

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 30 Mar	Baked Ham Scalloped Potatoes Carrots and Peas <i>Sub: Beef Stew</i>	Apple Pie	<i>Homemade Sunday Soup</i> Turkey and Swiss Sandwiches Italian Salad Bar	Nanaimo Bars
Monday 31 Mar	Creamy Tomato Chicken Breasts Rice Pilaf with Orzo Cauliflower and Broccoli <i>Sub: Ham</i>	Assorted Desserts	<i>Soup of the day: Cream of Cauliflower</i> Tourtiere Peas and Pickled Beets	Lemon Squares
Tuesday 01 Apr	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 02 Apr	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 03 Apr	Meatballs in Sweet and Sour Sauce Mashed Potatoes Green and Yellow Beans <i>Sub: Stuffed Shells</i>	Cheesecake	<i>Soup of the day: Cream of Carrot</i> Mini Quiche with Tomato Slice and Cottage Cheese	Carrot Cake
Friday 04 Apr	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 05 Apr	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 06 Apr	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 07 Apr	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> Cheesy Scrambled Eggs Ham Slices Hashbrown Patties English Muffins	Oatmeal and Raisin Cookies with Yogourt
Tuesday 08 Apr	Pork Chops Mashed Potatoes Cauliflower and Broccoli <i>Sub: Smoked Meat</i>	Blueberry Crumble Bars	<i>Soup of the day: Vegetable</i> Pizza Sweet Potato Fries	Orange Citrus Cake
Wednesday 09 Apr	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	Assorted Danishes
Thursday 10 Apr	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	Jello and Whipped Cream
Friday 11 Apr	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, Deviled Eggs, Cheese Slices, Crackers	Assorted Desserts
Saturday 12 Apr	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> Blueberry Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Date Squares

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 13 Apr	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 Garden Salad Bar	Jello and Cookies
Monday 14 Apr	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 15 Apr	Pork Roast Mashed Sweet Potato Broccoli and Corn <i>Sub: Chicken</i>	Banana Cake	<i>Soup of the day : Tomato Vegetable Rotini</i> Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 16 Apr	Shepherds Pie and Coleslaw <i>Sub: Pork</i>	Chocolate Cake	<i>Soup of the day: Tomato</i> Grilled Cheese Sandwich Veggies and Dip Chips	Squares and Apple Sauce
Thursday 17 Apr	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables <i>Sub: Shepherds pie</i>	Pouding Chomeur	<i>Soup of the day: Beef and Barley</i> Mini Sliders With Fries	Mixed Berry Muffins
Friday 18 Apr	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 19 Apr	Beef Teriyaki with Rice Broccoli and Carrots <i>Sub: Cod</i>	White Cake with caramel sauce	<i>Soup of the day: Chicken Noodle</i> Crispy Chicken Strips Fries Coleslaw	Date Squares

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 20 Apr	Baked Ham Scalloped Potatoes Carrots and Parsnips <i>Sub: Beef Teriyaki</i>	Homemade Pie	<i>Homemade Sunday Soup</i> Turkey and Swiss Sandwich Caesar Salad Bar	Strawberry Shortcake
Monday 21 Apr	Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables <i>Sub: Ham</i>	Assorted Desserts	<i>Soup of the day: Beef Vegetable</i> Penne with Meat Sauce Garlic Bread	Lemon Squares
Tuesday 22 Apr	Braised Pork Shoulder Stew Bread Rolls <i>Sub: Chicken</i>	Boston Cream Cake	<i>Soup of the day: Cream of Carrot</i> Assorted Mini Quiche with Salad and a Baguette	Homemade Cookies with Fresh Berries
Wednesday 23 Apr	Chicken Thighs Orzo Rice Pilaf Broccoli and Carrots <i>Sub: Braised Pork</i>	Brownies and Coaticook Ice Cream	<i>Soup of the day: Chicken Noodle</i> Grilled Tomato Sandwiches Pickles and Chips	Banana Bread
Thursday 24 Apr	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables <i>Sub: Chicken</i>	Carrot Cake	<i>Soup of the day: Tomato Tortellini</i> Pizza Fries and Salad	Butter Tart Squares
Friday 25 Apr	Fresh Salmon Roasted Potatoes Corn and Brussel Sprouts <i>Sub: Salisbury Steak</i>	Pudding chomeur	<i>Soup of the day: Cream of Asparagus</i> Baked Feta Chicken Pasta Baguette	Assorted Desserts
Saturday 26 Apr	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles <i>Sub: Salmon</i>	Apple Cake	<i>Soup of the day: Vegetable soup</i> Baked Beans with Ham, English Muffin and Sliced Tomato	Cookies and Jello

