyaki chicken, Steamed rice, side vegetables  <b>Dessert:</b> Apple pie Or Fresh fruit (diabetic)	<b>Soup:</b> Potato salad  <b>Entrée:</b> Hungarian beef stew, penne pasta, & vegetables  <b>Dessert:</b> Carrot cake Or Sugar-free Jello (diabetic)
<b>Week 2</b> March 5 Apr 9 May 14 Jun 18 July 23 Aug 27 Oct 1 Nov 5 Dec 10	<b>Soup:</b> Vegetable  <b>Entrée:</b> Roasted top sirloin beef, mashed potatoes, vegetables, gravy  <b>Dessert:</b> Cheesecake Or Fresh fruit (diabetic)	<b>Soup:</b> Soup of the Day tomato  <b>Entrée:</b> Chicken parmesan with seasoned vegetables, and rice/potatoes  <b>Dessert:</b> apple pie Or Sugar free Jello (diabetic)	<b>Soup:</b> Mixed Green Salad  <b>Entrée:</b> Szechuan pork with rice & stir-fried cabbage  <b>Dessert:</b> Assorted mini cakes Or Fresh fruit (diabetic)	<b>Soup:</b> Soup of the Day soup  <b>Entrée:</b> Shepherd's pie with mashed potatoes, steamed vegetables, and gravy  <b>Dessert:</b> cream puff Or fresh fruit (diabetic)	<b>Salad:</b> Soup of the Day  <b>Entrée:</b> Stir-fried shrimp, basmati rice, and vegetables  <b>Dessert:</b> chocolate cake Or Sugar-free pudding (diabetic)
<b>Week 3</b> March 12 Apr 16 May 21 Jun 25 July 30 Sep 3 Oct 8 Nov 12 Dec 17	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Roasted smoked ham with pineapple sauce, Mashed potato, & Vegetables  <b>Dessert:</b> cream puff Or Fresh fruit (diabetic)	<b>Soup:</b> Mixed Green Salad  <b>Entrée:</b> Penne Alfredo with chicken & vegetables  <b>Dessert:</b> Tiramisu Or Sugar-free Jello (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Beef & broccoli in black bean sauce with steamed rice and side seasoned vegetables  <b>Dessert:</b> Rice pudding Or Fresh Fruit (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Salisbury steak, onions, gravy, mashed potatoes, side vegetables  <b>Dessert:</b> Mini Brownie Or Unsweetened apple sauce (diabetic)	<b>Soup:</b> Coleslaw Salad  <b>Entrée:</b> Butter chicken with basmati rice and vegetables  <b>Dessert:</b> Assorted mini cakes Or Fresh fruit (diabetic)

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<b>Week 4</b> March 19 Apr 23 May 28 July 2 Aug 6 Sep 10 Oct 15 Nov 19 Dec 31	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Grilled chicken breast, seasoned vegetables, roasted nugget potatoes, mushroom sauce  <b>Dessert:</b> Cheesecake Or Sugar free Jello (diabetic)	<b>Salad:</b> Pasta Salad  <b>Entrée:</b> grilled wild salmon ,brown rice and dill cream sauce  <b>Dessert:</b> Mini Brownie Or Sugar free Jello (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Chicken breast with sauce, fried rice, stir- fried vegetables  <b>Dessert:</b> chocolate cake Or Unsweetened apple sauce (diabetic)	<b>Soup:</b> Coleslaw Salad  <b>Entrée:</b> Baked meat lasagna, garlic toasted and vegetables  <b>Dessert:</b> cream puff or Fresh fruit (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Cabbage rolls, roasted potatoes, side vegetables  <b>Dessert:</b> Apple Pie Or Sugar free Jello (diabetic)
<b>Week 5</b> March 26 Apr 30 Jun 4 July 9 Aug 13 Sep 17 Oct 22 Nov 26	<b>Salad:</b> Coleslaw salad  <b>Entrée:</b> teriyaki chicken, Steamed rice, side vegetables  <b>Dessert:</b> chocolate cake Or Sugar free Jello (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Baked vegetarian lasagna, side vegetables, garlic bread sticks  <b>Dessert:</b> Mini Brownie Or Sugar free Jello (diabetic)	<b>Salad:</b> Mixed Green Salad  <b>Entrée:</b> Stir-fried shrimp, basmati rice, and vegetables  <b>Dessert:</b> Assorted mini cakes Or Fresh fruit (diabetic)	<b>Soup:</b> Soup of the Day  <b>Entrée:</b> Roast beef and onion, mashed potatoes, vegetables, and gravy  <b>Dessert:</b> Apple pie Or Sugar free Jello (diabetic)	<b>Soup:</b> Soup of the Day tomato  <b>Entrée:</b> Meatloaf, Potatoes & Vegetables  <b>Dessert:</b> Carrot cake Or Sugar-free Jello (diabetic)

**A message from the Executive Chef, Danny Kwok, of the Starlight Casino:**

“ I am a creative, enthusiastic, hardworking chef with a passion for food and lots of kitchen management experience working in busy restaurants, banquet facilities and casinos. Over the past 16 years as a chef, I have had management experience in a wide range of high volume restaurants and have culinary training and knowl- edge in a number of cuisines including French, Italian, Asian and modern Canadian food. I received the Certificate of Qualification in the trade of cooking (red seal) in the early years of my career. My cooking philosophy is to serve only the freshest and finest ingredients along with a focus on execution and technique of each of our client’s culinary dishes. Under my supervision, we have over 20 kitchen staff, and they are all well trained with food safe and cooking skills. Our only mandate is to make our customer feel happy and satisfied with each of our dishes. We feel privileged to be able to provide our services to our clients from the "Meals on Wheels" program, and we look forward to establishing a successful relationship with all of our clients!!”

**Danny Kwok**