

SUMMIT MENU WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Special:	Eggs Benedict (bacon)	Omelet Western	Cinnamon Apple Crepes	Grilled Breakfast Wrap	Mushroom Omelet	Cheese Grillies	Egg McMuffins
Baked product:	Carrot raisin muffins	Blueberry scones	Banana Bread	Cheese Croissant	Cinnamon sticky buns	Raspberry & w hite chocolate scones	Cranberry Orange Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	French Onion	Chicken Noodle	Broccoli & Cheddar Soup	Beef Barley	Boston Clam Chow der	Cream of Chicken	Chef's Choice
Daily Leaf Salad	Spinach Salad	Caesar Salad	Tossed Greens	Caesar Salad	Spinach Salad	Tossed Greens	Caesar Salad
Daily Special Salad	Potato Salad	Coleslaw	Rice Salad	Pasta Salad	Cucumber Salad	Bean Salad	Marinated Vegetables
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Smokey Bacon Hamburger Deluxe	Pulled Pork Wrap	Toasted Club House Sandw ich	Battered Cod w Tartar Sauce & lemon	Pizza assorted	Baked Spaghetti & Cheese	Hot Philly Cheese Steak Sandw ich
Side	Homestyle potatoes	Fried Rice	Onion Rings	French Fries	Spicy Potato Wedges	Garlic Toast	French Fries
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Pork Shoulder Roast w /gravy	KFC Style Chicken	Roast Beef w Gravy	Mexican Night! Mexi BBQ Chicken 1/2's Beef Enchiladas Tater tots Mexican Rice Mexican roasted corn	Glazed Pork Ribs	8 oz Grilled Strip loin	Roast Turkey w/ gravy & cranberry sauce
Entrée #2:	Beef Stroganoff	Spaghetti Bolognese	Crusted Salmon Fillet		Szechuan Beef Stir-fry	Chicken Fingers	Breaded Pork Cutlets
Starch #1:	Crispy Herb Potatoes	Spaghetti Noodles	Mashed Potatoes		Fried Rice	Baked Potato w/ fixings	Mashed Potatoes
Starch #2:	Egg Noodles w garlic butter	Home-style Roast Potatoes	Macaroni & cheese		Oven Roast Potatoes	Onion Rings	Sausage Stuffing
Hot Veg:	Roasted Carrots	Steamed Lemon Broccoli	Buttered Green Peas		Grilled Red Peppers, Carrots, and Broccoli	French Cut Green Beans	Fresh Veg Medley
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert#1	Chocolate Cake	Blueberry Pie	Carrot Cake	Lemon Pie	Cream Pie	Pineapple Upside-Down n Cake	Black Forest Cake
Dessert#2	Butter Tarts	Chocolate pudding	Trifle	Vanilla Pudding	Apple Crisp	Chocolate Pudding	Fruit Cobbler
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	French Loaf	Garlic Toast	Yorkshire Puddings	Nacho chip w salsa, sour cream.	Whole Wheat Dinner Rolls	Garlic Toast	Dinner Roll

SUMMIT MENU WEEK 2

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entree:	Eggs Benedict (ham)	Fried Egg Sandwich	Red Pepper & Bacon Quiche	Breakfast Burritos	Fried Egg sandwich on a Cheddar Cheese Bagel	Omelet Ham and Cheese	McGriddles
Baked product:	Zucchini Spice Loaf	Blueberry Bran Muffins	Cinnamon-Pecan Buns	Trail Mix Muffins	Buttered Croissant	Coffee Cake	Apple Turnover
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Turkey Noodle	Creamy Mushroom	Bacon & Potato Chowder	Cream of Tomato	Clam Chowder	Tomato Chicken & Rice	Chef's Choice
Daily Leaf Salad	Tossed	Caesar Salad	Garden Salad	Spinach Salad	Caesar Salad	Tossed Greens	Caesar Salad
Daily Special Salad	Coleslaw	Broccoli Salad	Greek Salad	Potato Salad	Marinated Vegetables	Tomato Herb Salad	Mediterranean Pasta Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Chicken Quesadillas	BLT's	Grilled Italian Chicken Sandwich	Grilled Smokies w Fried Onions	Grilled Reuben Sandwich	Teriyaki Beef & Noodle Wrap	Clubhouse Sandwich
Side	Spanish Rice	French Fries	Spicy Potato Wedges	Perogies & Sour Cream	Tater Tots	Fried Rice	Onion Rings
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Pork Chops (Glazed w BBQ Sauce)	Roasted Chicken 1/4s	Meat Loaf w Onion gravy	Pub Night! Buffalo Chicken Wings Bacon Mushroom Burger Baked Yam Wedges Onion Rings Chef's Choice Vegetable	Seasoned Salmon Fillet (with Lemon Dill sauce)	Bacon-Wrapped Tenderloin Steak	Baked Ham
Entrée #2:	Beef Stew w Dumplings	Italian Meatballs in Marinara Sauce	Dry Garlic Pork Ribs		Italian Lasagna	Battered Cod w/Tartar Sauce	Chicken a la King
Starch #1:	Roasted Red Potatoes	Buttered Bow Tie Pasta	Fettuccini Alfredo		Mashed Potatoes	Wild Rice Pilaf	Scalloped Potatoes
Starch #2:	Steamed Rice	Greek Lemon Potatoes	Mashed Potatoes		Rice Pilaf	French Fries	Buttered Egg Noodles
Hot Veg:	Dill Carrots	Mixed Steamed Veggies	Lemon Broccoli		Steamed Green Beans	Kennel Corn (On the cob in season)	Honey Glazed Carrots
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Berry Cheesecake	Brownies Deluxe	Pecan Pie	Fruit Pie (e.g Cherry, Blueberry, Apple, etc)	Chocolate Cake	Strawberry Shortcake	Banana Cream Pie
Dessert #2	Vanilla Pudding	Jello	Caramel Pudding	Chocolate Pudding	Fruit Crisp	Lemon Pudding	Pudding Trifle
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	Cheddar Buns	Garlic Toast	Homemade Loaf	Cheesy Nachos w Salsa	Garlic Toast	Whole Grain Loaf	Dinner Buns

