

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 23 Feb	Baked Ham Scalloped Potatoes Carrots and Peas <i>Sub: Beef Stew</i>	Apple Pie	<i>Homemade Sunday Soup</i> Grilled Cheese Sandwiches Italian Salad Bar	Nanaimo Bars
Monday 24 Feb	Bruschetta Chicken Breasts Rice Pilaf with Orzo Cauliflower and Broccoli <i>Sub: Ham</i>	Assorted Desserts	<i>Soup of the day: Turkey</i> Blueberry Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Lemon Cookies and Apple Sauce
Tuesday 25 Feb	Maple Herb Pork Tenderloin Mashed Potatoes Peas and Sweet Potatoes <i>Sub: Chicken</i>	Maple Cream Cake	<i>Soup of the day: Tomato</i> Sloppy Joes and Coleslaw	Assorted Mini Tarts
Wednesday 26 Feb	Spinach and Ricotta Stuffed Shells Garden Salad <i>Sub: Pork Tenderloin</i>	Black Forest Cake	<i>Soup of the day: Beef Vegetable</i> Chicken Salad Croissants Cheese Slices Pineapple Slices	Chocolate Chip Cookies with Fruit Cocktail
Thursday 27 Feb	Meatballs in Sweet and Sour Sauce Mashed Potatoes Green and Yellow Beans <i>Sub: Stuffed Cannelloni</i>	Mini Cheesecake	<i>Soup of the day: Cream of Carrot</i> Mini Quiche with Tomato Slice and Cottage Cheese	Assortment of Cookies and Jello
Friday 28 Feb	Beer Battered Cod Potato Wedges Brussel Sprouts and Corn <i>Sub: Meatballs</i>	Lemon Burst Macaroon Bars	<i>Soup of the day: Vegetable</i> Hot Roast Beef Sandwich Peas and Fries	Assorted Desserts
Saturday 01 Mar	Lasagna with Baguette <i>Sub: Fish</i>	Assortment of Cookies and Ice Cream	<i>Soup of the day: Cream of Squash</i> Chicken Hot Dogs Macaroni Salad and Chips	Butter Tart Bars

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 02 Mar	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas <i>Sub: Lasagna</i>	Blueberry Pie	<i>Homemade Sunday Soup</i> Roast Beef and Cheese Sandwich Greek Salad Bar	Strawberry Shortcake
Monday 03 Mar	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles <i>Sub: Turkey</i>	Assorted Desserts	<i>Soup of the day: Pea and Ham</i> English Muffin Egg Sandwich Fruit and Cheese Slices	Oatmeal and Raisin Cookies with Yogourt
Tuesday 04 Mar	Pork Chops Mashed Potatoes Cauliflower and Broccoli <i>Sub: Smoked Meat</i>	Blueberry Crumble Bars	<i>Soup of the day: Cream of Cauliflower</i> Chocolate Chip Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Orange Citrus Cake
Wednesday 05 Mar	Spaghetti with Meat Sauce Caesar Salad <i>Sub: Pork chops</i>	Spice Cake	<i>Soup of the day: Potato Loaded Baked Soup</i> Hot Chicken Sandwich Peas and Fries	Cookies and applesauce
Thursday 06 Mar	Meatloaf Mashed Potatoes Mixed Vegetables <i>Sub: Spaghetti</i>	White Cake with lemon sauce	<i>Soup of the day: Vegetable</i> Classic BLT with chips	Ice Cream Sandwich Bar Cake
Friday 07 Mar	Poached Haddock Potato Wedges Grilled Vegetables <i>Sub: Meatloaf</i>	Brownies and Ice Cream	<i>Soup of the day: Beef and Vegetable</i> Chicken Salad, Melon Slices, Cheese Slices, Crackers	Assorted Desserts
Saturday 08 Mar	Greek Chicken Souvlaki Tzatziki Sauce Rice Pilaf Sunrise Vegetables <i>Sub: Haddock</i>	Assorted Cookies and Ice Cream	<i>Soup of the day: Chicken Noodle</i> Pita Bread Pepperoni Pizza Sweet Potato Fries	Date Squares

