

Please circle or highlight option 1 or option 2 and your vegetable choice where indicated. **Please return to the basket at Martin's**

Orders must be submitted and paid: 3 DAYS IN ADVANCE AT THE VILLAGE SHOPPE

Week 1 – Monday June 26th	Week 1 – Tuesday June 27th	Week 1 – Wednesday June 28th	Week 1 – Thursday June 29th	Week 1 – Friday June 30th
*Swiss Steak with Sour Cream Sauce (G/F) *Mashed Potatoes CHOICE OF: * Parsley Carrots OR * Steamed Broccoli Option 2 * Herbed Chicken Thigh (G/F) * Mashed Potatoes CHOICE OF: * Parsley Carrots OR * Steamed Broccoli	* Grilled Chicken with a White Wine Herb Sauce * Mashed Potatoes CHOICE OF: * Tarragon Wax Beans OR * Buttered Brussels Sprouts Option 2 *Baked Tilapia (G/F) * Mashed Potatoes CHOICE OF: * Tarragon Wax Beans OR * Buttered Brussels Sprouts	*Lemon Pepper Cod (G/F) *Fries CHOICE OF: *Squash OR *Green Peas Option 2 * Cheeseburger with fixings *Fries CHOICE OF: *Squash OR *Green Peas	*Broccoli Cheese Pasta Bake *Garlic Bread CHOICE OF: *Mixed fresh Vegetables OR *Mixed Peppers Option 2 * Pork Cutlet with Gravy *Mashed Potatoes CHOICE OF: *Mixed fresh Vegetables OR *Mixed Peppers	* Veal with Mushroom Sauce *Mashed Potato CHOICE OF: *Cauliflower OR *Zucchini Medley Option 2 *Garlic Shrimp (G/F) * Parslied Rice CHOICE OF: *Cauliflower OR *Zucchini Medley

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Week 2 – Monday July 3rd	Week 2 – Tuesday July 4th	Week 2- Wednesday July 5th	Week 2 – Thursday July 6th	Week 2 – Friday July 7th
* Seasoned Pork Loin with Gravy and Mashed Potato (G/F) CHOICE OF: *Broccoli, Carrots, Onion OR *Green Peas Option 2 *Beef Stew CHOICE OF *Broccoli, Carrots, Onion OR *Green Peas	* Baked Pollock/Lemon Wedge * Mashed Potatoes CHOICE OF: * Green Beans OR *Harvard Beats Option 2 * Chicken Breast with Mustard Sauce (G/F) *Mashed Potatoes CHOICE OF: * Green Beans OR *Harvard Beats	* Pork Souvlaki Plate (G/F) * Rice, Potato, Greek Salad Option 2 * Veal Marsala * Mashed Potatoes CHOICE OF: *Buttered Corn OR *PEI Vegetables	* Baked Salmon Fillet with Lemon Wedge(G/F) *Mashed Potatoes CHOICE OF: *Butternut Squash OR Herbed Zucchini Option 2 Spaghetti and Meatballs with Caesar Salad and Garlic Bread	* Buttermilk and Cornmeal crusted Chicken Thigh *Mashed Potatoes *Mixed Vegetables Option 2 * Vegetable Stir-Fry (G/F) *Rice Pilaf *Mixed Vegetables
Week 3 – Monday	Week 3 – Tuesday	Week 3 Wednesday	Week 3 –Thursday	Week 3 -Friday

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July 10th	July 11th	July 12th	July 13th	July 14th
* Italian Baked Fish with Lemon (G/F) *Mashed Potatoes CHOICE OF: *Green Beans OR Sliced Beets Option 2 *Breaded Pork Cutlet *Mashed Potatoes CHOICE OF: *Green Beans OR *Sliced Beets	* Meatloaf with Gravy *Garlic Mashed Potatoes CHOICE OF: *Asparagus OR *Tomato Au Gratin Option 2 * Cheese Ravioli and Sauce – Chef's Choice CHOICE OF: *Asparagus OR *Tomato Au Gratin	* Baked chicken with Chalet Sauce *Roasted Potatoes CHOICE OF *Steamed Broccoli OR *Yellow Beans Option 2 *Beef Vegetable Stew *Roasted Potatoes CHOICE OF *Steamed Broccoli OR *Yellow Beans	* Seasoned Pork Chop with Caramelized Onion Cream Sauce *Mashed Sweet Potatoes CHOICE OF: *Cauliflower OR *Mixed Vegetables Option 2 * Baked Haddock with Spinach and Onions (G/F) CHOICE OF: *Cauliflower OR *Mixed Vegetables	* BBQ Ribs (G/F) * Baked Potato CHOICE OF: *Sliced Carrots OR *Corn Niblett's Option 2 * Garlic Shrimp *Tomato Linguini with Spinach CHOICE OF: *Sliced Carrots OR *Corn Niblett's
Week 4 – Monday	Week 4 – Tuesday	Week 4 –Wednesday	Week 4 –Thursday	Week 4 –Friday

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July 17th	July 18th	July 19th	July 20th	July 21st
* Homemade Beef Pot Pie *Mashed Potatoes CHOICE OF: *Roasted Beets OR *P.E.I. Vegetables Option 2 * Honey Garlic Chicken Thigh (G/F) * Mashed Potatoes CHOICE OF: *Roasted Beets OR *P.E.I. Vegetables	* Veal Schnitzel with Hunter Sauce *Hot Potato Salad CHOICE OF: *Peas OR *Braised Red Cabbage Option 2 * Oktoberfest Sausage & Sauerkraut (G/F) * Hot Potato Salad CHOICE OF: *Peas OR *Braised Red Cabbage	* Baked Atlantic Salmon with Sundried Tomato Pesto with Rice (G/F) CHOICE OF: *Green Beans OR *Corn Option 2 * BBQ Pork Tenderloin *Rice CHOICE OF: *Green Beans OR *Corn	* Chicken Salsa – Roasted chicken with salsa and cheese on top (G/F) *Mashed Potatoes CHOICE OF: *Farm Blend Vegetables OR *Seasoned Carrots Option 2 * Shepherd's Pie (G/F) *Mashed Potatoes CHOICE OF: *Farm Blend Vegetables OR *Seasoned Carrots	Beef Stroganoff *Egg Noodles CHOICE OF: *Yellow Beans OR *Fresh Mixed Vegetables Option 2 * Parmesan Chicken *Noodles with Sauce CHOICE OF: *Yellow Beans OR *Fresh Mixed Vegetables

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