Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday **08 Feb**	**Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Beans** *Sub: Beef Stew*	**Homemade Pie**	*Homemade Sunday Soup* **Roast Beef and Cheese Sandwich Italian Salad Bar**	**Brownies and Ice Cream**
Monday **09 Feb**	**Roasted Chicken Breasts Mushroom Gravy Mashed Potatoes Peas and Turnip** *Sub: Turkey*	**Assorted Desserts**	*Soup of the day: Beef and Barley* **Mini Quiche Hashbrown Patties and Fruit Salad**	**Lemon Squares**
Tuesday **10 Feb**	**Honey Garlic Pork Tenderloin Boiled 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 **11 Feb**	**Chicken Thighs Spinach Cream Sauce Orzo Yellow and Red Beets** *Sub: Pork Tenderloin*	**Ambrosia Salad**	*Soup of the day: Tomato* **Reuben Sandwich Side Salad**	**Cookies with Fruit Cocktail**
Thursday **12 Feb**	**Meatloaf Mashed Potatoes Sweet Potato and Corn** *Sub: Chicken Thighs*	**Rice Pudding**	*Soup of the day: Cream of Cauliflower* **Hot Dogs Pasta Salad and Chips**	**Carrot Cake**
Friday **13 Feb**	**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 **Happy Valentine's Day!** **14 Feb**	♥ **Steak au Jus Baked Potato Buttered Carrorts and Broccoli** ♥ *Sub: Cod*	**Cherry Cheesecake Cups**	*Soup of the day: Vegetable* **Lasagna with Bread Rolls**	**Date Squares**

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday **15 Feb**	**Baked Ham** **Scalloped Potatoes** **Turnip and Peas** *Sub: Steak*	**Blueberry Pie**	*Homemade Sunday Soup* **Turkey and Cheese Sandwich** **Greek Salad Bar**	**Strawberry Shortcake**
Monday **16 Feb**	**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 **17 Feb**	**Pork Chops in Gravy** **Mashed Potatoes** **Sweet Potato and Beans** *Sub: Chicken*	**Spice Cake**	*Soup of the day:* *Vegetable* **Pizza** **Fries and Quinoa Salad**	**Orange Citrus Cake**
Wednesday **18 Feb**	**Spaghetti with Meat Sauce** **Caesar Salad** Sub: Pork Chops	**Crumble Bars**	*Soup of the day:* *Loaded Baked Potato Soup* **Chicken Salad with Crackers** **Deviled Eggs, Side Salad**	**Danishes**
Thursday **19 Feb**	**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** **Veggies and Dip**	**Jello and Whipped** **Cream**
Friday **20 Feb**	**Haddock** **Potato Wedges** **Grilled Vegetables** *Sub: Meatballs*	**Brownies and Ice** **Cream**	*Soup of the day:* *Cream of Vegetable* **Smoked Meat Mac and Cheese,** **Coleslaw and Dill Pickles**	**Assorted Desserts**
Saturday **21 Feb**	**Greek Chicken** **Cucumber Yogurt Sauce** **Rice Pilaf** **Broccoli and Cauliflower** *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 **22 Feb**	**Roast Beef with Gravy** **Mashed Potatoes** **Carrot and Turnip** *Sub: Greek Chicken*	**Cherry Pie**	*Homemade Sunday Soup* **Ham and Cheese Sandwich** **Garden Salad Bar**	**Apple Crumble**
Monday **23 Feb**	**Chicken Vol-Au-Vent** (Chicken served over a pastry with a white sauce) **with Mashed Potatoes and Beets** *Sub: Roast Beef*	**Assorted Desserts**	*Soup of the day:* *Chicken Noodle* **Bacon and Egg Bagel Sandwich** **Fruit Salad**	**Tiramisu Cake**
Tuesday **24 Feb**	**Pork Roast** **Mashed Sweet Potato** **Broccoli and Corn** *Sub: Chicken*	**Pouding Chomeur**	*Soup of the day:* *French Onion* **Mini Hamburgers** **Pasta Salad and Fries**	**Molasses Cookies with Pudding**
Wednesday **25 Feb**	**Beef Stew** **Bread Rolls** *Sub: Pork*	**Ambrosia Salad**	*Soup of the day:* *Tomato* **Grilled Cheese Sandwich** **Side Salad and Chips**	**Squares and Apple Sauce**
Thursday **26 Feb**	**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 **27 Feb**	**Cheddar and Potato Crusted Cod** **Roasted Potatoes** **Assorted Vegetables** *Sub: Chicken*	**Red Velvet Cake**	*Soup of the day:* *Cream of Broccoli* **Chili and Cornbread**	**Assorted Desserts**
Saturday **28 Feb**	**Beef Stir Fry with Vegetables and Rice** *Sub: Fish*	**White Cake with caramel sauce**	*Soup of the day:* *Cream of Carrot* **Sloppy Joes** **Coleslaw and Chips**	**Date Squares**

