

Lakeshore Cafe

September 2010

www.broomfieldseniors.com

RESERVATIONS NEEDED BY 4:00 PM THE DAY BEFORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Healthy Hearts Baja Style Salmon Tacos Roasted Vegetables Tuscan Bean & Tomato Salad Fresh Cut Melon	2 Beef Stroganoff over Wide Egg Noodles Spaghetti Squash Mixed Spinach Salad Pecan Pie	3 Birthday Lunch Roasted Pork Loin w/Applesauce Herbed Stuffing Green Beans Amandine Garden Salad Chocolate Chip Cake
6 CLOSED FOR LABOR DAY	7 Battered Fish w/Tartar Sauce French Fries Stewed Tomatoes Pub Salad Sliced Peaches	8 Teriyaki Chicken over Jasmine Rice Veggie Egg Roll Sweet Peas Marinated Mushroom Salad Tapioca Pudding	9 Pulled Pork Sandwich Baked Beans Cauliflower Coleslaw Lemon Bars	10 Liver & Onions or Cabbage Rolls Scalloped Potatoes Corn Medley Carrot Raisin Salad Fruit Jello
13 Grandparents Lunch Sliced Brisket Roasted Rosemary Potatoes Autumn Vegetables Crisp Romaine Salad Fresh Berry Pie	14 Lasagna Italian Vegetables Garlic Rolls 4 Bean Salad Italian Ice	15 Healthy Hearts Chicken Bruschetta Rice Pilaf Roasted Zucchini Baby Spinach Salad Fresh Fruit	16 Swiss Steak Baked Potatoes Scalloped Apples Pea Salad Ice Cream Cups	17 Sausage & Chicken Gumbo over Rice Snap Peas Mixed Green Salad Red Velvet Cake
20 Breakfast for Lunch Scrambled Eggs Thick Cut Bacon Pancakes Fresh Fruit Cottage Cheese O.J. Cups/Muffin	21 Turkey & Swiss Croissant Sandwich Hard Boiled Eggs Tomato Wedge Macaroni Salad Banana Pudding	22 Slow Simmered Beef Mashed Potatoes Brussels Sprouts Greek Tomato Salad Brownies	23 Chicken Chimichanga Spanish Rice Black Beans Green Leaf Salad Flan	24 Oktoberfest Brats w/Sauerkraut German Potatoes Fresh Green Beans w/Almonds Cucumber Tomato Salad German Chocolate Cake
27 Garlic & Herb Seared Tilapia Asparagus Wild Rice Zucchini Salad Fresh Fruit	28 Italian Meatball Sandwich w/Provolone Summer Vegetables Potato Wedges Romaine Salad Raspberry Sherbet	29 Roast Beef Au Jus Baked Potatoes Roasted Squash Beet Salad Butterscotch Pudding	30 Chicken Alfredo over Fettuccine Noodles Broccoli Florets Garlic Bread Caesar Salad Strawberry Mousse	

Menu items are subject to change due to availability 303-464-5526.