

<u>Week 1</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 15 Mar	Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Beans <i>Sub: Beef Stew</i>	Homemade Pie	Homemade Sunday Soup Roast Beef and Cheese Sandwich Italian Salad Bar	Brownies and Ice Cream
Monday 16 Mar	Roasted Chicken Breasts Mushroom Gravy Mashed Potatoes Peas and Turnip <i>Sub: Turkey</i>	Assorted Desserts	Soup of the day: Beef and Barley Mini Quiche Hashbrown Patties and Fruit Salad	Lemon Squares
Tuesday Happy Saint Patrick's Day  17 Mar	Corned Beef Boiled Potatoes, Cabbage and Carrots <i>Sub: Chicken Breast</i>	Maple Cream Cake	Soup of the day: Potato and Leek Macaroni with Ground Beef and Tomato Sauce Bread Rolls	Assorted Mini Tarts
Wednesday 18 Mar	Chicken Thighs Spinach Cream Sauce Garlic Butter Orzo Yellow and Red Beets <i>Sub: Corned Beef</i>	Ambrosia Salad	Soup of the day: Tomato Ham and Swiss Cheese Croissant Side Salad	Cookies with Fruit Cocktail
Thursday 19 Mar	Meatloaf Mashed Potatoes Broccoli and Corn <i>Sub: Chicken Thighs</i>	Lemon Meringue Pie	Soup of the day: Cream of Cauliflower Turkey Taco Style Flatbread Pizza Sweet Potato Fries	Carrot Cake
Friday 20 Mar	Beer Battered Cod Potato Wedges Assorted Vegetables <i>Sub: Meatloaf</i>	Cookies and Ice Cream	Soup of the day: Cream of Carrot Tourtiere Peas and Pickled Beets	Assorted Desserts
Saturday 21 Mar	Lasagna with Bread Rolls <i>Sub: Cod</i>	Mango Cheesecake	Soup of the day: Vegetable Hot Dogs Pasta Salad and Chips	Date Squares

<b><u>Week 2</u></b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> 22 Mar	<b>Baked Ham Scalloped Potatoes Turnip and Peas</b> <i>Sub: Lasagne</i>	<b>Blueberry Pie</b>	<i>Homemade Sunday Soup</i> <b>Turkey and Cheese Sandwich Greek Salad Bar</b>	<b>Strawberry Shortcake</b>
<b>Monday</b> 23 Mar	<b>Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower</b> <i>Sub: Ham</i>	<b>Assorted Desserts</b>	<i>Soup of the day: Tomato</i> <b>Scrambled Eggs, Ham Slices Hashbrown Patties English Muffins</b>	<b>Oatmeal Raisin Cookies with Yogourt</b>
<b>Tuesday</b> 24 Mar	<b>Pork Chops in Gravy Mashed Potatoes Sweet Potato and Beans</b> <i>Sub: Chicken</i>	<b>Spice Cake</b>	<i>Soup of the day: Vegetable</i> <b>Mini Hamburgers Pasta Salad and Fries</b>	<b>Lemon Cake</b>
<b>Wednesday</b> 25 Mar	<b>Spaghetti with Meat Sauce Caesar Salad</b> Sub: Pork Chops	<b>Yogurt Parfait</b>	<i>Soup of the day: Loaded Baked Potato Soup</i> <b>Chicken Salad with Crackers Deviled Eggs, Side Salad</b>	<b>Danishes</b>
<b>Thursday</b> 26 Mar	<b>Sweet and Sour Meatballs Mashed Potatoes Corn and Brussels Sprouts</b> <i>Sub: Spaghetti</i>	<b>Strawberry Rhubarb Pie</b>	<i>Soup of the day: Ham and Pea</i> <b>Chicken Tenders Roasted Potatoes Cauliflower</b>	<b>Jello and Whipped Cream</b>
<b>Friday</b> 27 Mar	<b>Grilled Haddock Potato Wedges Grilled Vegetables</b> <i>Sub: Meatballs</i>	<b>White Cake with Lemon Sauce</b>	<i>Soup of the day: Cream of Vegetable</i> <b>Lemony Beef and Orzo Bowls (with cherry tomatoes, peppers and spinach)</b>	<b>Assorted Desserts</b>
<b>Saturday</b> 28 Mar	<b>Greek Chicken Cucumber Yogurt Sauce Rice Pilaf Broccoli and Cauliflower</b> <i>Sub: Haddock</i>	<b>Triple Chocolate Fudge Cake</b>	<i>Soup of the day: Cream of Carrot</i> <b>Shepherd's Pie Baguette</b>	<b>Nanaimo Bars</b>