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday **01 Mar**	**Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas** *Sub: Beef Stir-fry*	**Lemon Meringue Pie**	*Homemade Sunday Soup* **Roast Beef and Cheese Sandwich Caesar Salad Bar**	**Strawberry Shortcake**
Monday **02 Mar**	**Chicken Parmesan Italian Mashed Potatoes Caulflower and Turnip** *Sub: Turkey*	**Assorted Desserts**	*Soup of the day: Vegetable soup* **Baked Beans with Scrambled Eggs, English Muffin and Sliced Tomato**	**Lemon Squares**
Tuesday **03 Mar**	**Sausages in gravy Broccoli and Squash Mashed Potatoes** *Sub: Chicken*	**Pecan Streusel Cake**	*Soup of the day : Tomato Vegetable Rotini* **Turkey Pot Pie Baked Potato Veggies and Dip**	**Homemade Cookies with Pudding**
Wednesday **04 Mar**	**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 Side Salad and Chips**	**Banana Bread**
Thursday **05 Mar**	**Tourtiere Mashed Sweet Potatoes Pickled Beets** *Sub: Meatballs*	**Tapioca Pudding**	*Soup of the day: Tomato* **Crispy Chicken Strips Poutine and Coleslaw**	**Cookies and Jello**
Friday **06 Mar**	**Salmon Roasted Potatoes Corn and Brussel Sprouts** Sub: Tourtiere	**Boston Cream Cake**	*Soup of the day: Cream of Asparagus* **Quiche with Chickpea Salad**	**Assorted Desserts**
Saturday **07 Mar**	**Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles** Sub: Salmon	**Cake with Apple Caramel Sauce**	*Soup of the day: Beef and Barley* **Pasta with Vegetable Sauce Garlic Bread**	**Butter Tart Squares**

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday **08 Mar**	**Baked Ham** **Scalloped Potatoes** **Carrots and Cauliflower** *Sub: Smoked Meat*	**Sugar Pie**	*Homemade Sunday Soup* **Turkey and Cheese Sandwich** **Salad with Fruit**	**Brownies and Coaticook Ice Cream**
Monday **09 Mar**	**Garlic Butter Chicken** **Rice Pilaf** **Butternut Squash and Broccoli** Sub: Ham	**Assorted Desserts**	*Soup of the day:* *Cream of Mushroom* **Waffles with Maple Syrup** **Breakfast Sausage** **Fruit Salad**	**Jello Salad and Whipped Cream**
Tuesday **10 Mar**	**Barbecue Ribs** **Mashed Potatoes** **Corn and Roasted Sweet Potato** *Sub: Chicken*	**Muffins**	*Soup of the day:* *Squash* **Hot Chicken Sandwich** **Peas and Boiled Potatoes**	**Assorted Cookies and Yogurt**
Wednesday **11 Mar**	**Chicken Pie with Biscuits and Mashed Potatoes** *Sub: Ribs*	**Chocolate Mousse**	*Soup of the day:* *Tomato* **Grilled Cheese Sandwich** **Side Salad and Chips**	**White Cake with Sauce**
Thursday **12 Mar**	**Salisbury Steak** **with Grilled Mushrooms** **Mashed Potatoes** **Turnip and Beans** *Sub: Chicken Pie*	**Fruit Crumble**	*Soup of the day:* *Cream of Vegetable* **Pulled Pork Sandwich** **Potato Wedges** **Coleslaw**	**Squares and Pudding**
Friday **13 Mar**	**Fish & Chips (Fries) with Coleslaw** *Sub: Salisbury Steak*	**Chocolate Cake**	*Soup of the day:* *Cream of Carrot* **Ravioli with Rosée Sauce** **Caesar Salad and Baguette**	**Assorted Desserts**
Saturday **14 Mar**	**Beef Stew** **Bread Rolls** *Sub: Fish*	**Nanaimo Bars**	*Soup of the day:* *Chicken Noodle* **Ham Salad** **Crackers and Cheese** **Veggies and Dip**	**Cookies and Jello**

