

The Rutherford Room

V!VA Thornhill Woods

SAMPLE MENU

☞ LUNCH ☞

SOUP

Mango Curry Squash Soup (V)



LUNCH ENTRÉE

♥ Whole Wheat Rigatoni with Kale Mix, Chicken Strips, Red & Yellow Peppers Tossed with an Olive Oil Pesto Sauce

OR

Salami & Eggs Rolled in Naan, Caramelized Onion, Roasted Roma Tomato & Cucumber Salad



DESSERT

Raspberry Bundt Cake

☞ DINNER ☞

SOUP

Lentil Soup (V)



DINNER ENTRÉE

♥ Lemon White Fish Fillets with Pink Peppercorn Lemon Juice

OR

Cabbage Roll in Rich Tomato Sauce

Rice & Asparagus Pieces & Roasted Cauliflower



DESSERT

Chocolate Cake



V!VA Healthy Choice: Low fat and low sodium

