

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 15 Jan	Pork Roast over Squash, Potatoes, Maple-Glazed Carrots, Wax beans Sub: Boneless Ribs	Homemade Pie	Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 16 Jan	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 17 Jan	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 18 Jan	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

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Thursday 19 Jan	Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Wax Beans Sub: Steak	Homemade Squares	Soup: Pea Chicken Casserole, Roasted Tumeric Cauliflower	Strawberry Shortcake
Friday 20 Jan	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 21 Jan	Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets Sub: Fish	Warm Fruit Crisp	Soup: Cream of Mushroom Scrambled Eggs, Hash Browns, Bacon, Cottage Cheese	Fruit Salad & Homemade Orange Cookies

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday 22 Jan	Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas Sub: Sheppard's Pie	Homemade Lemon Meringue Pie	Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 23 Jan	Apple Orchard Chicken Breasts, Macaroni & Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets Sub: Ham	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 24 Jan	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 25 Jan	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 26 Jan	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 27 Jan	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 Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon	Jell-O & Cookies
Saturday 28 Jan	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 Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad	S'mores Bars

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 29 Jan	Roast Turkey with Gravy, Cranberry Sauce, Dressing, Mashed Potatoes, Maple- Glazed Carrots, Buttered Spinach	Homemade Apple Pie	Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 30 Jan	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 31 Jan	Beef Bourguignon in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables Sub: Chicken	Black Forest Cake	Soup: Cream of Squash Fried Rice, Egg Rolls, Beet - Mandarin - Sesame Salad	Homemade Pudding & Gingersnap Cookies
Wednesday 01 Feb	Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Carrots, Green Peas Sub: Beef Bourguignon	Warm Fruit Crisp	Soup of the Day Beef & Vegetable Chili, Corn Bread	Sliced Pineapple & Chocolate Chip Cookies

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday 02 Feb	Meatballs in a Mushroom Sauce served on a bed of Noodles, Steamed Cauliflower with Cheese Sauce, Creamed Spinach Sub: Pork Chops	Pudding Cake	Homemade Tomato Soup & Grilled Cheese Sandwiches, Potato Salad	Berry Medley & Homemade Squares
Friday 03 Feb	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), Rice with Vegetables, Corn Sub: Meatballs	Lemon Fluff	Soup: Cream of Asparagus Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato	Pancakes topped with Whipped Cream and fresh fruit
Saturday 04 Feb	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 05 Feb	Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach Sub: Tourtiere	Homemade Pie	Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 06 Feb	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables Sub: Lamb	Coconut Pudding & a Cookie	Soup: Cream of Celery Vegetable Frittata, English Muffin, and Cottage Cheese	Fruit Cocktail & Homemade Spicy Dad's Cookies
Tuesday 07 Feb	Salsbury Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley Sub: Chicken	Warm Apple Cake	Soup: Black Bean Pasta Primavera, Garlic Bread, Slice of Cheddar Cheese	Fresh Berries with Homemade Cookies
Wednesday 08 Feb	Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans Sub: Salisbury Steak	Homemade Cake	Soup: Chicken Open-Faced Hot Chicken Saldwich with Peas, French Fries, Coleslaw	Banana Bread & Pudding

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 09 Feb	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 10 Feb	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 11 Feb	Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips	Cherry Cheesecake	Soup: Cream of Mushroom Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits	Diced Fruit & Homemade Cookies

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 12 Feb	Roast Beef, Mashed Potatoes, Marshed Turnip, Broccoli Sub: Meatloaf	Homemade Pie	Homemade Soup, Croissant Sandwiches, Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Brownies
Monday 13 Feb	Orange Ginger Chicken, Steamed Rice, Peas, Sunrise Vegetables Sub: Meatloaf	Spiced Apple Crumble	Soup: Lentil Cheese Omlette, Garden Salad, Corn Muffin	Fresh Berries with Homemade Cookies
Tuesday Happy Valentine's Day! 14 Feb	Sweet Hearts' Dinner: Steak with au jus, Mashed Potatoes, Steamed Broccoli, Buttered Carrots Sub: Chicken	Homemade Cake	Soup: Tomato Baked Zucchini Parmigiana, Sliced Cucumbers, Cheese and Grapes	Chocolate Chip Peanutbutter Bars
Wednesday 15 Feb	Honey Mustard Ham, Mashed Potato, Green Beans, Carrots Sub: Steak	Egg Custard	Soup: Harvest Vegetable "Bangers & Mash" with Brown Gravy and Peas	Pudding with Whipped Cream

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday 16 Feb	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 17 Feb	Fish & Chips, Roasted Broccoli, Coleslaw Sub: Turkey	Ambrosia Salad	Soup: Onion Chicken Alfredo, Garlic Bread, Side Salad	Orange Slices & Cookies
Saturday 18 Feb	Boneless Ribs, Mashed Potato, Green Beans, Carrots Sub: Fish	Baked Spiced Pears	Soup: Cream of Vegetable Spinach Mushroom Dumpling 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

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