

<b>Week 1</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  17 Jul	<b>Pork Roast, Potatoes, Maple-Glazed Carrots, Sweet Green Peas</b>  <i>Sub: Meat Loaf</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  18 Jul	<b>Sweet &amp; Sour Meatballs on a Bed of Steamed Rice, Creamy Mashed Potatoes, Buttered Peas, Steamed Mixed Vegetables</b>  <i>Sub: Pork</i>	<b>Jell-o with Real Whipped Cream &amp; a Cookie</b>	<b>Soup: Vegetable</b>  <b>Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg</b>	<b>Mandarins &amp; Lemon Bread</b>
<b>Tuesday</b>  19 Jul	<b>Herbed Roasted Chicken Breasts on a bed of Dinner Hummus, Roasted Potatoes, Thai Vegetable Medley, Buttered Brussel Sprouts</b>  <i>Sub: Meatballs</i>	<b>Banana Split Trifle</b>	<b>Soup: Chicken Rice</b>  <b>Lasagna and Caesar Salad</b>	<b>Vanilla Pudding with a Berry Coulis &amp; Homemade Cookies</b>
<b>Wednesday</b>  20 Jul	<b>Swiss Steak with Fried Onions, Mashed Potatoes, Buttered Parsnips, Green Beans</b>  <i>Sub: Chicken</i>	<b>Homemade Chocolate Mousse &amp; a Cookie</b>	<b>Soup of the Day</b>  <b>Filet o' Fish Burgers with Cheese and Tartar sauce, French Fries, Broccoli Salad, Dill Pickle</b>	<b>Homemade Salted Caramel Pie</b>
<b>Thursday</b>  21 Jul	<b>Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip, Roasted Mushrooms and Zucchini</b>  <i>Sub: Steak</i>	<b>Homemade Squares</b>	<b>Soup: Pea</b>  <b>Chicken Casserole, Asparagus in Lemon Butter</b>	<b>Strawberry Shortcake</b>
<b>Friday</b>  22 Jul	<b>Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots</b>  <i>Sub: Pork Chop</i>	<b>Homemade Cake</b>	<b>Italian Minestrone Soup, Garlic Bread, Caesar Salad, Slice of Cheddar Cheese, Grapes</b>	<b>Homemade Butterscotch Brownies</b>
<b>Saturday</b>  23 Jul	<b>Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets</b>  <i>Sub: Fish</i>	<b>Warm Fruit Crisp</b>	<b>Soup: Cream of Mushroom</b>  <b>Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato</b>	<b>Fruit Salad &amp; Homemade Orange Cookies</b>

<b>Week 2</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b> 24 Jul	<b>Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach</b> <i>Sub: Sheppard's Pie</i>	<b>Homemade Lemon Meringue Pie</b>	<b>Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b> 25 Jul	<b>Apple Orchard Chicken Breasts, Macaroni &amp; Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets</b> <i>Sub: Lamb</i>	<b>Jell-o with Real Whipped Cream &amp; a Cookie</b>	Soup: Fassolada (Tomato & White Bean) <b>Tuna Fish on a Bed of Lettuce with Toasted Garlic Tortilla, Cheese and Grapes, Hard Boiled Egg</b>	<b>Berry Medley &amp; Brownies</b>
<b>Tuesday</b> 26 Jul	<b>Steak with au jus, Mashed Potatoes, Glazed Carrots, Green Beans</b> <i>Sub: Chicken</i>	<b>Warm Apple Cake</b>	Soup: Chicken Noodle <b>Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad</b>	<b>Sliced Pineapple &amp; Sugar Cookies</b>
<b>Wednesday</b> 27 Jul	<b>Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Buttered Parsnips</b> <i>Sub: Steak</i>	<b>French Toast Casserole</b>	Soup of the Day <b>Fried Rice, Spring Roll, Beet - Mandarin - Sesame Salad</b>	<b>Rhubarb Pie</b>
<b>Thursday</b> 28 Jul	<b>Beef Stroganoff on a Bed of Egg Noodles, Steamed Broccoli, Buttered Carrots</b> <i>Sub: Sausage</i>	<b>Homemade Cake</b>	Soup: Cream of Broccoli <b>Cheese Souffle, Toasted English Muffin, Carrot &amp; Pineapple Salad, Sliced Tomato</b>	<b>Mandarins &amp; Lemon Cookies</b>
<b>Friday</b> 29 Jul	<b>Maple-glazed Salmon Filets, Orzo with Parmesan &amp; Peas, Steamed Fresh Asparagus with Hollandaise Sauce, Purple Cabbage Flamand</b> <i>Sub: Beef</i>	<b>Cheesecake with a Berry Coulis</b>	Soup: Cream of Potato <b>Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad</b>	<b>Jell-O &amp; Cookies</b>
<b>Saturday</b> 30 Jul	<b>Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Sweet Green Peas</b> <i>Sub: Salmon</i>	<b>Hot Fudge Cake with Whipped Cream &amp; a Cherry on top</b>	Soup: Vegetable <b>Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon</b>	<b>S'mores Bars</b>

