

| <u>Week 1</u> | Dinner: | Dessert: | Supper: | Dessert: |
|----------------------------|---|------------------------------|---|------------------------------------|
| Sunday 19 Apr | 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 20 Apr | Roasted Chicken Breasts Mushroom Gravy Mashed Potatoes Peas and Cauliflower <i>Sub: Turkey</i> | Assorted Desserts | <i>Soup of the day: Beef and Barley</i> Mini Quiche Hashbrown Patties and Fruit Salad | Lemon Squares |
| Tuesday 21 Apr | Corned Beef Boiled Potatoes, Cabbage and Carrots <i>Sub: Chicken Breast</i> | Maple Cream Cake | <i>Soup of the day: Vegetable</i> Macaroni with Ground Beef and Tomato Sauce Bread Rolls | Assorted Mini Tarts |
| Wednesday 22 Apr | Chicken Thighs Spinach Cream Sauce Garlic Butter Orzo Yellow and Red Beets <i>Sub: Corned Beef</i> | Ambrosia Salad | <i>Soup of the day: Tomato</i> Ham and Swiss Cheese Croissant Side Salad | Cookies with Fruit Cocktail |
| Thursday 23 Apr | Meatloaf Mashed Potatoes Broccoli and Corn <i>Sub: Chicken Thighs</i> | Lemon Meringue Pie | <i>Soup of the day: Cream of Cauliflower</i> Turkey Taco Style Flatbread Pizza Sweet Potato Fries | Carrot Cake |
| Friday 24 Apr | Salmon Cake Patties with Orzo Asparagus and Hollandaise sauce Buttered Carrots <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 25 Apr | Lasagna Side Salad and Bread Rolls <i>Sub: Salmon Cake</i> | Cheesecake | <i>Soup of the day: Chicken Noodle</i> Tuna Salad with Crackers, Boiled Eggs and Tomato Slice | Date Squares |

| <u>Week 2</u> | Dinner: | Dessert: | Supper: | Dessert: |
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| Sunday 26 Apr | Baked Ham Scalloped Potatoes Turnip and Peas <i>Sub: Lasagna</i> | Blueberry Pie | <i>Homemade Sunday Soup</i> Turkey and Cheese Sandwich Greek Salad Bar | Strawberry Shortcake |
| Monday 27 Apr | Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower <i>Sub: Ham</i> | Assorted Desserts | <i>Soup of the day:</i> <i>Tomato</i> Scrambled Eggs with Baked Beans Fruit Salad and English Muffins | Oatmeal Raisin Cookies with Yogurt |
| Tuesday 28 Apr | Pork Roast Mashed Potatoes Sweet Potato and Beans <i>Sub: Chicken</i> | Spice Cake | <i>Soup of the day:</i> <i>Vegetable</i> Mini Hamburgers Pasta Salad and Fries | Lemon Cake |
| Wednesday 29 Apr | Spaghetti with Meat Sauce Caesar Salad <i>Sub: Pork Chops</i> | Yogurt Parfait | <i>Soup of the day:</i> <i>Loaded Baked Potato Soup</i> Chicken Salad with Crackers Deviled Eggs, Side Salad | Danishes |
| Thursday 30 Apr | Sweet and Sour Meatballs Mashed Potatoes Corn and Brussels Sprouts <i>Sub: Spaghetti</i> | Strawberry Rhubarb Pie | <i>Soup of the day:</i> <i>Ham and Pea</i> Chicken Tenders Roasted Potatoes Cauliflower | Jello and Whipped Cream |
| Friday 01 May | Grilled Haddock Potato Wedges Grilled Vegetables <i>Sub: Meatballs</i> | White Cake with Lemon Sauce | <i>Soup of the day:</i> <i>Cream of Vegetable</i> Lemony Beef and Orzo Bowls (with cherry tomatoes, peppers and spinach) | Assorted Desserts |
| Saturday 02 May | Greek Chicken Cucumber Yogurt Sauce Rice Pilaf Broccoli and Cauliflower <i>Sub: Haddock</i> | Triple Chocolate Fudge Cake | <i>Soup of the day:</i> <i>Cream of Carrot</i> Shepherd's Pie Baguette | Nanaimo Bars |

| Week 3 | Dinner: | Dessert: | Supper: | Dessert: |
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| Sunday 03 May | Roast Turkey with Stuffing and Cranberry Sauce, Mashed Potatoes Carrots and Peas <i>Sub: Greek Chicken</i> | Cherry Pie | <i>Homemade Sunday Soup</i> Ham and Cheese Sandwich Garden Salad Bar | Apple Crumble |
| Monday 04 May | Chicken Vol-Au-Vent (Chicken served over a pastry with a white sauce) with Mashed Potatoes and Beets <i>Sub: Turkey</i> | Assorted Desserts | <i>Soup of the day:</i> <i>Chicken Noodle</i> Bacon and Egg Bagel Sandwich Fruit Salad | Tiramisu Cake |
| Tuesday 05 May | Grilled Pork and Vegetable Skewers Served over Rice Green Salad <i>Sub: Chicken</i> | Pouding Chomeur | <i>Soup of the day:</i> <i>French Onion</i> Pizza Fries and Quinoa Salad | Molasses Cookies with Pudding |
| Wednesday 06 May | Beef Stew Bread Rolls <i>Sub: Pork</i> | Ambrosia Salad | <i>Soup of the day:</i> <i>Tomato</i> Grilled Cheese Sandwich Side Salad and Chips | Squares and Apple Sauce |
| Thursday 07 May | Chicken Shawarma (Lightly seasoned chicken) Orzo and Rice Pilaf Cauliflower and Salad <i>Sub: Beef Stew</i> | Caramel Apple Pie | <i>Soup of the day:</i> <i>Cream of Mushroom</i> Taco Pasta Casserole Baguette | Jello and Cookies |
| Friday 08 May | Fish & Chips (Fries) with Coleslaw <i>Sub: Chicken</i> | Red Velvet Cake | <i>Soup of the day:</i> <i>Pea Soup</i> Omelet, Asparagus and Cornbread | Assorted Desserts |
| Saturday 09 May | Beef Stir Fry with Vegetables and Rice <i>Sub: Fish</i> | White Cake with caramel sauce | <i>Soup of the day:</i> <i>Cream of Carrot</i> Sloppy Joes Coleslaw and Chips | Date Squares |