<u>Week 3</u>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> 29 Mar	<b>Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas</b> <i>Sub: Greek Chicken</i>	<b>Cherry Pie</b>	<i>Homemade Sunday Soup</i> <b>Ham and Cheese Sandwich Garden Salad Bar</b>	<b>Apple Crumble</b>
<b>Monday</b> 30 Mar	<b>Chicken Vol-Au-Vent</b> (Chicken served over a pastry with a white sauce) <b>with Mashed Potatoes and Beets</b> <i>Sub: Turkey</i>	<b>Assorted Desserts</b>	<i>Soup of the day: Chicken Noodle</i> <b>Bacon and Egg Bagel Sandwich Fruit Salad</b>	<b>Tiramisu Cake</b>
<b>Tuesday</b> 31 Mar	<b>Pork Roast Mashed Sweet Potato Broccoli and Corn</b> <i>Sub: Chicken</i>	<b>Pouding Chomeur</b>	<i>Soup of the day: French Onion</i> <b>Pizza Fries and Quinoa Salad</b>	<b>Molasses Cookies with Pudding</b>
<b>Wednesday</b> 01 Apr	<b>Beef Stew Bread Rolls</b> <i>Sub: Pork</i>	<b>Ambrosia Salad</b>	<i>Soup of the day: Tomato</i> <b>Grilled Cheese Sandwich Side Salad and Chips</b>	<b>Squares and Apple Sauce</b>
<b>Thursday</b> 02 Apr	<b>Chicken Shawarma</b> (Lightly seasoned chicken) <b>Orzo and Rice Pilaf Cauliflower and Salad</b> <i>Sub: Beef Stew</i>	<b>Caramel Apple Pie</b>	<i>Soup of the day: Cream of Mushroom</i> <b>Taco Pasta Casserole Baguette</b>	<b>Jello and Cookies</b>
<b>Friday Good Friday</b> 03 Apr	<b>Fish &amp; Chips (Fries) with Coleslaw</b> <i>Sub: Chicken</i>	<b>Red Velvet Cake</b>	<i>Soup of the day: Yellow Pea Soup and Cornbread</i> <b>Omelet and Asparagus</b>	<b>Assorted Desserts</b>
<b>Saturday</b> 04 Apr	<b>Beef Stir Fry with Vegetables and Rice</b> <i>Sub: Fish</i>	<b>White Cake with caramel sauce</b>	<i>Soup of the day: Cream of Carrot</i> <b>Sloppy Joes Coleslaw and Chips</b>	<b>Date Squares</b>

<b>Week 4</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> Happy Easter!  05 Apr	<b>Baked Ham</b> <b>Scalloped Potatoes</b> <b>Carrots and Beans</b>  <i>Sub: Beef Stir-fry</i>	<b>Coconut Cream Pie</b>	<i>Homemade Sunday Soup</i> <b>Roast Beef and Cheese Sandwich</b> <b>Caesar Salad Bar</b>	<b>Strawberry Shortcake</b>
<b>Monday</b>  06 Apr	<b>Chicken Parmesan</b> <b>Italian Mashed Potatoes</b> <b>Cauliflower and Turnip</b>  <i>Sub: Ham</i>	<b>Assorted Desserts</b>	<i>Soup of the day:</i> <i>Vegetable soup</i> <b>Baked Beans with Scrambled Eggs,</b> <b>English Muffin and Sliced Tomato</b>	<b>Lemon Squares</b>
<b>Tuesday</b>  07 Apr	<b>Sausages in gravy</b> <b>Broccoli and Squash</b> <b>Mashed Potatoes</b>  <i>Sub: Chicken</i>	<b>Pecan Streusel Cake</b>	<i>Soup of the day :</i> <i>Tomato Vegetable Rotini</i> <b>Turkey Pot Pie</b> <b>Baked Potato</b>	<b>Homemade Cookies</b> <b>with Jello</b>
<b>Wednesday</b>  08 Apr	<b>Greek Meatballs</b> <b>Cucumber Yogurt Sauce</b> <b>Basmati Rice</b> <b>Green Beans and Corn</b>  <i>Sub: Sausages</i>	<b>Yogurt Parfait</b>	<i>Soup of the day:</i> <i>Chicken Noodle</i> <b>Reuben Sandwiches</b> <b>Side Salad and Chips</b>	<b>Banana Bread</b>
<b>Thursday</b>  09 Apr	<b>Tourtiere</b> <b>Mashed Sweet Potatoes</b> <b>Pickled Beets</b>  <i>Sub: Meatballs</i>	<b>Homemade Pie</b>	<i>Soup of the day:</i> <i>Tomato</i> <b>Crispy Chicken Strips</b> <b>Poutine and Coleslaw</b>	<b>Cookies and Pudding</b>
<b>Friday</b>  10 Apr	<b>Honey Glazed Salmon</b> <b>Roasted Potatoes</b> <b>Corn and Brussels Sprouts</b>  Sub: Tourtiere	<b>Boston Cream Cake</b>	<i>Soup of the day:</i> <i>Cream of Asparagus</i> <b>Quiche with Chickpea Salad</b>	<b>Assorted Desserts</b>
<b>Saturday</b>  11 Apr	<b>Smoked Meat Sandwich on Rye</b> <b>Bread, French Fries, Coleslaw and Dill</b> <b>Pickles</b>  Sub: Salmon	<b>Cake with Apple</b> <b>Caramel Sauce</b>	<i>Soup of the day:</i> <i>Beef and Barley</i> <b>Pasta with Vegetable Sauce</b> <b>Garlic Bread</b>	<b>Butter Tart Squares</b>

