

<u>Week 1</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 04 Jan	Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Beans <i>Sub: Beef Stew</i>	Homemade Pie	<i>Homemade Sunday Soup</i> Roast Beef and Cheese Sandwich Italian Salad Bar	Brownies and Ice Cream
Monday 05 Jan	Chicken Breasts Mushroom Gravy Boiled Potatoes Peas and Sunrise Vegetables <i>Sub: Turkey</i>	Assorted Desserts	<i>Soup of the day: Beef and Barley</i> Mini Quiche Hashbrown Patties and Salad	Lemon Squares
Tuesday 06 Jan	Maple Apple Pork Tenderloin Mashed Potatoes Mixed Vegetables <i>Sub: Chicken Breast</i>	Maple Cream Cake	<i>Soup of the day: Potato and Leek</i> Macaroni with Ground Beef and Tomato Sauce Bread Rolls	Assorted Mini Tarts
Wednesday 07 Jan	Chicken Thighs Spinach Cream Sauce Orzo Yellow and Red Beets <i>Sub: Pork Tenderloin</i>	Ambrosia Salad	<i>Soup of the day: Vegetable</i> Hot Dogs Pasta Salad and Chips	Chocolate Chip Cookies with Fruit Cocktail
Thursday 08 Jan	Meatloaf Mashed Potatoes Sweet Potato and Corn <i>Sub: Chicken Thighs</i>	Raspberry Crispy Strip	<i>Soup of the day: Cream of Cauliflower</i> Club Sandwiches Fries and Coleslaw	Carrot Cake
Friday 09 Jan	Beer Battered Cod Potato Wedges Assorted Vegetables <i>Sub: Meatloaf</i>	Cookies and Ice Cream	<i>Soup of the day: Cream of Carrot</i> Tourtiere Peas and Pickled Beets	Assorted Desserts
Saturday 10 Jan	Lasagna with Bread Rolls <i>Sub: Cod</i>	Lemon Burst Macaroon Bars	<i>Soup of the day: Tomato</i> Grilled Cheese Sandwiches Veggies and Dip Chips	Date Squares

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday	Baked Ham Scalloped Potatoes Carrots and Parsnips	Apple Pie	<i>Homemade Sunday Soup</i> Turkey and Cheese Sandwich Greek Salad Bar	Strawberry Shortcake
11 Jan	<i>Sub: Lasagna</i>			
Monday	Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower	Assorted Desserts	<i>Soup of the day:</i> Tomato Scrambled Eggs, Ham Slices Hashbrown Patties English Muffins	Oatmeal Raisin Cookies with Yogourt
12 Jan	<i>Sub: Ham</i>			
Tuesday	Pork Chops in Gravy Mashed Potatoes Turnip and Beans	Spice Cake	<i>Soup of the day:</i> Vegetable Pizza Sweet Potato Fries and Salad	Orange Citrus Cake
13 Jan	<i>Sub: Chicken</i>			
Wednesday	Spaghetti with Meat Sauce Caesar Salad	Crumble Bars	<i>Soup of the day:</i> Loaded Baked Potato Soup Chicken Salad, Deviled Eggs, Cheese Slices, Veggies and Dip, Crackers	Danishes
14 Jan	<i>Sub: Pork Chops</i>			
Thursday	Sweet and Sour Meatballs Mashed Potatoes Corn and Brussell Sprouts	White Cake with Lemon Sauce	<i>Soup of the day:</i> Ham and Pea Chicken Tenders Roasted Potatoes and Cauliflower	Jello and Whipped Cream
15 Jan	<i>Sub: Spaghetti</i>			
Friday	Poached Haddock Potato Wedges Grilled Vegetables	Brownies and Ice Cream	<i>Soup of the day:</i> Cream of Vegetable Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles	Assorted Desserts
16 Jan	<i>Sub: Meatballs</i>			
Saturday	Greek Chicken Cucumber Yogurt Sauce Rice Pilaf Sunrise Vegetables	Triple Chocolate Fudge Cake	<i>Soup of the day:</i> Cream of Carrot Shepherd's Pie Baguette	Nanaimo Bars
17 Jan	<i>Sub: Haddock</i>			