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 27 Apr	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas <i>Sub: Smoked Meat</i>	Blueberry Pie	<i>Homemade Sunday Soup</i> Bologna and Cheese Sandwich Mexican Salad Bar	Brownies and Coaticook Ice Cream
Monday 28 Apr	Sweet and Sour Chicken Rice Stir Fry Vegetables <i>Sub: Roast Turkey</i>	Assorted Desserts	<i>Soup of the day: Cream of Tomato</i> Beef Stroganoff Mushroom Sauce Egg Noodles	Homemade Cookies and Fresh Berries
Tuesday 29 Apr	Pulled Pork Sandwich Potato Wedges Coleslaw <i>Sub: Chicken Stir fry</i>	Carrot Cake	<i>Soup of the day: Chicken Noodle</i> Baked Potato Ham Salad Sliced Cucumbers	White Cake with Blueberry Sauce
Wednesday 30 Apr	Greek Meatballs Cucumber-Yogurt Sauce Rice Green Beans and Corn <i>Sub: Pulled Pork</i>	Banana Cake	<i>Soup of the day: Cream of Carrot</i> Turkey and Cheese Croissant Watermelon Slices	Orange Lemon Squares
Thursday 01 May	Chicken Pie with Biscuits <i>Sub: Shepherds Pie</i>	Apple Cake	<i>Soup of the day: Cream of Vegetable</i> Ravioli with rosée sauce Baguette	Vanilla Custard with Whipped Cream
Friday 02 May	Fish & Chips with Coleslaw <i>Sub: Chicken Pie</i>	Maple Cake	<i>Soup of the day: Tomato</i> Grilled Cheese Sandwich Veggies and Dip Chips	Assorted Desserts
Saturday 03 May	Beef Stew with Bread Buns <i>Sub: Fish</i>	Date Squares	<i>Soup of the day: Ham and pea</i> Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	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 31 Mar	Creamy Tomato Chicken Breasts Rice Pilaf with Orzo Cauliflower and Broccoli Sub: Ham	Assorted Desserts	Soup of the day: Cream of Cauliflower Tourtiere Peas and Pickled Beets	Lemon Squares
Tuesday 01 Apr	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 02 Apr	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 03 Apr	Meatballs in Sweet and Sour Sauce Mashed Potatoes Green and Yellow Beans Sub: Stuffed Shells	Cheesecake	Soup of the day: Cream of Carrot Mini Quiche with Tomato Slice and Cottage Cheese	Carrot Cake
Friday 04 Apr	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 05 Apr	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

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday 06 Apr	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas Sub: Lasagna	Blueberry Pie	Homemade Sunday Soup Roast Beef and Cheese Sandwich Greek Salad Bar	Strawberry Shortcake
Monday 07 Apr	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Turkey	Assorted Desserts	Soup of the day: Pea and Ham Cheesy Scrambled Eggs Ham Slices Hashbrown Patties English Muffins	Oatmeal and Raisin Cookies with Yogourt
Tuesday 08 Apr	Pork Chops Mashed Potatoes Cauliflower and Broccoli Sub: Smoked Meat	Blueberry Crumble Bars	Soup of the day: Vegetable Pizza Sweet Potato Fries	Orange Citrus Cake
Wednesday 09 Apr	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	Assorted Danishes