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

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday **08 Feb**	**Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes** **Carrots and Beans** **Sub: Beef Stew**	Homemade Pie	**Homemade Sunday Soup** **Roast Beef and Cheese Sandwich** **Italian Salad Bar**	Brownies and Ice Cream
Monday **09 Feb**	**Roasted Chicken Breasts** **Mushroom Gravy** **Mashed Potatoes** **Peas and Turnip** **Sub: Turkey**	Assorted Desserts	**Soup of the day:** **Beef and Barley** **Mini Quiche** **Hashbrown Patties and Fruit Salad**	Lemon Squares
Tuesday **10 Feb**	**Honey Garlic Pork Tenderloin** **Boiled 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 **11 Feb**	**Chicken Thighs** **Spinach Cream Sauce** **Orzo** **Yellow and Red Beets** **Sub: Pork Tenderloin**	Ambrosia Salad	**Soup of the day:** **Tomato** **Reuben Sandwich** **Side Salad**	Cookies with Fruit Cocktail

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Thursday **12 Feb**	**Meatloaf** **Mashed Potatoes** **Sweet Potato and Corn** **Sub: Chicken Thighs**	Rice Pudding	**Soup of the day:** **Cream of Cauliflower** **Hot Dogs** **Pasta Salad and Chips**	Carrot Cake
Friday **13 Feb**	**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 **Happy** **Valentine's Day!** **14 Feb**	**Steak au Jus** **Baked Potato** **Buttered Carrorts and Broccoli** **Sub: Cod**	Cherry Cheesecake Cups	**Soup of the day:** **Vegetable** **Lasagna with Bread Rolls**	Date Squares

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday **15 Feb**	**Baked Ham** **Scalloped Potatoes** **Turnip and Peas** **Sub: Steak**	Blueberry Pie	**Homemade Sunday Soup** **Turkey and Cheese Sandwich** **Greek Salad Bar**	Strawberry Shortcake
Monday **16 Feb**	**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 **17 Feb**	**Pork Chops in Gravy** **Mashed Potatoes** **Sweet Potato and Beans** **Sub: Chicken**	Spice Cake	**Soup of the day:** **Vegetable** **Pizza** **Fries and Quinoa Salad**	Orange Citrus Cake
Wednesday **18 Feb**	**Spaghetti with Meat Sauce** **Caesar Salad** **Sub: Pork Chops**	Crumble Bars	**Soup of the day:** **Loaded Baked Potato Soup** **Chicken Salad with Crackers** **Deviled Eggs, Side Salad**	Danishes

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday **19 Feb**	**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** **Veggies and Dip**	Jello and Whipped Cream
Friday **20 Feb**	**Haddock** **Potato Wedges** **Grilled Vegetables** **Sub: Meatballs**	Brownies and Ice Cream	**Soup of the day:** **Cream of Vegetable** **Smoked Meat Mac and Cheese,** **Coleslaw and Dill Pickles**	Assorted Desserts
Saturday **21 Feb**	**Greek Chicken** **Cucumber Yogurt Sauce** **Rice Pilaf** **Broccoli and Cauliflower** **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 **22 Feb**	**Roast Beef with Gravy** **Mashed Potatoes** **Carrot and Turnip** **Sub: Greek Chicken**	Cherry Pie	**Homemade Sunday Soup** **Ham and Cheese Sandwich** **Garden Salad Bar**	Apple Crumble
Monday **23 Feb**	**Chicken Vol-Au-Vent** **(Chicken served over a pastry with a white sauce)** **with Mashed Potatoes and Beets** **Sub: Roast Beef**	Assorted Desserts	**Soup of the day:** **Chicken Noodle** **Bacon and Egg Bagel Sandwich** **Fruit Salad**	Tiramisu Cake
Tuesday **24 Feb**	**Pork Roast** **Mashed Sweet Potato** **Broccoli and Corn** **Sub: Chicken**	Pouding Chomeur	**Soup of the day:** **French Onion** **Mini Hamburgers** **Pasta Salad and Fries**	Molasses Cookies with Pudding
Wednesday **25 Feb**	**Beef Stew** **Bread Rolls** **Sub: Pork**	Ambrosia Salad	**Soup of the day:** **Tomato** **Grilled Cheese Sandwich** **Side Salad and Chips**	Squares and Apple Sauce