SUMMIT MENU WEEK 3

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entree:	Eggs Benedict (bacon)	Open Face Egg & Cheese Bagels	Mushroom Quiche	Egg Scrambled w ith Grilled Sausage, Mushrooms & Cheddar	Bacon & Eggers	Breakfast Wraps	Spanish Omelettes
Baked product:	Raspberry & Chocolate Muffins	Blueberry Danish	Cranberry Orange Scones	Cinnamon Buns w Cream Cheese Icing	Raisin Bran Muffins	Chocolate Croissant	Carrot Pineapple Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Ham & Split Pea	Vegetable Soup w Tuscan Sausage	Seafood Chow der	Chicken Noodle	Cream of Vegetable	Hamburger Chow der	Chef's Choice
Daily Leaf Salad	Caesar	Tossed	Garden Salad	Spinach Salad	Spring Greens	Caesar	Spinach & Mushroom
Daily Special Salad	Coleslaw	Broccoli Salad	Bean Salad	Greek Salad w /Feta	Potato & Sundried Tomato Salad	Creamy Pasta Salad	Marinated Tomato Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Asian Chicken Wrap	Hot BBQ Beef on a Bun	Pork Pot Pies	Sloppy Joe Supreme	Grilled Reuben Sandwich	Pizza – Assorted Types	Hot Philly Cheese Steak
Side	Fried Rice	French Fries	Homestyle Potatoes	Tater Tots	Roasted Potatoes	Onion Rings	Potato Skins
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Roast Beef & Gravy	Grilled Pork Chops	Crispy Shake 'n' Bake Chicken Legs	Greek Night! Beef Souvlaki w Tzatziki Chicken Spanokopita Roasted Potatoes w Lemon Vinaigrette Rice Pilaf Pita w Humus Green Beans w Corn	Roast Pork Loin w Gravy	New York Pepper Steak	Herb Crusted Basa Fillet
Entrée #2:	Grilled Italian Sausage	Roasted Italian Cod Loin	Spaghetti Bolognese		Chessy Sausage Pasta Bake	Teriyaki Chicken Stir Fry	Shepherd's Pie
Starch #1:	Pasta Primavera	Roasted Potatoes	Fried Potato Wedges		Stuffing	Baked Potatoes	French Fries
Starch #2:	Mashed Potatoes	Steamed Rice	Pasta (spaghetti)		Mashed Potatoes	Fried Rice	Mushroom Risotto
Hot Veg:	Green Peas	Broccoli & Cheese	Italian Mixed Vegetables		Glazed Carrot Fingers	Buttered Mushrooms	Baby Carrots & Peas
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Fruit Cobbler	Vanilla Pudding	Jello	Lemon Pudding	Chocolate Pudding	Butterscotch Pudding	Fruit Crisp
Dessert #2	Black Forest Cake	Caramel Cheesecake	Brownies Deluxe	Baklava	Fruit Pie (eg. Cherry, Blueberry, apple, etc)	Ginger Cake	Pumpkin Pie
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	Cheese Buns	Homemade Loaf	Garlic Toast	Pita Bread	Multigrain Roll	Garlic Bread	Focaccia