| Week 4 | Dinner: | Dessert: | Supper: | Dessert: |
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| Sunday Happy Mother's Day! 10 May | Baked Ham Scalloped Potatoes Carrots and Beans <i>Sub: Beef Stir-fry</i> | Coconut Cream Pie | <i>Homemade Sunday Soup</i> Roast Beef and Cheese Sandwich Caesar Salad Bar | Strawberry Shortcake |
| Monday 11 May | Chicken Parmesan Italian Mashed Potatoes Cauliflower and Turnip <i>Sub: Ham</i> | Assorted Desserts | <i>Soup of the day:</i> <i>Lentil Soup</i> Baked Beans with Scrambled Eggs, English Muffin and Sliced Tomato | Lemon Squares |
| Tuesday 12 May | Sausages in gravy Broccoli and Squash Mashed Potatoes <i>Sub: Chicken</i> | Pecan Streusel Cake | <i>Soup of the day :</i> <i>Tomato Vegetable Rotini</i> Turkey Pot Pie Baked Potato | Homemade Cookies with Jello |
| Wednesday 13 May | Greek Meatballs Cucumber Yogurt Sauce Basmati Rice Green Beans and Corn <i>Sub: Sausages</i> | Yogurt Parfait | <i>Soup of the day:</i> <i>Chicken Noodle</i> Reuben Sandwiches Side Salad and Chips | Banana Bread |
| Thursday 14 May | Tourtiere Mashed Sweet Potatoes Pickled Beets <i>Sub: Meatballs</i> | Homemade Pie | <i>Soup of the day:</i> <i>Tomato</i> Crispy Chicken Strips Poutine and Coleslaw | Cookies and Pudding |
| Friday 15 May | Honey Glazed Salmon Roasted Potatoes Corn and Brussels Sprouts Sub: Tourtiere | Boston Cream Cake | <i>Soup of the day:</i> <i>Cream of Asparagus</i> Quiche with Chickpea Salad | Assorted Desserts |
| Saturday 16 May | Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Salmon | Cake with Apple Caramel Sauce | <i>Soup of the day:</i> <i>Beef and Barley</i> Pasta with Vegetable Sauce Garlic Bread | Butter Tart Squares |

| <u>Week 5</u> | Dinner: | Dessert: | Supper: | Dessert: |
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| Sunday 17 May | Roast Beef with Gravy Mashed Potatoes Carrot and Turnip <i>Sub: Smoked Meat</i> | Sugar Pie | <i>Homemade Sunday Soup</i> Turkey and Cheese Sandwich Salad with Fruit | Brownies and Coaticook Ice Cream |
| Monday 18 May | Garlic Butter Chicken Rice Pilaf Butternut Squash and Broccoli <i>Sub: Beef</i> | Assorted Desserts | <i>Soup of the day:</i> <i>Cream of Mushroom</i> Waffles with Maple Syrup Breakfast Sausage Fruit Salad | Jello Salad and Whipped Cream |
| Tuesday 19 May | Barbecue Ribs Mashed Potatoes Corn and Roasted Sweet Potato <i>Sub: Chicken</i> | Muffins | <i>Soup of the day:</i> <i>Squash</i> Hot Chicken Sandwich Peas and Boiled Potatoes | Assorted Cookies and Yogurt |
| Wednesday 20 May | Chicken Pie with Biscuits and Mashed Potatoes <i>Sub: Ribs</i> | Tapioca Pudding | <i>Soup of the day:</i> <i>Tomato</i> Grilled Cheese Sandwich Side Salad and Chips | White Cake with Sauce |
| Thursday 21 May | Salisbury Steak with Grilled Mushrooms Mashed Potatoes Turnip and Beans <i>Sub: Chicken Pie</i> | Fruit Crumble | <i>Soup of the day:</i> <i>Cream of Vegetable</i> Pulled Pork Sandwich Potato Wedges Coleslaw | Squares and Pudding |
| Friday 22 May | Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables <i>Sub: Salisbury Steak</i> | Chocolate Cake | <i>Soup of the day:</i> <i>Cream of Carrot</i> Ravioli with Rosée Sauce Caesar Salad and Baguette | Assorted Desserts |
| Saturday 23 May | Beef Stew Bread Rolls <i>Sub: Cod</i> | Nanaimo Bars | <i>Soup of the day:</i> <i>Chicken Noodle</i> Ham Salad Crackers and Cheese Veggies and Dip | Cookies and Jello |