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 09 Mar	Roast Beef with Gravy Mashed Potatoes Carrots and Turnips <i>Sub: Greek Souvlaki</i>	Strawberry Rhubarb Pie with Ice Cream	<i>Homemade Sunday Soup</i> Ham and Cheese Sandwich Caesar Salad Bar	Jello and Cookies
Monday 10 Mar	Chicken Vol-Au-Vent with Beets on the Side <i>Sub: Roast Beef</i>	Assorted Desserts	<i>Soup of the day: Cream of Mushroom</i> Loaded Potato and Meatloaf Casserole	Cappuccino Cake
Tuesday 11 Mar	Pork Roast Mashed Sweet Potato Broccoli and Corn <i>Sub: Chicken</i>	Banana Cake	<i>Soup of the day : Ham and Split Pea</i> Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 12 Mar	Shepherds Pie and Coleslaw <i>Sub: Pork</i>	Chocolate Cake	<i>Soup of the day: Beef and Barley</i> Assorted Mini Quiche with Salad and a Baguette	Chocolate Chip Cookies and Apple Sauce
Thursday 13 Mar	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables <i>Sub: Shepherds pie</i>	Pouding Chomeur	<i>Soup of the day: Tomato Soup</i> Grilled Cheese Sandwich Veggies and Dip Chips	Mixed Berry Muffins
Friday 14 Mar	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables <i>Sub: Chicken</i>	Red Velvet Cake	<i>Soup of the day: Cream of Broccoli</i> Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Desserts
Saturday 15 Mar	Beef Teriyaki with Rice Broccoli and Carrots <i>Sub: Cod</i>	White Cake with caramel sauce	<i>Soup of the day: Chicken Noodle</i> Potato Salad Cold Cuts Cheese Slices	Date Squares

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 16 Mar	Baked Ham Scalloped Potatoes Carrots and Parsnips <i>Sub: Beef Teriyaki</i>	Homemade Pie	<i>Homemade Sunday Soup</i> Turkey and Swiss Sandwich Garden Salad Bar	Strawberry Shortcake
Monday 17 Mar	Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables <i>Sub: Ham</i>	Assorted Desserts	<i>Soup of the day: Beef Vegetable</i> Spaghetti and Garlic Bread	Lemon Squares
Tuesday 18 Mar	Pork Tenderloin Mashed Potatoes Peas and Cauliflower <i>Sub: Chicken</i>	Boston Cream Cake	<i>Soup of the day: Cream of Carrot</i> Cheesy Scrambled Eggs Hashbrown Patties Toast	Homemade Cookies with Fresh Berries
Wednesday 19 Mar	Chicken Thighs Orzo Rice Pilaf Broccoli and Carrots <i>Sub: Pork Tenderloin</i>	Brownies and Coaticook Ice Cream	<i>Soup of the day: Chicken Noodle</i> Grilled Tomato Sandwiches Pickles and Chips	Banana Bread
Thursday 20 Mar	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables <i>Sub: Chicken</i>	Carrot Cake	<i>Soup of the day: Tomato Tortellini</i> Turkey Salad with Grapes, Crackers and Cheese	Butter Tart Squares
Friday 21 Mar	Fresh Salmon Roasted Potatoes Corn and Brussel Sprouts <i>Sub: Salisbury Steak</i>	Pudding chomeur	<i>Soup of the day: Tomato</i> Baked Beans with Ham, English Muffin and Sliced Tomato	Assorted Desserts
Saturday 22 Mar	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles <i>Sub: Salmon</i>	Apple Cake	<i>Soup of the day: Vegetable</i> English Muffin Pizza	Cherry Cheesecake Cups

