

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 11 Sep	Pork Roast, Potatoes, Maple-Glazed Carrots, Sweet Green Peas <i>Sub: Meat Loaf</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 12 Sep	Sweet & Sour Meatballs on a Bed of Steamed Rice, Buttered Peas, Steamed Mixed Vegetables <i>Sub: Pork</i>	Jell-o with Real Whipped Cream & a Cookie	Soup: Vegetable Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg	Mandarins & Lemon Bread
Tuesday 13 Sep	Herbed Roasted Chicken Breasts on a bed of Dinner Hummus, Roasted Potatoes, Thai Vegetable Medley, Roasted Buttered Brussel Sprouts <i>Sub: Meatballs</i>	Banana Split Trifle	Soup: Chicken Rice Lasagna and Caesar Salad	Vanilla Pudding with a Berry Coulis & Homemade Cookies
Wednesday 14 Sep	Swiss Steak with Fried Onions, Mashed Potatoes, Buttered Parsnips, Green Beans <i>Sub: Chicken</i>	Homemade Chocolate Mousse & a Cookie	Soup of the Day BBQ Pulled Pork Sandwich, French Fries, Broccoli Salad, Dill Pickle	Homemade Salted Caramel Pie
Thursday 15 Sep	Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Wax Beans <i>Sub: Steak</i>	Homemade Squares	Soup: Pea Chicken Casserole, Roasted Tumeric Cauliflower	Strawberry Shortcake
Friday 16 Sep	Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots <i>Sub: Sausage</i>	Homemade Cake	Italian Minestrone Soup, Garlic Bread, Caesar Salad, Slice of Cheddar Cheese, Grapes	Homemade Butterscotch Brownies
Saturday 17 Sep	Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets <i>Sub: Fish</i>	Warm Fruit Crisp	Soup: Cream of Mushroom Scrambled Eggs, Toast, Bacon, Cottage Cheese	Fruit Salad & Homemade Orange Cookies

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 18 Sep	Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach <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 19 Sep	Apple Orchard Chicken Breasts, Macaroni & Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets <i>Sub: Lamb</i>	Jell-o with Real Whipped Cream & a Cookie	Soup: Fassolada (Tomato & White Bean) Stir Fry Vegetables, Rice, Broccoli Salad, Homemade Bread	Berry Medley & Brownies
Tuesday 20 Sep	Beef Stroganoff on a Bed of Egg Noodles, Glazed Carrots, Green Beans <i>Sub: Chicken</i>	Warm Apple Cake	Soup: Chicken Noodle Seasonal Greens Pie with Baked Eggs, Creamy polenta, Fresh Tomato Salad	Sliced Pineapple & Sugar Cookies
Wednesday 21 Sep	Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip, Roasted Mushrooms and Zucchini <i>Sub: Beef</i>	French Toast Casserole	Soup of the Day Chicken Salad and Crackers, Sliced Apple, Grapes, and Cheese	Rhubarb Pie
Thursday 22 Sep	Steak with au jus, Mashed Potatoes, Steamed Broccoli, Buttered Carrots <i>Sub: Pork Chops</i>	Homemade Cake	Soup: Cream of Broccoli Cheese Souffle, Toasted English Muffin, Carrot & Pineapple Salad, Sliced Tomato	Mandarins & Lemon Cookies
Friday 23 Sep	Maple-glazed Salmon Filets, Orzo with Parmesan & Peas, Steamed Fresh Asparagus with Hollandaise Sauce, Purple Cabbage Flamand <i>Sub: Steak</i>	Cheesecake with a Berry Coulis	Soup: Cream of Potato Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad	Jell-O & Cookies
Saturday 24 Sep	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	Soup: Vegetable Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon	S'mores Bars

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 25 Sep	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 26 Sep	Honey Baked Chicken, Scalloped Potatoes, Fresh Sliced Beets, Stir-Fry Vegetable Medley <i>Sub: Turkey</i>	Blueberry Lemon Bars	Soup: Vegetable Creamy Macaroni & Cheese, Homemade Rolls, Seasonal Salad	Fruit Cocktail & Cookies
Tuesday 27 Sep	Hamburger Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley <i>Sub: Chicken</i>	Black Forest Cake	Soup: Cream of Squash Fried Rice, Dumplings, Beet - Mandarin - Sesame Salad	Homemade Pudding & Gingersnap Cookies
Wednesday 28 Sep	Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Mixed Vegetables, Steamed Green Peas <i>Sub: Hamburger</i>	Warm Fruit Crisp	Soup of the Day Beef & Vegetable Chili, Corn Bread, and Slice of Pineapple	Chocolate Chip Cookies
Thursday 29 Sep	Roast Beef, Mashed Potatoes, Mashed Turnip, Broccoli <i>Sub: Pork Chops</i>	Pudding Cake	Homemade Tomato Soup & Grilled Cheese Sandwiches, Potato Salad	Berry Medley & Homemade Squares
Friday 30 Sep	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), Rice with Vegetables, Corn <i>Sub: Beef</i>	Lemon Fluff	Soup: Cream of Asparagus Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato	Pancakes topped with Whipped Cream and fresh fruit
Saturday 01 Oct	Homemade Tourtiere with Gravy, Boiled Potatoes, Roasted Zucchini, Steamed Fresh Broccoli <i>Sub: Cod</i>	Homemade Banana Cake with Vanilla Sauce	Soup: Cream of Potato Chicken and Broccoli Casserole, Corn, Baked Sweet Potato	Yoghurt Parfait

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 02 Oct	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 03 Oct	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables <i>Sub: Ham</i>	Coconut Pudding & a Cookie	Soup: Cream of Celery Vegetable Frittata, English Muffin, and Cottage Cheese	Fruit Cocktail & Homemade Spicy Dad's Cookies
Tuesday 04 Oct	Beef Bourguignon in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables <i>Sub: Chicken</i>	Warm Apple Cake	Soup: Black Bean Pasta Salad with Roasted Vegetables, Garlic Bread, Slice of Cheddar Cheese	Fresh Berries with Homemade Cookies
Wednesday 05 Oct	Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans <i>Sub: Beef</i>	Homemade Cake	Soup: Chicken Tuna Fish on a Bed of Lettuce with Toasted Garlic Tortilla, Cheese and Grapes, Hard Boiled Egg	Banana Bread & Pudding
Thursday 06 Oct	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	Soup: Vegetable Hamburger Casserole, Vegetables with Dip	Homemade Applesauce & Squares
Friday 07 Oct	Citrus & Pepper Tilapia, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots <i>Sub: Chicken</i>	Gingerbread with Lemon Sauce	Soup: Tomato Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes	Sliced Pineapple & Cookies
Saturday 08 Oct	Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips <i>Sub: Tilapia</i>	Cherry Cheesecake	Soup: Cream of Mushroom Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits	Diced Fruit & Homemade Cookies