

Week 1	Breakfast:	Dinner:	Dessert:	Supper:	Dessert:
Sunday April 24	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: ORANGE	Roast Lamb (mint jelly), Pan-Gravy, Potatoes, Buttered Carrots, Spinach <i>Sub: Meat Loaf</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday April 25	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: GRAPE	Sweet & Sour Meatballs on a Bed of Steamed Rice, Creamy Mashed Potatoes, Buttered Peas, Steamed Mixed Vegetables <i>Sub: Lamb</i>	Pudding with Real Whipped Cream & a Cookie	Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg Soup: Cream of Vegetable	Mandarins & Lemon Bread
Tuesday April 26	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: APPLE	Herbed Roasted Chicken Breasts, Roasted Potatoes, Steamed Brussel Sprouts with Cheese Sauce, Thai Vegetable Medley <i>Sub: Meatballs</i>	Banana Split Trifle	Lasagna and Caesar Salad Soup: Chicken Rice	Vanilla Pudding with a Berry Coulis & Homemade Cookies
Wednesday April 27	Fruit, Yoghurt, Cereal, Toast Cream of Wheat Juice of the day: ORANGE	Swiss Steak with Fried Onions, Mashed Potatoes, Buttered Parsnips, Green Beans <i>Sub: Chicken</i>	Homemade Chocolate Mousse & a Cookie	Homemade Breaded Chicken Strips, Zucchini & Apple Salad, and Roasted Cinnamon Carrots Soup: Tomato	Fresh Berries with Homemade Cookies
Thursday April 28	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: CRANBERRY	Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip, Roasted Mushrooms and Zucchini <i>Sub: Steak</i>	Applesauce Cake	Chicken Casserole, Asparagus in Lemon Butter Soup: Pea	Homemade Applesauce & Cookies
Friday April 29	Fruit, Yoghurt, Cereal, Toast Oat bran Juice of the day: PINEAPPLE	Haddock, Rice Pilaf, Steamed Broccoli, Steamed Corn <i>Sub: Pork Chop</i>	Warm Fruit Crisp	Italian Minestrone Soup, Garlic Bread, Caesar Salad, Slice of Cheddar Cheese, Grapes	Homemade Butterscotch Brownies
Saturday April 30	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: APPLE	Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets <i>Sub: Haddock</i>	Oreo Dessert	Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato Soup: Beef Barley	Fruit Salad & Homemade Orange Cookies

Week 2	Breakfast:	Dinner:	Dessert:	Supper:	Dessert:
Sunday May 1	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: ORANGE	Roast Pork, Pan Gravy, Scalloped Potatoes, Maple- Glazed Carrots, Sweet Green Peas <i>Sub: Sheppard's Pie</i>	Homemade Lemon Meringue Pie	Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday May 2	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: GRAPE	Apple Orchard Chicken Breasts, Macaroni & Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets <i>Sub: Pork</i>	Jell-o with Real Whipped Cream & a Cookie	Tuna Fish on a Bed of Lettuce with Toasted Garlic Tortilla, Cheese and Grapes, Hard Boiled Egg Soup: Cream of Carrot Soup	Berry Medley & Brownies
Tuesday May 3	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: APPLE	Hamburger Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley <i>Sub: Chicken</i>	Warm Apple Cake	Roasted Veggie Pasta Salad and Homemade Garlic Knots with a slice of Cheddar Cheese Soup: Chicken Noodle	Sliced Pineapple & Sugar Cookies
Wednesday May 4	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the Day: ORANGE	Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Buttered Parsnips <i>Sub: Hamburger</i>	Pumpkin Pie Bar	Fried Rice, Spring Roll, and Teriyaki Broccoli Soup: Cream of Celery	Fresh Fruit with Homemade Squares
Thursday May 5	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the Day: CRANBERRY	Beef Bourguignon on a Bed of Egg Noodles, Steamed Broccoli, Buttered Carrots <i>Sub: Sausage</i>	Homemade Cake	Cheese Souffle, Toasted English Muffin, Carrot & Pineapple Salad, Sliced Tomato Soup: Cream of Broccoli	Mandarins & Lemon Cookies
Friday May 6	Fruit, Yoghurt, Cereal, Toast Oat bran Juice of the day: PINEAPPLE	Maple-glazed Salmon Filets, Orzo with Parmesan & Peas, Steamed Fresh Asparagus with Hollandaise Sauce, Baked Seasoned Cauliflower <i>Sub: Beef</i>	Cheesecake with a Berry Coulis	Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad Soup: Beef Stew	Jell-O & Cookies
Saturday May 7	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: APPLE	Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Sweet Green Peas <i>Sub: Salmon</i>	Hot Fudge Cake with Whipped Cream & a Cherry on top	Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon Soup: Vegetable	Pudding & Cookies