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 23 Mar	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas <i>Sub: Smoked Meat</i>	Coconut Cream Pie	<i>Homemade Sunday Soup</i> Bologna and Cheese Sandwich Mexican Salad Bar	Brownies and Coaticook Ice Cream
Monday 24 Mar	Beef Stroganoff Mushroom Sauce Egg Noodles Brussell Sprouts <i>Sub: Roast Turkey</i>	Assorted Desserts	<i>Soup of the day: Chicken Noodle</i> Scrambled Eggs and Ham English Muffin Sliced Tomato	Homemade Cookies and Fresh Berries
Tuesday 25 Mar	Sweet and Sour Chicken over Rice Stir Fry Vegetables <i>Sub: Beef Stroganoff</i>	Carrot Cake	<i>Soup of the day: Cream of Tomato</i> Grilled Cheese Sandwich Watermelon Slices	White Cake with Blueberry Sauce
Wednesday 26 Mar	Shepherds Pie with Coleslaw <i>Sub: Stir fry</i>	Banana Cake	<i>Soup of the day: Cream of Vegetable</i> Ravioli with rosée sauce Bread Rolls	Orange Lemon Squares
Thursday 27 Mar	Chicken Pie with Biscuits <i>Sub: Shepherds Pie</i>	Apple Cake	<i>Soup of the day: Cream of Carrot</i> Baked Potato Ham Salad Sliced Cucumbers	Vanilla Custard with Whipped Cream
Friday 28 Mar	Fish & Chips with Coleslaw <i>Sub: Chicken Pie</i>	Maple Cake	<i>Soup of the day: Vegetable</i> Chicken Caesar Salad Garlic Bread	Assorted Desserts
Saturday 29 Mar	Beef Stew with Bread Buns <i>Sub: Fish</i>	Date Squares	<i>Soup of the day: Tomato & Basil</i> Quiche with Mixed Salad	Assorted Cookies and Yogurt

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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Hot Cereal of the Day	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat

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Monday 24 Feb	Bruschetta Chicken Breasts Rice Pilaf with Orzo Cauliflower and Broccoli Sub: Ham	Assorted Desserts	Soup of the day: Turkey Blueberry Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Lemon Cookies and Apple Sauce
Tuesday 25 Feb	Maple Herb Pork Tenderloin Mashed Potatoes Peas and Sweet Potatoes Sub: Chicken	Maple Cream Cake	Soup of the day: Tomato Sloppy Joes and Coleslaw	Assorted Mini Tarts
Wednesday 26 Feb	Spinach and Ricotta Stuffed Shells Garden Salad Sub: Pork Tenderloin	Black Forest Cake	Soup of the day: Beef Vegetable Chicken Salad Croissants Cheese Slices Pineapple Slices	Chocolate Chip Cookies with Fruit Cocktail

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Thursday 27 Feb	Meatballs in Sweet and Sour Sauce Mashed Potatoes Green and Yellow Beans Sub: Stuffed Cannelloni	Mini Cheesecake	Soup of the day: Cream of Carrot Mini Quiche with Tomato Slice and Cottage Cheese	Assortment of Cookies and Jello
Friday 28 Feb	Beer Battered Cod Potato Wedges Brussel Sprouts and Corn Sub: Meatballs	Lemon Burst Macaroon Bars	Soup of the day: Vegetable Hot Roast Beef Sandwich Peas and Fries	Assorted Desserts
Saturday 01 Mar	Lasagna with Baguette Sub: Fish	Assortment of Cookies and Ice Cream	Soup of the day: Cream of Squash Chicken Hot Dogs Macaroni Salad and Chips	Butter Tart Bars

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Monday 03 Mar	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Turkey	Assorted Desserts	Soup of the day: Pea and Ham English Muffin Egg Sandwich Fruit and Cheese Slices	Oatmeal and Raisin Cookies with Yogourt
Tuesday 04 Mar	Pork Chops Mashed Potatoes Cauliflower and Broccoli Sub: Smoked Meat	Blueberry Crumble Bars	Soup of the day: Cream of Cauliflower Chocolate Chip Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Orange Citrus Cake
Wednesday 05 Mar	Spaghetti with Meat Sauce Caesar Salad Sub: Pork chops	Spice Cake	Soup of the day: Potato Loaded Baked Soup Hot Chicken Sandwich Peas and Fries	Cookies and applesauce