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday **26 Feb**	**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 **27 Feb**	**Cheddar and Potato Crusted Cod** **Roasted Potatoes** **Assorted Vegetables** **Sub: Chicken**	Red Velvet Cake	**Soup of the day:** **Cream of Broccoli** **Chili and Cornbread**	Assorted Desserts
Saturday **28 Feb**	**Beef Stir Fry with** **Vegetables and Rice** **Sub: Fish**	White Cake with caramel sauce	**Soup of the day:** **Cream of Carrot** **Sloppy Joes** **Coleslaw and Chips**	Date Squares

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday **01 Mar**	**Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas** **Sub: Beef Stir-fry**	Lemon Meringue Pie	**Homemade Sunday Soup** **Roast Beef and Cheese Sandwich Caesar Salad Bar**	Strawberry Shortcake
Monday **02 Mar**	**Chicken Parmesan Italian Mashed Potatoes Caulflower and Turnip** **Sub: Turkey**	Assorted Desserts	**Soup of the day: Vegetable soup** **Baked Beans with Scrambled Eggs, English Muffin and Sliced Tomato**	Lemon Squares
Tuesday **03 Mar**	**Sausages in gravy Broccoli and Squash Mashed Potatoes** **Sub: Chicken**	Pecan Streusel Cake	**Soup of the day : Tomato Vegetable Rotini** **Turkey Pot Pie Baked Potato Veggies and Dip**	Homemade Cookies with Pudding
Wednesday **04 Mar**	**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 Side Salad and Chips**	Banana Bread

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday **05 Mar**	**Tourtiere** **Mashed Sweet Potatoes** **Pickled Beets** **Sub: Meatballs**	Tapioca Pudding	**Soup of the day:** **Tomato** **Crispy Chicken Strips** **Poutine and Coleslaw**	Cookies and Jello
Friday **06 Mar**	**Salmon** **Roasted Potatoes** **Corn and Brussel Sprouts** **Sub: Tourtiere**	Boston Cream Cake	**Soup of the day:** **Cream of Asparagus** **Quiche with Chickpea Salad**	Assorted Desserts
Saturday **07 Mar**	**Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles** **Sub: Salmon**	Cake with Apple Caramel Sauce	**Soup of the day:** **Beef and Barley** **Pasta with Vegetable Sauce** **Garlic Bread**	Butter Tart Squares

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday **8 Mar**	**Baked Ham** **Scalloped Potatoes** **Carrots and Cauliflower** **Sub: Smoked Meat**	Sugar Pie	**Homemade Sunday Soup** **Turkey and Cheese Sandwich** **Salad with Fruit**	Brownies and Coaticook Ice Cream
Monday **9 Mar**	**Garlic Butter Chicken** **Rice Pilaf** **Butternut Squash and Broccoli** **Sub: Ham**	Assorted Desserts	**Soup of the day:** **Cream of Mushroom** **Waffles with Maple Syrup** **Breakfast Sausage** **Fruit Salad**	Jello Salad and Whipped Cream
Tuesday **10 Mar**	**Barbecue Ribs** **Mashed Potatoes** **Corn and Roasted Sweet Potato** **Sub: Chicken**	Muffins	**Soup of the day:** **Squash** **Hot Chicken Sandwich** **Peas and Boiled Potatoes**	Assorted Cookies and Yogurt
Wednesday **11 Mar**	**Chicken Pie with Biscuits and Mashed Potatoes** **Sub: Ribs**	Chocolate Mousse	**Soup of the day:** **Tomato** **Grilled Cheese Sandwich** **Side Salad and Chips**	White Cake with Sauce

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday **12 Mar**	**Salisbury Steak** **with Grilled Mushrooms** **Mashed Potatoes** **Turnip and Beans** **Sub: Chicken Pie**	Fruit Crumble	**Soup of the day:** **Cream of Vegetable** **Pulled Pork Sandwich** **Potato Wedges** **Coleslaw**	Squares and Pudding
Friday **13 Mar**	**Fish & Chips (Fries) with Coleslaw** **Sub: Salisbury Steak**	Chocolate Cake	**Soup of the day:** **Cream of Carrot** **Ravioli with Rosée Sauce** **Caesar Salad and Baguette**	Assorted Desserts
Saturday **14 Mar**	**Beef Stew** **Bread Rolls** **Sub: Fish**	Nanaimo Bars	**Soup of the day:** **Chicken Noodle** **Ham Salad** **Crackers and Cheese** **Veggies and Dip**	Cookies and Jello