Week 3	Breakfast	Dinner:	Dessert:	Supper:	Dessert:
Happy Mother's Day! Sunday May 8	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: ORANGE	Roast Turkey, Gravy, Dressing, Mashed Potatoes, Maple-Glazed Carrots, Buttered Spinach <i>Sub: Chicken Thighs</i>	Homemade Pie	Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday May 9	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: GRAPE	Honey Baked Chicken, Scalloped Potatoes, Fresh Sliced Beets, Stir-Fry Vegetable Medley <i>Sub: Ham</i>	Rice Pudding with Maple Syrup	Macaroni & Cheese, Homemade Rolls, Salad Soup: Vegetable	Fruit Cocktail & Cookies
Tuesday May 10	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: APPLE	Steak with au jus, Mashed Potatoes, Glazed Carrots, Green Beans <i>Sub: Chicken</i>	Black Forest Cake	Chicken Salad, Sliced Apple, Grapes, Cheese Soup: Cream of Squash	Homemade Applesauce & Gingersnap Cookies
Wednesday May 11	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the Day: ORANGE	Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Cauliflower, Steamed Green Peas <i>Sub: Steak</i>	Warm Fruit Crisp	Beef & Vegetable Chili, Corn Bread, and Slice of Pineapple Soup: Chicken Rice	Chocolate Chip Cookies
Thursday May 12	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: CRANBERRY	Roast Beef, Mased Potatoes, Mashed Turnip, Broccoli <i>Sub: Pork Chops</i>	Pudding Cake	Homemade Tomato Soup & Grilled Cheese Sandwiches, Vegetable Sticks with Dip	Berry Medley & Homemade Squares
Friday May 13	Fruit, Yoghurt, Cereal, Toast Oat bran Juice of the day: PINEAPPLE	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), Rice with Vegetables, Corn <i>Sub: Beef</i>	Lemon Fluff	Scrambled Eggs, Toast, Bacon, Cottage Cheese, Grapes Soup: Cream of Asparagus	Pancakes topped with Whipped Cream and fresh fruit
Saturday May 14	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: APPLE	Homemade Tourtiere with Gravy, Boiled Potatoes, Roasted Zucchini, Steamed Fresh Broccoli <i>Sub: Cod</i>	Homemade Banana Cake with Vanilla Sauce	Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits Homemade Soup	Yoghurt Parfait

<u>Week 4</u>	Breakfast	Dinner:	Dessert:	Supper:	Dessert:
Sunday May 15	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: ORANGE	Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas <i>Sub: Tourtiere</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday May 16	Fruit, Yoghurt, Cereal, Toast Cream of Wheat Juice of the day: GRAPE	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables <i>Sub: Turkey</i>	Coconut Pudding & a Cookie	Vegetable Frittata, English Muffin, and Cottage Cheese Soup: Cream of Celery	Fruit Cocktail & Homemade Spicy Dad's Cookies
Tuesday May 17	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: APPLE	Beef Cubes in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables <i>Sub: Chicken</i>	Warm Apple Cake	Hot Chicken Sandwiches, Poutine, Traditional or Creamy Coleslaw Soup: Cream of Asparagus	Fresh Berries with Homemade Cookies
Wednesday May 18	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: ORANGE	Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans <i>Sub: Beef</i>	Spiced Pear Cake	Hamburger Casserole, Vegetables with Dip Soup: Chicken	Banana Bread & Pudding
Thursday May 19	Fruit, Yoghurt, Cereal, Toast Oatmeal Juice of the day: CRANBERRY	Crispy Chicken Thighs with Homemade BBQ, Mashed Sweet Potato, Carrots, & Turnip, Steamed Fresh Asparagus with Hollandaise Sauce, Steamed Vegetable Thai Medley <i>Sub: Pork</i>	Warm Raisin Pudding	Stir Fry Vegetables, Rice, Broccoli Salad, Homemade Bread Soup: Homemade Vegetable	Homemade Applesauce & Squares
Friday May 20	Fruit, Yoghurt, Cereal, Toast Oat bran Juice of the day: PINEAPPLE	Citrus & Pepper Tilapia, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots <i>Sub: Chicken</i>	Gingerbread with Lemon Sauce	Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes Homemade Soup	Sliced Pineapple & Cookies
Saturday May 21	Fruit, Yoghurt, Cereal, Toast Cream of wheat Juice of the day: APPLE	Country Style Meatloaf, Mushroom Gravy, Baked Potato, Peas, Turnips <i>Sub: Tilapia</i>	Cherry Cheesecake	Chicken and Broccoli Casserole, Slice of Bread Soup: Cream of Mushroom	Diced Fruit & Homemade Cookies