<b>Week 3</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  31 Jul	<b>Roast Turkey, Gravy, Dressing, Mashed Potatoes, Maple-Glazed Carrots, Buttered Spinach</b>  <i>Sub: Chicken Thighs</i>	<b>Homemade Pie</b>	<b>Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  01 Aug	<b>Honey Baked Chicken, Scalloped Potatoes, Fresh Sliced Beets, Stir-Fry Vegetable Medley</b>  <i>Sub: Turkey</i>	<b>Blueberry Lemon Bars</b>	Soup: Vegetable <b>Creamy Macaroni &amp; Cheese, Homemade Rolls, Seasonal Salad</b>	<b>Fruit Cocktail &amp; Cookies</b>
<b>Tuesday</b>  02 Aug	<b>Hamburger Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley</b>  <i>Sub: Chicken</i>	<b>Black Forest Cake</b>	Soup: Cream of Squash <b>Chicken Salad and Crackers, Sliced Apple, Grapes, and Cheese</b>	<b>Homemade Pudding &amp; Gingersnap Cookies</b>
<b>Wednesday</b>  03 Aug	<b>Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Mixed Vegetables, Steamed Green Peas</b>  <i>Sub: Hamburger</i>	<b>Warm Fruit Crisp</b>	Soup of the Day <b>Beef &amp; Vegetable Chili, Corn Bread, and Slice of Pineapple</b>	<b>Chocolate Chip Cookies</b>
<b>Thursday</b>  04 Aug	<b>Roast Beef, Mashed Potatoes, Mashed Turnip, Broccoli</b>  <i>Sub: Pork Chops</i>	<b>Pudding Cake</b>	<b>Homemade Tomato Soup &amp; Grilled Cheese Sandwiches, Potato Salad</b>	<b>Berry Medley &amp; Homemade Squares</b>
<b>Friday</b>  05 Aug	<b>Cheddar &amp; Potato Crusted Cod(homemade tartar sauce &amp; lemon wedges), Rice with Vegetables, Corn</b>  <i>Sub: Beef</i>	<b>Lemon Fluff</b>	Soup: Cream of Asparagus <b>Scrambled Eggs, Toast, Bacon, Cottage Cheese, Grape</b>	<b>Pancakes topped with Whipped Cream and fresh fruit</b>
<b>Saturday</b>  06 Aug	<b>Homemade Tourtiere with Gravy, Boiled Potatoes, Roasted Zucchini, Steamed Fresh Broccoli</b>  <i>Sub: Cod</i>	<b>Homemade Banana Cake with Vanilla Sauce</b>	Soup: Cream of Potato <b>Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits</b>	<b>Yoghurt Parfait</b>

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b> 07 Aug	<b>Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas</b> <i>Sub: Tourtiere</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b> 08 Aug	<b>Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables</b> <i>Sub: Ham</i>	<b>Coconut Pudding &amp; a Cookie</b>	Soup: Cream of Celery <b>Vegetable Frittata, English Muffin, and Cottage Cheese</b>	<b>Fruit Cocktail &amp; Homemade Spicy Dad's Cookies</b>
<b>Tuesday</b> 09 Aug	<b>Beef Bourguignon in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables</b> <i>Sub: Chicken</i>	<b>Warm Apple Cake</b>	Soup: Black Bean <b>Seasonal Greens Pie with Baked Eggs, Creamy polenta, Fresh Tomato Salad</b>	<b>Fresh Berries with Homemade Cookies</b>
<b>Wednesday</b> 10 Aug	<b>Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans</b> <i>Sub: Beef</i>	<b>Homemade Cake</b>	Soup: Chicken <b>Hamburger Casserole, Vegetables with Dip</b>	<b>Banana Bread &amp; Pudding</b>
<b>Thursday</b> 11 Aug	<b>Crispy Chicken Thighs with Homemade BBQ, Mashed Sweet Potato, Carrots, &amp; Turnip, Steamed Fresh Asparagus with Hollandaise Sauce, Steamed Vegetable Thai Medley</b> <i>Sub: Pork</i>	<b>Warm Raisin Pudding</b>	Soup: Vegetable <b>Stir Fry Vegetables, Rice, Broccoli Salad, Homemade Bread</b>	<b>Homemade Applesauce &amp; Squares</b>
<b>Friday</b> 12 Aug	<b>Citrus &amp; Pepper Tilapia, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots</b> <i>Sub: Chicken</i>	<b>Gingerbread with Lemon Sauce</b>	Soup: Tomato <b>Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes</b>	<b>Sliced Pineapple &amp; Cookies</b>
<b>Saturday</b> 13 Aug	<b>Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips</b> <i>Sub: Tilapia</i>	<b>Cherry Cheesecake</b>	Soup: Cream of Mushroom <b>Chicken and Broccoli Casserole, Corn, Baked Sweet Potato</b>	<b>Diced Fruit &amp; Homemade Cookies</b>

# Breakfast Menu

Selection of Fresh Fruit, Greek Yoghurt, 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