

	Monday Option A	Monday Option B	Wednesday Option A	Wednesday Option B	Friday
Week 1 Jan. 14 Oct. 21 Feb. 18 Nov. 25 Mar. 25 Apr. 29 June 3 July 8 Aug. 12 Sept. 16	Soup: Soup of the Day Entrée: Grilled chicken breast with mushroom sauce ,mashed potato and vegetables Dessert: Cream puff Or Fresh fruit (diabetic)	Soup: Soup of the Day Entrée: Homemade meat-balls with fettuccine, tomato sauce, side vegetables, garlic toast Dessert: Tiramisu Or Fresh fruit (diabetic)	Salad: Mixed Green Salad Entrée: Boneless chicken with sweet & sour sauce and rice with seasoned vegetables Dessert: Rice pudding Or Fresh fruit (diabetic)	Soup: Soup of the Day soup Entrée: Shepherd's pie with mashed potatoes, steamed vegetables, and gravy Dessert: cream puff or fresh fruit	Soup: Potato salad Entrée: Hungarian beef stew, penne pasta, & vegetables Dessert: Carrot cake Or Sugar-free Jello (diabetic)
Week 2 Jan. 21 Oct. 28 Feb. 25 Dec. 2 Apr. 1 May 6 June 10 July 15 Aug. 19 Sept. 23	Soup: Vegetable Entrée: Roasted top sirloin beef, mashed potatoes, vegetables, gravy Dessert: Cheesecake Or Fresh fruit (diabetic)	Soup: Soup of the Day tomato Entrée: Chicken parmesan with seasoned vegetables, and rice/potatoes Dessert: apple pie Sugar free Jello (diabetic)	Soup: Soup of the Day Entrée: Salisbury steak, onions, gravy, mashed potatoes, side vegetables Dessert: Mini Brownie Unsweetened apple sauce	Soup: Soup of the Day chowder Entrée: teriyaki chicken, Steamed rice, side vegetables Dessert: Apple pie Or Fresh fruit (diabetic)	Salad: Soup of the Day Entrée: Stir-fried shrimp, basmati rice, and vegetables Dessert: chocolate cake Or Sugar-free pudding (diabetic)
Week 3 Jan. 28 Dec. 9 Mar 4 Apr 8 May 13 June 17 July 22 Aug. 26 Sept. 30 Nov. 4	Soup: Soup of the Day Entrée: Roasted smoked ham with pineapple sauce, Mashed potato, & Vegetables Dessert: cream puff Or Fresh fruit (diabetic)	Soup: Mixed Green Salad Entrée: Penne Alfredo with chicken & vegetables Dessert: Tiramisu Or Sugar-free Jello (diabetic)	Soup: Soup of the Day Entrée: Beef & broccoli in black bean sauce with steamed rice and side seasoned vegetables Dessert: Rice pudding Fresh Fruit	Soup: Mixed Green Salad Entrée: Szechuan pork with rice & stir-fried cabbage Dessert: Assorted mini cakes Or Fresh fruit (diabetic)	Soup: Coleslaw Salad Entrée: Butter chicken with basmati rice and vegetables Dessert: Assorted mini cakes Or Fresh fruit (diabetic)

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Week 4 Jan. 2 (Wed) Feb. 4 Nov. 11 Mar. 11 Dec. 16 Apr. 15 May 20 June 24 July 29 Sept. 2 Oct. 7	Soup: Soup of the Day Entrée: Grilled chicken breast, seasoned vegetables, roasted nugget potatoes, mushroom sauce Dessert: Cheesecake Or Sugar free Jello (diabetic)	Salad: Pasta Salad Entrée: grilled wild salmon, brown rice and dill cream sauce Dessert: Mini Brownie Sugar free Jello (diabetic)	Soup: Soup of the Day Entrée: Chicken breast with sauce, fried rice, stir-fried vegetables Dessert: chocolate cake Unsweetened apple sauce	Soup: Coleslaw Salad Entrée: Baked meat lasagna, garlic toasted and vegetables Dessert: cream puff or Fresh fruit	Soup: Soup of the Day Entrée: Herb lemon chicken with noodles and vegetables Dessert: Apple Pie Or Sugar free Jello (diabetic)
Week 5 Jan. 7 Oct. 14 Feb. 11 Nov. 18 Mar. 18 Dec. 23 Apr. 22 May 27 July 1 Aug. 5 Sept. 9	Salad: Coleslaw salad Entrée: teriyaki chicken, Steamed rice, side vegetables Dessert: chocolate cake Or Sugar free Jello (diabetic)	Soup: Soup of the Day Entrée: Baked vegetarian lasagna, side vegetables, garlic bread sticks Dessert: Mini Brownie Sugar free Jello (diabetic)	Salad: Mixed Green Salad Entrée: Stir-fried shrimp, basmati rice, and vegetables Dessert: Assorted mini cakes Or Fresh fruit (diabetic)	Soup: Soup of the Day Entrée: Roast beef and onion, mashed potatoes, vegetables, and gravy Dessert: Apple pie Or Sugar free Jello (diabetic)	Soup: Soup of the Day tomato Entrée: Meatloaf, Potatoes & Vegetables Dessert: 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 knowledge 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