

Wonderful Wednesday Fall 2026

September 2: Glazed Ham & Mashed Potatoes

- **Glazed Ham**
(Spiral ham, salt & pepper, garlic, olive oil, honey, paprika, Dijon mustard, apple cider vinegar, cinnamon, nutmeg)
- **Gravy**
(Ham, olive oil, garlic, salt & pepper, paprika, honey, Dijon mustard, apple cider vinegar, cinnamon, nutmeg, chicken stock, cornstarch).
- **Vegetable Medley**
(Squash, Brussels sprouts, red onion, dried cherries, olive oil, salt & pepper, garlic)
- **Mashed Potatoes**
(Potatoes, half & half, salt & pepper, butter)
- **Smashed Potatoes**
(Potatoes, salt & pepper, olive oil)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad**
- **Dessert:** Sliced apples with whipped cream and salted caramel

September 9: Beef Stroganoff with Rice

- **Beef Stroganoff**
(Beef, beef stock, yellow onions, butter mushrooms, garlic, salt & pepper, olive oil, heavy cream, sour cream, Dijon mustard, paprika)
- **Dairy-Free Beef Stroganoff**
(Beef, beef stock, yellow onions, butter mushrooms, garlic, salt & pepper, olive oil, Dijon mustard, paprika)
- **Rice**
- **Roasted Broccoli**
(Broccoli, red onion, olive oil, garlic, salt & pepper, soya sauce)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad**
- **Dessert:** Chocolate Mousse

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September 16: Chicken Paprikash with Potato Pancakes

- **Chicken Paprikash**
(Chicken, red bell peppers, paprika, salt & pepper, garlic, olive oil, chicken stock, onions, cornstarch)
- **Potato Pancakes**
(Grated potatoes, garlic, salt & pepper, flour, sparkling water, marjoram, paprika, olive oil)
- **Rice**
- **Cucumber Salad**
(Cucumber, red onion, salt & pepper, olive oil, vinegar)
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Orange Fluff**

September 23: Beef Tacos **this menu subject to change**

- **Beef**
(Ground Beef, onions, cumin, salt & pepper, oregano, garlic, tomato puree, olive oil)
- **Refried beans**
(Pinto beans, onions, salt & pepper, lard, garlic)
- **Salsa & Corn Chips**
(Onions, bell peppers, onions, tomatoes, cilantro)
- **Spanish Rice**
(Rice, garlic, salt & pepper, tomato sauce, chicken bouillon, cilantro, cumin)
- **Tortillas** (Wheat & Corn)
- **Shredded Cheese**
- **Guacamole**
- **Iceberg lettuce**
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Dessert: Cinnamon Twists**

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September 30: Pork Tenderloin with Wild Berry Sauce

- **Pork Tenderloin**
(Pork Tenderloin, salt & pepper, garlic, Lawry's seasoning, Dijon mustard, paprika, olive oil)
- **Wild Berry Sauce**
(Blackberry, strawberry, blueberry, raspberry, butter, sugar, vanilla extract, honey)
- **New Potatoes**
(New Potatoes, salt & pepper, olive oil, garlic, Italian seasoning)
- **Green Beans**
(Green Beans, bacon, brown sugar, black pepper, olive oil, garlic, soya sauce)
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Pudding Parfait**

October 7: Thai Chicken Curry

- **Thai Chicken Curry - Spicy**
(Chicken Breast, Thai curry red paste, red onions, salt & pepper, ginger, garlic, chicken stock, coconut milk, red bell pepper, green bell pepper, green beans, carrots, chili, Thai basil)
- **Thai Chicken Curry - Mild**
(Chicken Breast, Thai curry red paste, red onions, salt & pepper, ginger, garlic, chicken stock, coconut milk, red bell pepper, green bell pepper, green beans, carrots, Thai basil)
- **Curry Garnish**
(Limes, coriander, spring onions)
- **Rice**
- **Spring Rolls**
- **Papaya and Cabbage Salad**
(Papaya, red cabbage, cherry tomatoes, olive oil, salt & pepper, garlic, lime, chili, fish sauce, brown sugar, coriander, Thai basil)
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Lemon Cake**

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October 14: Hoagies - Kielbasa Sausage with Peppers **this menu subject to change**

- **Kielbasa**
(Kielbasa, red onion, olive oil, garlic, salt & pepper, paprika, bell peppers, green beans, basil)
- **Beef Hot Dogs**
- **Rice**
- **Hot Dog Buns**
- **Corn Salad**
(Sweet corn, Bacon, Onion, Salt & Pepper, Olive oil, Lemon Juice, Garlic, Spring Onion, Red peppers)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Rice Krispies**

October 21: Oven Baked Fish

- **Tilapia Fish**
(Tilapia fish, salt & pepper, garlic, Olive oil, lemon juice, paprika)
- **Smashed Potatoes**
(Potatoes, olive oil, salt & pepper, fresh parsley)
- **Green Pea & Tomato Salad**
(Green peas, cherry tomatoes, red onion, garlic, lemon juice, salt & pepper, fresh dill)
- **Tartar Sauce**
(Mayonnaise, Shallot onions, Dill, Lemon juice, Salt & pepper, Garlic, Dill pickles, Fresh parsley)
- **Lemon**
- **Maple Syrup**
- **Fruit Salad**
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Strawberry cups**

October 28: HARVEST FESTIVAL

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November 4: Tomato Soup with Grilled Cheese: Celebrating Norway!

- **Tomato Soup**
(Tomatoes, tomato puree, olive oil, garlic, yellow onion, oregano, carrots, vegetable broth, brown sugar)
- **Grilled Cheese Sandwich (Gluten-Free and Dairy-Free Options Available)**
(Sliced bread, cheese, butter)
- **Boiled eggs**
- **Macaroni Pasta**
- **Heavy cream**
- **Dino Nuggets**
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Chocolate Chip Cookies**

November 11: Mediterranean Grill

- **Grilled Marinated Chicken Breast**
(Chicken breast, olive oil, salt & pepper, paprika, thyme, oregano, lemon, garlic)
- **Grilled Vegetables**
(Zucchini, Cherry tomatoes, mini peppers, red onions)
- **Mediterranean Rice**
(Turmeric, paprika, cumin, parsley, raisins, salt)
- **Hummus (contains sesame)**
(Chickpeas, tahini (sesame paste), olive oil, salt & pepper, garlic, lemon)
- **Tzatziki Sauce (Yogurt Cucumber Sauce)**
(Greek yogurt, cucumbers, dill, garlic, lemon juice, salt & pepper)
- **Pita Bread**
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad**
- **Dessert: Chocolate Cake**

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November 18: Meatballs & Spaghetti

- **Beef Meatballs**
(Ground beef, onions, garlic, parsley, oregano, crushed gluten-free cornflakes, salt & pepper, olive oil, eggs, Italian seasoning)
- **Tomato Sauce**
(Onions, garlic, salt & pepper, olive oil, crushed tomatoes, tomato puree, Italian seasoning, brown sugar)
- **Garlic Bread**
(Baguette bread, butter, olive oil, salt & pepper, garlic)
- **Gluten-Free Pasta**
- **Apple & Carrot Salad**
(Apple, carrots, brown sugar, raisins, lemon juice, black pepper)
- **Fruit Salad**
(Fresh Fruit with Orange Juice)
- **Mixed Salad**
(Organic Spring Salad Leaves, Romaine lettuce, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Banana Bread**