<u>Week 5</u>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> 12 Apr	<b>Roast Beef with Gravy</b> <b>Mashed Potatoes</b> <b>Carrot and Turnip</b> <i>Sub: Smoked Meat</i>	<b>Sugar Pie</b>	<i>Homemade Sunday Soup</i> <b>Turkey and Cheese Sandwich</b> <b>Salad with Fruit</b>	<b>Brownies and</b> <b>Coaticook Ice Cream</b>
<b>Monday</b> 13 Apr	<b>Garlic Butter Chicken</b> <b>Rice Pilaf</b> <b>Butternut Squash and Broccoli</b> <i>Sub: Beef</i>	<b>Assorted Desserts</b>	<i>Soup of the day:</i> <i>Cream of Mushroom</i> <b>Waffles with Maple Syrup</b> <b>Breakfast Sausage</b> <b>Fruit Salad</b>	<b>Jello Salad and</b> <b>Whipped Cream</b>
<b>Tuesday</b> 14 Apr	<b>Barbecue Ribs</b> <b>Mashed Potatoes</b> <b>Corn and Roasted Sweet Potato</b> <i>Sub: Chicken</i>	<b>Muffins</b>	<i>Soup of the day:</i> <i>Squash</i> <b>Hot Chicken Sandwich</b> <b>Peas and Boiled Potatoes</b>	<b>Assorted Cookies and</b> <b>Yogurt</b>
<b>Wednesday</b> 15 Apr	<b>Chicken Pie with Biscuits</b> <b>and Mashed Potatoes</b> <i>Sub: Ribs</i>	<b>Tapioca Pudding</b>	<i>Soup of the day:</i> <i>Tomato</i> <b>Grilled Cheese Sandwich</b> <b>Side Salad and Chips</b>	<b>White Cake with</b> <b>Sauce</b>
<b>Thursday</b> 16 Apr	<b>Salisbury Steak</b> <b>with Grilled Mushrooms</b> <b>Mashed Potatoes</b> <b>Turnip and Beans</b> <i>Sub: Chicken Pie</i>	<b>Fruit Crumble</b>	<i>Soup of the day:</i> <i>Cream of Vegetable</i> <b>Pulled Pork Sandwich</b> <b>Potato Wedges</b> <b>Coleslaw</b>	<b>Squares and Pudding</b>
<b>Friday</b> 17 Apr	<b>Cheddar and Potato Crusted Cod</b> <b>Roasted Potatoes</b> <b>Assorted Vegetables</b> <i>Sub: Salisbury Steak</i>	<b>Chocolate Cake</b>	<i>Soup of the day:</i> <i>Cream of Carrot</i> <b>Ravioli with Rosée Sauce</b> <b>Caesar Salad and Baguette</b>	<b>Assorted Desserts</b>
<b>Saturday</b> 18 Apr	<b>Beef Stew</b> <b>Bread Rolls</b> <i>Sub: Fish</i>	<b>Nanaimo Bars</b>	<i>Soup of the day:</i> <i>Chicken Noodle</i> <b>Ham Salad</b> <b>Crackers and Cheese</b> <b>Veggies and Dip</b>	<b>Cookies and Jello</b>