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Thursday 06 Mar	Meatloaf Mashed Potatoes Mixed Vegetables Sub: Spaghetti	White Cake with lemon sauce	Soup of the day: Vegetable Classic BLT with chips	Ice Cream Sandwich Bar Cake
Friday 07 Mar	Poached Haddock Potato Wedges Grilled Vegetables Sub: Meatloaf	Brownies and Ice Cream	Soup of the day: Beef and Vegetable Chicken Salad, Melon Slices, Cheese Slices, Crackers	Assorted Desserts
Saturday 08 Mar	Greek Chicken Souvlaki Tzatziki Sauce Rice Pilaf Sunrise Vegetables Sub: Haddock	Assorted Cookies and Ice Cream	Soup of the day: Chicken Noodle Pita Bread Pepperoni Pizza Sweet Potato Fries	Date Squares

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Monday 10 Mar	Chicken Vol-Au-Vent with Beets on the Side Sub: Roast Beef	Assorted Desserts	Soup of the day: Cream of Mushroom Loaded Potato and Meatloaf Casserole	Cappuccino Cake
Tuesday 11 Mar	Pork Roast Mashed Sweet Potato Broccoli and Corn Sub: Chicken	Banana Cake	Soup of the day : Ham and Split Pea Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 12 Mar	Shepherds Pie and Coleslaw Sub: Pork	Chocolate Cake	Soup of the day: Beef and Barley Assorted Mini Quiche with Salad and a Baguette	Chocolate Chip Cookies and Apple Sauce

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Friday 14 Mar	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables Sub: Chicken	Red Velvet Cake	Soup of the day: Cream of Broccoli Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Desserts
Saturday 15 Mar	Beef Teriyaki with Rice Broccoli and Carrots Sub: Cod	White Cake with caramel sauce	Soup of the day: Chicken Noodle Potato Salad Cold Cuts Cheese Slices	Date Squares

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Monday 17 Mar	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 18 Mar	Pork Tenderloin Mashed Potatoes Peas and Cauliflower Sub: Chicken	Boston Cream Cake	Soup of the day: Cream of Carrot Cheesy Scrambled Eggs Hashbrown Patties Toast	Homemade Cookies with Fresh Berries
Wednesday 19 Mar	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 Pickles and Chips	Banana Bread

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Friday 21 Mar	Fresh Salmon Roasted Potatoes Corn and Brussel Sprouts Sub: Salisbury Steak	Pudding chomeur	Soup of the day: Tomato Baked Beans with Ham, English Muffin and Sliced Tomato	Assorted Desserts
Saturday 22 Mar	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Salmon	Apple Cake	Soup of the day: Vegetable English Muffin Pizza	Cherry Cheesecake Cups

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Monday 24 Mar	Beef Stroganoff Mushroom Sauce Egg Noodles Brussell Sprouts Sub: Roast Turkey	 Assorted Desserts	Soup of the day: Chicken Noodle Scrambled Eggs and Ham English Muffin Sliced Tomato	Homemade Cookies and Fresh Berries
Tuesday 25 Mar	Sweet and Sour Chicken over Rice Stir Fry Vegetables Sub: Beef Stroganoff	 Carrot Cake	Soup of the day: Cream of Tomato Grilled Cheese Sandwich Watermelon Slices	White Cake with Blueberry Sauce
Wednesday 26 Mar	Shepherds Pie with Coleslaw Sub: Stir fry	 Banana Cake	Soup of the day: Cream of Vegetable Ravioli with rosée sauce Bread Rolls	Orange Lemon Squares

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Thursday 27 Mar	Chicken Pie with Biscuits Sub: Shepherds Pie	Apple Cake	Soup of the day: Cream of Carrot Baked Potato Ham Salad Sliced Cucumbers	Vanilla Custard with Whipped Cream
Friday 28 Mar	Fish & Chips with Coleslaw Sub: Chicken Pie	Maple Cake	Soup of the day: Vegetable Chicken Caesar Salad Garlic Bread	Assorted Desserts
Saturday 29 Mar	Beef Stew with Bread Buns Sub: Fish	Date Squares	Soup of the day: Tomato & Basil Quiche with Mixed Salad	Assorted Cookies and Yogurt