<u>Week 3</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday	Roast Beef with Gravy Mashed Potatoes Carrot and Turnip	Strawberry Rhubarb Pie	<i>Homemade Sunday Soup</i>	Apple Crumble
18 Jan	<i>Sub: Greek Chicken</i>		Ham and Cheese Sandwich Garden Salad Bar	
Monday	Chicken Vol-Au-Vent (Chicken served over a pastry with a white sauce) Side of Beets	Assorted Desserts	<i>Soup of the day:</i> <i>Chicken Noodle</i>	Tiramisu Cake
19 Jan	<i>Sub: Roast Beef</i>		Pancakes with Maple Syrup Breakfast Sausage Fruit Salad	
Tuesday	Pork Roast Mashed Sweet Potato Broccoli and Corn	Pouding Chomeur	<i>Soup of the day:</i> <i>French Onion</i>	Molasses Cookies with Pudding
20 Jan	<i>Sub: Chicken</i>		Mini Hamburgers Pasta Salad and Chips	
Wednesday	Beef Stew Bread Rolls	Banana Cake	<i>Soup of the day:</i> <i>Cream of Broccoli</i>	Squares and Apple Sauce
21 Jan	<i>Sub: Pork</i>		Hot Chicken Sandwich Peas and Fries	
Thursday	Chicken Shawarma (Lightly seasoned chicken) Orzo and Rice Pilaf Cauliflower and Salad	Lemon Cake	<i>Soup of the day:</i> <i>Cream of Mushroom</i>	Jello and Cookies
22 Jan	<i>Sub: Beef Stew</i>		Taco Pasta Casserole Baguette	
Friday	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables	Red Velvet Cake	<i>Soup of the day:</i> <i>Tomato</i>	Assorted Desserts
23 Jan	<i>Sub: Chicken</i>		Grilled Cheese Sandwich Veggies and Dip Chips	
Saturday	Beef Stir Fry with Vegetables and Rice	White Cake with caramel sauce	<i>Soup of the day:</i> <i>Cream of Carrot</i>	Date Squares
24 Jan	<i>Sub: Fish</i>		Sloppy Joes with Coleslaw and Cheesies	

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 25 Jan	Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas <i>Sub: Beef Stir-fry</i>	Homemade Pie	<i>Homemade Sunday Soup</i> Roast Beef and Cheese Sandwich Caesar Salad Bar	Strawberry Shortcake
Monday 26 Jan	Chicken Parmesan Italian Mashed Potatoes Cauliflower and Sunrise Vegetables <i>Sub: Turkey</i>	Assorted Desserts	<i>Soup of the day:</i> Vegetable soup Baked Beans with Scrambled Eggs, English Muffin and Sliced Tomato	Lemon Squares
Tuesday 27 Jan	Sausages in gravy Broccoli and Squash Mashed Potatoes <i>Sub: Chicken</i>	Pecan Streusel Cake	<i>Soup of the day :</i> Tomato Vegetable Rotini Turkey Pot Pie Cantaloupe Slices Baked Potato	Homemade Cookies with Pudding
Wednesday 28 Jan	Greek Meatballs Cucumber Yogurt Sauce Basmati Rice Green Beans and Corn <i>Sub: Sausages</i>	Brownies and Ice Cream	<i>Soup of the day:</i> Chicken Noodle Grilled Tomato Sandwiches Veggies and Dip Chips	Banana Bread
Thursday 29 Jan	Tourtiere Mashed Sweet Potatoes Pickled Beets <i>Sub: Meatballs</i>	Carrot Cake	<i>Soup of the day:</i> Tomato Crispy Chicken Strips Poutine Coleslaw	Cookies and Jello
Friday 30 Jan	Salmon Roasted Potatoes Corn and Brussel Sprouts <i>Sub: Tourtiere</i>	Boston Cream Cake	<i>Soup of the day:</i> Cream of Asparagus Assorted Mini Quiche with Salad	Assorted Desserts
Saturday 31 Jan	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles <i>Sub: Salmon</i>	Apple Cake	<i>Soup of the day:</i> Beef and Barley Pasta with Vegetable Sauce Garlic Bread	Butter Tart Squares

