

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 06 Nov	Roast Turkey, Gravy, Dressing, Mashed Potatoes, Maple-Glazed Carrots, Buttered Spinach Sub: Meat Loaf	Homemade Pie	Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 07 Nov	Sweet & Sour Meatballs on a Bed of Steamed Rice, Buttered Peas, Steamed Mixed Vegetables Sub: Pork	Jell-o with Real Whipped Cream & a Cookie	Soup: Vegetable Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg	Mandarins & Lemon Bread
Tuesday 08 Nov	Herbed Roasted Chicken Breasts, Mashed Potatoes, Thai Vegetable Medley, Roasted Buttered Brussel Sprouts Sub: Meatballs	Banana Split Trifle	Soup: Chicken Rice Lasagna and Caesar Salad	Vanilla Pudding with a Berry Coulis & Homemade Cookies
Wednesday 09 Nov	Swiss Steak with Fried Onions, Greek Potatoes, Buttered Parsnips, Green Beans Sub: Chicken	Homemade Chocolate Mousse & a Cookie	Soup of the Day BBQ Pulled Pork Sandwich, French Fries, Broccoli Salad, Dill Pickle	Homemade Salted Caramel Pie

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Thursday 10 Nov	Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Wax Beans Sub: Steak	Homemade Squares	Soup: Pea Chicken Casserole, Roasted Tumeric Cauliflower	Strawberry Shortcake
Friday 11 Nov	Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots Sub: Sausage	Homemade Cake	Italian Minestrone Soup, Garlic Bread, Caesar Salad, Slice of Cheese, Grapes	Homemade Butterscotch Brownies
Saturday 12 Nov	Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets Sub: Fish	Warm Fruit Crisp	Soup: Cream of Mushroom Scrambled Eggs, Toast, Bacon, Cottage Cheese	Fruit Salad & Homemade Orange Cookies

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday 13 Nov	Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach Sub: Sheppard's Pie	Homemade Lemon Meringue Pie	Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 14 Nov	Apple Orchard Chicken Breasts, Macaroni & Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets Sub: Lamb	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 15 Nov	Beef Stroganoff on a Bed of Egg Noodles, Glazed Carrots, Green Beans Sub: Chicken	Warm Apple Cake	Soup: Chicken Noodle Seasonal Greens Pie with Baked Eggs, Creamy polenta, Fresh Tomato Salad	Sliced Pineapple & Sugar Cookies
Wednesday 16 Nov	Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip, Roasted Mushrooms and Zucchini Sub: Beef	French Toast Casserole	Soup of the Day Tuna Fish Casserole, Fresh Garden Salad	Rhubarb Pie

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday 17 Nov	Steak with au jus, Mashed Potatoes, Steamed Broccoli, Buttered Carrots Sub: Pork Chops	Homemade Cake	Soup: Cream of Broccoli Cheese Souffle, Toasted English Muffin, Carrot & Pineapple Salad, Sliced Tomato	Mandarins & Lemon Cookies
Friday 18 Nov	Maple-glazed Salmon Filets, Orzo with Parmesan & Peas, Steamed Fresh Asparagus with Hollandaise Sauce, Purple Cabbage Flamand Sub: Steak	Cheesecake with a Berry Coulis	Soup: Cream of Potato Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad	Jell-O & Cookies
Saturday 19 Nov	Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Sweet Green Peas Sub: Salmon	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 20 Nov	Pork Roast, Potatoes, Maple-Glazed Carrots, Wax beans Sub: Chicken Thighs	Homemade Pie	Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 21 Nov	Honey Baked Chicken, Scalloped Potatoes, Fresh Sliced Beets, Stir-Fry Vegetable Medley Sub: Turkey	Blueberry Lemon Bars	Soup: Vegetable Creamy Macaroni & Cheese, Homemade Rolls, Seasonal Salad	Fruit Cocktail & Cookies
Tuesday 22 Nov	Salsbury Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley Sub: Chicken	Black Forest Cake	Soup: Cream of Squash Fried Rice, Egg Rolls, Beet - Mandarin - Sesame Salad	Homemade Pudding & Gingersnap Cookies
Wednesday 23 Nov	Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Mixed Vegetables, Steamed Green Peas Sub: Hamburger	Warm Fruit Crisp	Soup of the Day Beef & Vegetable Chili, Corn Bread	Sliced Pineapple & Chocolate Chip Cookies