SUMMIT MENU WEEK 4

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entree:	Eggs Benedict (bacon)	BELT's	Ham & Cheese Quiche	Breakfast Wraps	Bacon & Eggers on English Muffins	Egg Scramble	Denver Omelettes
Baked product:	Cherry Strudel	Lemon Poppy Seed Muffins	Banana Bread	Cheese & Bacon Croissant	Cinnamon Sticky Buns	Apple Turnover	Cranberry-Orange Zest Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Minestrone	Cream of Vegetable	Ham & Split Pea	Wonton Soup	French Onion	Chicken & Wild Rice	Chef's Choice
Daily Leaf Salad	Spinach Salad	Caesar	Tossed	Tossed	Spinach Salad	Caesar Salad	Caesar Salad
Daily Special Salad	Potato Salad	Bean Salad	Rice Salad	Cucumber Salad	Coleslaw	Greek Pasta	Marinated Vegetables
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Stacked Clubhouse Sandwich	Chicken Burger	Beef Tacos	Grilled Ham & Cheese	Battered Cod	Pulled Pork Sub	Chicken Teriyaki Stir Fry
Side	Homestyle Potatoes	Spicy Fries	Spanish Rice	Sweet Potato Fries	French Fries	Sweet Potato Fries	Basmati Rice
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Stuffed Chicken Breast	Roast Ham	Glazed Salmon Fillet	Chinese Food! Won Ton Soup Chinese Lemon Chicken Garlic Beef & Broccoli Vegetable Chow Mein Pork Fried Rice Egg Rolls Vegetable Stir fry	Crispy Fried Chicken	Seared Striploin with Sautéed Mushrooms	BBQ Pork Back Ribs
Entrée #2:	Grilled Bratwursts w Fried Onion Rings	Spinach Lasagne	Pork Schnitzel with Mushroom Sauce		Pulled Pork	Shrimp Kebab	Chicken Alfredo
Starch #1:	Steamed Rice	Scalloped Potatoes	Mashed Potatoes		Fried Potato Wedges	Baked Potato w Fixings	Roasted Baby Potatoes
Starch #2:	Bacon & Onion Perogies	Rice Pilaf	Parmesan Penne		Wild Rice Pilaf	Onion Rings	Buttered Fettuccini
Hot Veg:	Green Beans	Roasted Root Vegetables	Asparagus (in season) OR Green Peas		Steamed Broccoli & Cauliflower with Cheese sauce	Kernel Corn (on cob in season)	Grilled Red Peppers, Carrots & Broccoli
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Fruit Trifle	Jello	Butter Tarts	Fortune Cookies	Apple Crisp	Caramel Pudding	Fruit Cobbler
Dessert #2	Chocolate Cake	Blueberry Pie	Carrot Cake	Lemon Layer Cake	Banana Cream Pie	Pineapple Upside-Down Cake	Pecan Pie
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	Multigrain Roll	Garlic Toast	Cheese Buns	Homemade Seedy Loaf	Focaccia	Garlic Toast	Dinner Rolls

SUMMIT MENU WEEK 5

	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entree:	Eggs Benedict (bacon)	Breakfast Wraps	Egg Scramble	Ham & Eggers on English Muffins	Bacon Onion Quiche	Breakfast Sandwich on Toast	Mushrooms Swiss Omelettes
Baked product:	Apple Turnovers	Blueberry Muffins	Cinnamon-Walnut Glazed Sticky Buns	Lemon Danish	Carrot Muffins w/ Cream Cheese Topping	Currant Scones	Banana Chocolate Chip Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Bean & Bacon Soup	Chunky Beef & Veggie	Cream of Mushroom	Carrot Ginger	Chicken Noodle	Seafood Chowder	Chef's Choice
Daily Leaf Salad	Tossed Salad	Caesar Salad	Garden Salad	Caesar Salad	Spinach Salad	Caesar Salad	Garden Salad
Daily Special Salad	Black Bean & Corn Salad	Broccoli Salad	Greek Salad	Potato Salad	Marinated Vegetable	Sundried Tomato Pasta Salad	Tomato Herb Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Chicken Pasta Bake	Teriyaki Beef & Noodle Wrap	Hot Chicken Sandwich	Pot Pies (Chef's Choice)	Chicken Caesar Wrap	Toasted BLT's	Hot Beef Sandwich with Horseradish
Side	Garlic Toast	Fried Rice	Onion Rings	Homestyle Potatoes	Garlic Toast	Crispy Potato Wedges	Sweet Potato Fries
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Roast Beef with Au Jus	Chicken Parmesan	Center Cut Pork Chops w Mushroom Gravy	Italian Bistro! *Two Varieties of Pizza (Chef's Choice) *Chicken Breast Florentine *Garlic & Red Pepper Penne *Grilled Vegetable Medley	Roasted Cod Loin w Lemon Dill Sauce	Marinated New York Steak w Peppercorn sauce	Breaded Pork Cutlets w gravy
Entrée #2:	Herb Crusted Basa	Shepherd's Pie	Spaghetti Bolognese		Beef Stew with Dumplings	Chicken Fingers	Creamy Shrimp Fettuccini
Starch #1:	Mashed Potatoes	Steamed Baby Potatoes	Roast Herb Potatoes		French Fries	Stuffed Potato Skins	Mashed Potatoes
Starch #2:	Wild Rice Pilaf	Pesto Fusilli	Pasta (Spaghetti)		Wild Rice Medley	Onion Rings	Buttered Fettuccini
Hot Veg:	Bean Medley	Broccoli	Buttered Carrots		Green Peas	Roasted Pepper Medley	Steamed Broccoli & Cheese Sauce
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Vanilla Pudding	Lemon Pudding	Jello	Chocolate Pudding	Vanilla Trifle	Fruit Crisp	Jello
Dessert #2	Berry Cheesecake	Brownies Deluxe	Apple Pie	Strawberry Shortcake	Cherry Pie	Pumpkin Pie	Lemon Pie
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	Yorkshire Puddings	Garlic Toast	Multigrain Rolls	Focaccia	Homemade Buns	Garlic Toast	French Loaf