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday	Baked Ham Scalloped Potatoes Carrots and Cauliflower	Pecan Pie	<i>Homemade Sunday Soup</i>	Brownies and Coaticook Ice Cream
01 Feb	<i>Sub: Smoked Meat</i>		Turkey and Cheese Sandwich Salad with Fruit	
Monday	Garlic Butter Chicken Rice Pilaf	Assorted Desserts	<i>Soup of the day:</i> <i>Cream of Mushroom</i>	Homemade Cookies and Pudding
02 Feb	Butternut Squash and Broccoli		Pancakes with Maple Syrup Breakfast Sausage Fruit Salad	
Tuesday	Pork Roast Mashed Potatoes	Strawberry Cake	<i>Soup of the day: Squash</i>	White Cake with Sauce
03 Feb	Corn and Roasted Sweet Potato		Grilled Cheese Sandwich Veggies and Dip Chips	
Wednesday	Chicken Pie with Biscuits	Chocolate Mousse	<i>Soup of the day:</i> <i>Tomato</i>	Assorted Cookies and Yogurt
04 Feb	<i>Sub: Pork</i>		Pulled Pork Sandwich Potato Wedges Coleslaw	
Thursday	Salisbury Steak with Grilled Mushrooms	Maple Cake	<i>Soup of the day:</i> <i>Cream of Vegetable</i>	Vanilla Custard with Whipped Cream
05 Feb	Mashed Potatoes Turnip and Beans		Hot Chicken Sandwich Peas and Boiled Potatoes	
Friday	Fish & Chips (Fries) with Coleslaw	Chocolate Cake	<i>Soup of the day:</i> <i>Cream of Carrot</i>	Assorted Desserts
06 Feb	<i>Sub: Salisbury Steak</i>		Ravioli with Rosé Sauce Side Salad and Baguette	
Saturday	Beef Stew Bread Rolls	Nanaimo Bars	<i>Soup of the day:</i> <i>Chicken Noodle</i>	Orange Lemon Squares
07 Feb	<i>Sub: Fish</i>		Ham Salad Crackers and Cheese Veggies and Dip	

Breakfast Menu

Selection of Fresh Fruit, Greek Yogurt, Eggs, Toast with Jams, Cold Cereals

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of the Day	Orange	Grape	Apple	Orange	Cranberry	Pineapple	Apple
Hot Cereal of the Day	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat

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Monday 05 Jan	Chicken Breasts Mushroom Gravy Boiled Potatoes Peas and Sunrise Vegetables Sub: Turkey	Assorted Desserts	Soup of the day: Beef and Barley Mini Quiche Hashbrown Patties and Salad	Lemon Squares
Tuesday 06 Jan	Maple Apple Pork Tenderloin Mashed Potatoes Mixed Vegetables Sub: Chicken Breast	Maple Cream Cake	Soup of the day: Potato and Leek Macaroni with Ground Beef and Tomato Sauce Bread Rolls	Assorted Mini Tarts
Wednesday 07 Jan	Chicken Thighs Spinach Cream Sauce Orzo Yellow and Red Beets Sub: Pork Tenderloin	Ambrosia Salad	Soup of the day: Vegetable Hot Dogs Pasta Salad and Chips	Chocolate Chip Cookies with Fruit Cocktail