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Thursday 10 Apr	Meatloaf Mashed Potatoes Mixed Vegetables Sub: Spaghetti	White Cake with lemon sauce	Soup of the day: Vegetable Classic BLT with chips	Jello and Whipped Cream
Friday 11 Apr	Poached Haddock Potato Wedges Grilled Vegetables Sub: Meatloaf	Brownies and Ice Cream	Soup of the day: Beef and Vegetable Chicken Salad, Deviled Eggs, Cheese Slices, Crackers	Assorted Desserts
Saturday 12 Apr	Greek Chicken Souvlaki Tzatziki Sauce Rice Pilaf Sunrise Vegetables Sub: Haddock	Assorted Cookies and Ice Cream	Soup of the day: Chicken Noodle Blueberry Pancakes Maple Syrup Breakfast Sausages Fruit Salad	Date Squares

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Monday 14 Apr	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 15 Apr	Pork Roast Mashed Sweet Potato Broccoli and Corn Sub: Chicken	Banana Cake	Soup of the day : Tomato Vegetable Rotini Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 16 Apr	Shepherds Pie and Coleslaw Sub: Pork	Chocolate Cake	Soup of the day: Tomato Grilled Cheese Sandwich Veggies and Dip Chips	Squares and Apple Sauce

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Thursday 17 Apr	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables Sub: Shepherds pie	Pouding Chomeur	Soup of the day: Beef and Barley Mini Sliders With Fries	Mixed Berry Muffins
Friday 18 Apr	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 19 Apr	Beef Teriyaki with Rice Broccoli and Carrots Sub: Cod	White Cake with caramel sauce	Soup of the day: Chicken Noodle Crispy Chicken Strips Fries Coleslaw	Date Squares

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Monday 21 Apr	Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables Sub: Ham	Assorted Desserts	Soup of the day: Beef Vegetable Penne with Meat Sauce Garlic Bread	Lemon Squares
Tuesday 22 Apr	Braised Pork Shoulder Stew Bread Rolls Sub: Chicken	Boston Cream Cake	Soup of the day: Cream of Carrot Assorted Mini Quiche with Salad and a Baguette	Homemade Cookies with Fresh Berries
Wednesday 23 Apr	Chicken Thighs Orzo Rice Pilaf Broccoli and Carrots Sub: Braised Pork	Brownies and Coaticook Ice Cream	Soup of the day: Chicken Noodle Grilled Tomato Sandwiches Pickles and Chips	Banana Bread

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Friday 25 Apr	Fresh Salmon Roasted Potatoes Corn and Brussel Sprouts Sub: Salisbury Steak	Pudding chomeur	Soup of the day: Cream of Asparagus Baked Feta Chicken Pasta Baguette	Assorted Desserts
Saturday 26 Apr	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Salmon	Apple Cake	Soup of the day: Vegetable soup Baked Beans with Ham, English Muffin and Sliced Tomato	Cookies and Jello

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Tuesday 29 Apr	Pulled Pork Sandwich Potato Wedges Coleslaw Sub: Chicken Stir fry	 Carrot Cake	Soup of the day: Chicken Noodle Baked Potato Ham Salad Sliced Cucumbers	 White Cake with Blueberry Sauce
Wednesday 30 Apr	Greek Meatballs Cucumber-Yogurt Sauce Rice Green Beans and Corn Sub: Pulled Pork	 Banana Cake	Soup of the day: Cream of Carrot Turkey and Cheese Croissant Watermelon Slices	 Orange Lemon Squares

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Thursday 01 May	Chicken Pie with Biscuits Sub: Shepherds Pie	Apple Cake	Soup of the day: Cream of Vegetable Ravioli with rosée sauce Baguette	Vanilla Custard with Whipped Cream
Friday 02 May	Fish & Chips with Coleslaw Sub: Chicken Pie	Maple Cake	Soup of the day: Tomato Grilled Cheese Sandwich Veggies and Dip Chips	Assorted Desserts
Saturday 03 May	Beef Stew with Bread Buns Sub: Fish	Date Squares	Soup of the day: Ham and pea Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Cookies and Yogurt