

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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Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 19 Jan	Baked Ham Scalloped Potatoes Carrots and Peas Sub: Beef Stew	Apple Pie	Homemade Sunday Soup Grilled Cheese Sandwiches with Potato Chips	Nanaimo Bars
Monday 20 Jan	Bruschetta Chicken Breasts Mashed Potatoes Cauliflower and Broccoli Sub: Ham	Assorted Desserts	Soup of the day: Turkey Pancakes with Maple Syrup, Breakfast Sausages and an Assortment of Fruit	Assorted Mini Tarts
Tuesday 21 Jan	Maple Herb Pork Tenderloin Mashed Potatoes Peas and Carrots Sub: Chicken	Maple Cream Cake	Soup of the day: Tomato Chicken Salad Croissants Cheese Slices	Lemon Cookies and Apple Sauce
Wednesday 22 Jan	Spinach and Ricotta Stuffed Cannelloni Garden Salad Sub: Pork Tenderloin	Black Forest Cake	Soup of the day: Vegetable Quiche with Tomato Slice and Cottage Cheese	Chocolate Chip Cookies with Fruit Cocktail

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Thursday 23 Jan	Meatballs in Sweet and Sour Sauce Mashed Potatoes Green and Yellow Beans Sub: Stuffed Cannelloni	Mini Cheesecake	Soup of the day: Cream of Carrot Grilled Turkey and Cheese Sandwiches with chips	Assortment of Cookies and Jello
Friday 24 Jan	Beer Battered Cod Potato Wedges Brussel Sprouts and Corn Sub: Meatballs	Lemon Burst Macaroon Bars	Soup of the day: Beef Vegetable Mixed Platter Board (rolled meats, cheese, grapes, crackers, cucumber)	Assorted Desserts
Saturday 25 Jan	Lasagna with Baguette Sub: Fish	Assortment of Cookies and Ice Cream	Soup of the day: Cream of Squash English Muffin Egg Sandwich Fruit and Cheese Slices	Butter Tart Bars

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday 26 Jan	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas Sub: Lasagna	Blueberry Pie	Homemade Sunday Soup Assorted Mini Quiche with Salad and a Baguette	Strawberry Shortcake
Monday 27 Jan	Chicken Hot Dogs Macaroni Salad and Chips Sub: Pork	Assorted Desserts	Soup of the day: Pea and Ham Cream Cheese Cherry Sandwiches with Fruit	Oatmeal and Raisin Cookies with Yogourt
Tuesday 28 Jan	Meatloaf Mashed Potatoes Mixed Vegetables Sub: Hot dogs	Blueberry Crumble Bars	Soup of the day: Cream of Cauliflower Chicken Salad, Melon Slices, Cheese Slices, Crackers	Orange Citrus Cake
Wednesday 29 Jan	Spaghetti and Meatballs Caesar Salad Sub: Meatloaf	Spice Cake	Soup of the day: Potato Loaded Baked Soup Scrambled Eggs Ham and Sliced Tomatoes	Cookies and applesauce

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday 30 Jan	Pork Chops Mashed Potatoes Cauliflower and Broccoli Sub: Turkey	White Cake with lemon sauce	Soup of the day: Vegetable Flatbread Pepperoni Pizza with Fries	Ice Cream Sandwich Bar Cake
Friday 31 Jan	Poached Haddock Potato Wedges Grilled Vegetables Sub: Pork chops	Brownies and Ice Cream	Soup of the day: Chicken Noodle Cheese Omelette Hashbrown Patties Toast	Assorted Desserts
Saturday 01 Feb	Greek Chicken Souvlaki Tzatziki Sauce Sunrise Vegetables Rice Pilaf Sub: Haddock	Assorted Cookies and Ice Cream	Soup of the day. Beef and Vegetable Pancakes with Fruit and Cottage Cheese	Date Squares

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 02 Feb	Roast Beef with Gravy Mashed Potatoes Carrots and Turnips Sub: Greek Souvlaki	Strawberry Rhubarb Pie with Ice Cream	Homemade Sunday Soup Mixed Platter Board (meats,cheese, grapes,crackers,sliced cucumbers fruit)	Jello and Cookies
Monday 03 Feb	Shepherds Pie and Coleslaw Sub: Roast Beef	Assorted Desserts	Soup of the day: Cream of Mushroom Tomato Sandwiches Ham Salad Grapes and Cheese	Mocha Pudding
Tuesday 04 Feb	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables Sub: Sheppard's Pie	Banana Cake	Soup of the day : Tomato Vegetable Rotini Ham and Cheese Croissants	Molasses Cookies and Fruit Salad
Wednesday 05 Feb	Chicken Vol-Au-Vent with Beets on the Side Sub: Chicken Thighs	Chocolate Cake	Soup of the day: Beef and Barley Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Chocolate Chip Cookies and Apple Sauce