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday 24 Nov	Roast Beef, Mashed Potatoes, Mashed Turnip, Broccoli Sub: Pork Chops	Pudding Cake	Homemade Tomato Soup & Grilled Cheese Sandwiches, Potato Salad	Berry Medley & Homemade Squares
Friday 25 Nov	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), Rice with Vegetables, Corn Sub: Beef	Lemon Fluff	Soup: Cream of Asparagus Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato	Pancakes topped with Whipped Cream and fresh fruit
Saturday 26 Nov	Homemade Tourtiere with Gravy, Boiled Potatoes, Roasted Zucchini, Steamed Fresh Broccoli Sub: Cod	Homemade Banana Cake with Vanilla Sauce	Soup: Cream of Potato Chicken and Broccoli Casserole, Corn, Baked Sweet Potato	Yoghurt Parfait

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday 27 Nov	Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas Sub: Tourtiere	Homemade Pie	Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 28 Nov	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables Sub: Ham	Coconut Pudding & a Cookie	Soup: Cream of Celery Vegetable Frittata, English Muffin, and Cottage Cheese	Fruit Cocktail & Homemade Spicy Dad's Cookies
Tuesday 29 Nov	Beef Bourguignon in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables Sub: Chicken	Warm Apple Cake	Soup: Black Bean Pasta Primavera, Garlic Bread, Slice of Cheddar Cheese	Fresh Berries with Homemade Cookies
Wednesday 30 Nov	Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans Sub: Beef	Homemade Cake	Soup: Chicken Open-Faced Hot Chicken Saldwich with Peas, French Fries, Coleslaw	Banana Bread & Pudding

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 01 Dec	Crispy Chicken Thighs with Homemade BBQ, Mashed Sweet Potato, Carrots, & Turnip, Steamed Fresh Asparagus with Hollandaise Sauce, Steamed Vegetable Thai Medley Sub: Pork	Warm Raisin Pudding	Soup: Vegetable Hamburger Casserole, Vegetables with Dip	Homemade Applesauce & Squares
Friday 02 Dec	Citrus & Pepper Tilapia, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots Sub: Chicken	Gingerbread with Lemon Sauce	Soup: Tomato Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes	Sliced Pineapple & Cookies
Saturday 03 Dec	Christmas Celebration: Roasted Turkey with Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Butternut Squash	Christmas Log Cake and Cookies	Homemade Soup, Croissant Sandwiches, Pickles, Chips, Sliced Melon	Diced Fruit & Homemade Cookies

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 4 Dec	Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips Sub: Turkey	Cherry Cheesecake	Soup: Cream of Mushroom Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits	Coaticook Ice Cream & Brownies
Monday 5 Dec	Orange Ginger Chicken, Steamed Rice, Broccoli, Sunrise Vegetables Sub: Meatloaf	Spiced Apple Crumble	Soup: Lentil Cheese Omlette, Garden Salad, Corn Muffin	Fresh Berries with Homemade Cookies
Tuesday 6 Dec	Meatballs in a Mushroom Sauce served on a bed of Noodles, Steamed Cauliflower with Cheese Sauce, Creamed Spinach Sub: Chicken	Homemade Cake	Soup: Tomato Bangers & Mash with Brown Gravy and Peas	Chocolate Chip Peanutbutter Bars
Wednesday 7 Dec	Honey Mustard Ham, Mashed Potato, Green Beans, Carrots Sub: Meatballs	Egg Custard	Soup: Harvest Vegetable Baked Zucchini Parmigiana Bake, Sliced Cucumbers, Cheese and Grapes	Pudding with Whipped Cream

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday 08 Dec	Turkey Dijonnaise, Roasted Potatoes, Buttered Peas, Sliced Beets Sub: Ham	Rice Pudding	Soup: Corn Chowder Chicken Tikka Massala, Steamed Rice, Vegetables with Dip	Homemade Applesauce & Rice Krispie Squares
Friday 09 Dec	Fish & Chips, Roasted Broccoli, Coleslaw Sub: Turkey	Ambrosia Salad	Soup: Onion Chicken Alfredo, Garlic Bread, Side Salad	Orange Slices & Cookies
Saturday 10 Dec	Boneless Ribs, Mashed Potato, Green Beans, Carrots Sub: Fish	Baked Spiced Pears	Soup: Cream of Vegetable Spinach Mushroom Gnocchi Bake, Homemade Rolls	Diced Fruit & Oatmeal Raisin Cookies

Breakfast Menu

Selection of Fresh Fruit, Greek Yoghurt, Eggs, Toast with Jams, Cold Cereals

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of the Day	Orange	Grape	Apple	Orange	Cranberry	Pineapple	Apple
Hot Cereal of the Day	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat

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