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Thursday 08 Jan	Meatloaf Mashed Potatoes Sweet Potato and Corn Sub: Chicken Thighs	Raspberry Crispy Strip	Soup of the day: Cream of Cauliflower Club Sandwiches Fries and Coleslaw	 Carrot Cake
Friday 09 Jan	Beer Battered Cod Potato Wedges Assorted Vegetables Sub: Meatloaf	Cookies and Ice Cream	Soup of the day: Cream of Carrot Tourtiere Peas and Pickled Beets	 Assorted Desserts
Saturday 10 Jan	Lasagna with Bread Rolls Sub: Cod	Lemon Burst Macaroon Bars	Soup of the day: Tomato Grilled Cheese Sandwiches Veggies and Dip Chips	 Date Squares

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday 11 Jan	Baked Ham Scalloped Potatoes Carrots and Parsnips Sub: Lasagna	Apple Pie	Homemade Sunday Soup Turkey and Cheese Sandwich Greek Salad Bar	Strawberry Shortcake
Monday 12 Jan	Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower Sub: Ham	Assorted Desserts	Soup of the day: Tomato Scrambled Eggs, Ham Slices Hashbrown Patties English Muffins	Oatmeal Raisin Cookies with Yogourt
Tuesday 13 Jan	Pork Chops in Gravy Mashed Potatoes Turnip and Beans Sub: Chicken	Spice Cake	Soup of the day: Vegetable Pizza Sweet Potato Fries and Salad	Orange Citrus Cake
Wednesday 14 Jan	Spaghetti with Meat Sauce Caesar Salad Sub: Pork Chops	Crumble Bars	Soup of the day: Loaded Baked Potato Soup Chicken Salad, Deviled Eggs, Cheese Slices, Veggies and Dip, Crackers	Danishes

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday 15 Jan	Sweet and Sour Meatballs Mashed Potatoes Corn and Brussell Sprouts Sub: Spaghetti	White Cake with Lemon Sauce	Soup of the day: Ham and Pea Chicken Tenders Roasted Potatoes and Cauliflower	Jello and Whipped Cream
Friday 16 Jan	Poached Haddock Potato Wedges Grilled Vegetables Sub: Meatballs	Brownies and Ice Cream	Soup of the day: Cream of Vegetable Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles	Assorted Desserts
Saturday 17 Jan	Greek Chicken Cucumber Yogurt Sauce Rice Pilaf Sunrise Vegetables Sub: Haddock	Triple Chocolate Fudge Cake	Soup of the day: Cream of Carrot Shepherd's Pie Baguette	Nanaimo Bars

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 18 Jan	Roast Beef with Gravy Mashed Potatoes Carrot and Turnip Sub: Greek Chicken	Strawberry Rhubarb Pie	Homemade Sunday Soup Ham and Cheese Sandwich Garden Salad Bar	Apple Crumble
Monday 19 Jan	Chicken Vol-Au-Vent (Chicken served over a pastry with a white sauce) Side of Beets Sub: Roast Beef	Assorted Desserts	Soup of the day: Chicken Noodle Pancakes with Maple Syrup Breakfast Sausage Fruit Salad	Tiramisu Cake
Tuesday 20 Jan	Pork Roast Mashed Sweet Potato Broccoli and Corn Sub: Chicken	Pouding Chomeur	Soup of the day: French Onion Mini Hamburgers Pasta Salad and Chips	Molasses Cookies with Pudding
Wednesday 21 Jan	Beef Stew Bread Rolls Sub: Pork	Banana Cake	Soup of the day: Cream of Broccoli Hot Chicken Sandwich Peas and Fries	Squares and Apple Sauce

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday 22 Jan	Chicken Shawarma (Lightly seasoned chicken) Orzo and Rice Pilaf Cauliflower and Salad Sub: Beef Stew	Lemon Cake	Soup of the day: Cream of Mushroom Taco Pasta Casserole Baguette	Jello and Cookies
Friday 23 Jan	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables Sub: Chicken	Red Velvet Cake	Soup of the day: Tomato Grilled Cheese Sandwich Veggies and Dip Chips	Assorted Desserts
Saturday 24 Jan	Beef Stir Fry with Vegetables and Rice Sub: Fish	White Cake with caramel sauce	Soup of the day: Cream of Carrot Sloppy Joes with Coleslaw and Cheesies	Date Squares

