

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

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

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

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

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

# Breakfast Menu

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

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

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

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



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

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday	Sweet and Sour Meatballs Mashed Potatoes Corn and Brussell Sprouts	White Cake with Lemon Sauce	Soup of the day: Ham and Pea  Chicken Tenders	Jello and Whipped Cream
15 Jan	Sub: Spaghetti		Roasted Potatoes and Cauliflower	
Friday	Poached Haddock Potato Wedges Grilled Vegetables	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
16 Jan	Sub: Meatballs			
Saturday	Greek Chicken Cucumber Yogurt Sauce Rice Pilaf Sunrise Vegetables	Triple Chocolate Fudge Cake	Soup of the day: Cream of Carrot  Shepherd's Pie Baguette	Nanaimo Bars
17 Jan	Sub: Haddock			

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

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

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

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

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

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