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday 06 Feb	Pork Roast Mashed Potatoes Steamed Cauliflower and Broccoli Sub: Meatballs	Pouding Chomeur	Soup of the day: Ham and Split Pea Quiche and Mixed Salad	Mixed Berry Muffins
Friday 07 Feb	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables Sub:: Roast pork	Red Velvet Cake	Soup of the day: Cream of Broccoli Classic BLT with chips	Assorted Desserts
Saturday 08 Feb	Beef Teriyaki Mashed Potatoes Broccoli and Carrots Sub: Cod	White Cake with caramel sauce	Soup of the day: Chicken Noodle Potato Salad Cold Cuts Cheese Slices	Date Squares

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday 09 Feb	Baked Ham Scalloped Potatoes Carrots and Parsnips Sub: Beef Stir fry	Homemade Pie	Homemade Sunday Soup Mixed vegetables and dip Cold Cuts, crackers and baguette	Strawberry Shortcake
Monday 10 Feb	Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables Sub: ham	Assorted Desserts	Soup of the day: Beef Vegetable Spaghetti and Garlic Bread	Lemon Squares
Tuesday 11 Feb	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables Sub: Chicken	Boston Cream Cake	Soup of the day: Cream of Carrot Frittata with Cheese Slices and Fruit	Homemade Cookies with Fresh Berries
Wednesday 12 Feb	Chicken Thighs Orzo Rice Pilaf Broccoli and Carrots Sub: Pork Tenderloin	Brownies and Coaticook Ice Cream	Soup of the day: Chicken Noodle Grilled Tomato Sandwiches Chips	Banana Bread

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 13 Feb	Pork Tenderloin Mashed Potatoes Peas and Cauliflower Sub: Chicken	Carrot Cake	Soup of the day: Tomato Tortellini Turkey Cucumber Salad with Watermelon, Crackers and Cheese	Butter Tart Squares
Friday 14 Feb	Fresh Salmon Roasted Potatoes Corn and Asparagus Sub: Salisbury Steak	Pudding chomeur	Soup of the day: Tomato Baked Beans with Ham, English muffin and Sliced Tomato	Assorted Desserts
Saturday 15 Feb	Smoked Meat Sandwich on Rye Bread French Fries, Coleslaw and Dill Pickles Sub: Salmon	Apple Cake	Soup of the day: Cream of Asparagus Ravioli with Rose Sauce Caesar Salad	Date Squares

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 16 Feb	Roast Turkey Mashed Potatoes Carrots and Turnips Sub: Smoked Meat	 Blueberry Pie	Homemade Sunday Soup Pancakes with Maple Syrup, Breakfast Sausages, Fresh Fruits and Cheeses	 Brownies and Coaticook Ice Cream
Monday 17 Feb	Sweet and Sour Chicken over Rice Pilaf Stir Fry Vegetables Sub: Roast Turkey	 Assorted Desserts	Soup of the day: Cream of Tomato Scrambled Eggs and Ham English Muffin Sliced Tomato	 Homemade Cookies and Fresh Berries
Tuesday 18 Feb	Beef Stroganoff Mushroom Sauce Egg Noodles Brussell Sprouts Sub: Stir fry	 Carrot Cake	Soup of the day: Chicken Noodle Baked Potatoes Ham Salad Sliced Cucumbers	 White Cake with Blueberry Sauce
Wednesday 19 Feb	Shepherds Pie with Coleslaw Sub: Beef Stroganoff	 Banana Cake	Soup of the day: Cream of Vegetable Turkey, Cheese, Cucumber Sandwiches with Watermelon	 Orange Lemon Squares

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday 20 Feb	Chicken Pie with Biscuits Sub: Shepherds Pie	Apple Cake	Soup of the day: Beef and Vegetable Macaroni Chinois with a Baguette	Vanilla Custard with Whipped Cream
Friday 21 Feb	Fish & Chips with Coleslaw Sub: Chicken Pie	Maple Cake	Soup of the day: Vegetable Chicken Caesar Salad Garlic Bread	Assorted Desserts
Saturday 22 Feb	Beef Stew with Bread Buns Sub: Fish	Date Squares	Soup of the day: Tomato & Basil Quiche with Mixed Salad	Assorted Cookies and Yogurt