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday 25 Jan	Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas Sub: Beef Stir-fry	Homemade Pie	Homemade Sunday Soup Roast Beef and Cheese Sandwich Caesar Salad Bar	Strawberry Shortcake
Monday 26 Jan	Chicken Parmesan Italian Mashed Potatoes Cauliflower and Sunrise Vegetables Sub: Turkey	Assorted Desserts	Soup of the day: Vegetable soup Baked Beans with Scrambled Eggs, English Muffin and Sliced Tomato	Lemon Squares
Tuesday 27 Jan	Sausages in gravy Broccoli and Squash Mashed Potatoes Sub: Chicken	Pecan Streusel Cake	Soup of the day : Tomato Vegetable Rotini Turkey Pot Pie Cantaloupe Slices Baked Potato	Homemade Cookies with Pudding
Wednesday 28 Jan	Greek Meatballs Cucumber Yogurt Sauce Basmati Rice Green Beans and Corn Sub: Sausages	Brownies and Ice Cream	Soup of the day: Chicken Noodle Grilled Tomato Sandwiches Veggies and Dip Chips	Banana Bread

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 29 Jan	Tourtiere Mashed Sweet Potatoes Pickled Beets Sub: Meatballs	Carrot Cake	Soup of the day: Tomato Crispy Chicken Strips Poutine Coleslaw	Cookies and Jello
Friday 30 Jan	Salmon Roasted Potatoes Corn and Brussel Sprouts Sub: Tourtiere	Boston Cream Cake	Soup of the day: Cream of Asparagus Assorted Mini Quiche with Salad	Assorted Desserts
Saturday 31 Jan	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Salmon	Apple Cake	Soup of the day: Beef and Barley Pasta with Vegetable Sauce Garlic Bread	Butter Tart Squares

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 1 Feb	Baked Ham Scalloped Potatoes Carrots and Cauliflower Sub: Smoked Meat	Pecan Pie	Homemade Sunday Soup Turkey and Cheese Sandwich Salad with Fruit	Brownies and Coaticook Ice Cream
Monday 2 Feb	Garlic Butter Chicken Rice Pilaf Butternut Squash and Broccoli Sub: Ham	Assorted Desserts	Soup of the day: Cream of Mushroom Pancakes with Maple Syrup Breakfast Sausage Fruit Salad	Homemade Cookies and Pudding
Tuesday 3 Feb	Pork Roast Mashed Potatoes Corn and Roasted Sweet Potato Sub: Chicken	Strawberry Cake	Soup of the day: Squash Grilled Cheese Sandwich Veggies and Dip Chips	White Cake with Sauce
Wednesday 4 Feb	Chicken Pie with Biscuits Sub: Pork	Chocolate Mousse	Soup of the day: Tomato Pulled Pork Sandwich Potato Wedges Coleslaw	Assorted Cookies and Yogurt

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday 05 Feb	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Turnip and Beans Sub: Chicken Pie	Maple Cake	Soup of the day: Cream of Vegetable Hot Chicken Sandwich Peas and Boiled Potatoes	Vanilla Custard with Whipped Cream
Friday 06 Feb	Fish & Chips (Fries) with Coleslaw Sub: Salisbury Steak	Chocolate Cake	Soup of the day: Cream of Carrot Ravioli with Rosée Sauce Side Salad and Baguette	Assorted Desserts
Saturday 07 Feb	Beef Stew Bread Rolls Sub: Fish	Nanaimo Bars	Soup of the day: Chicken Noodle Ham Salad Crackers and Cheese Veggies and Dip	Orange Lemon Squares