

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 08 Jun	Baked Ham Scalloped Potatoes Carrots and Green Beans <i>Sub: Beef Stew</i>	Apple Pie	<i>Homemade Sunday Soup</i> Turkey and Swiss Sandwiches Italian Salad Bar	Nanaimo Bars
Monday 09 Jun	Peach Balsamic Grilled Chicken 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 10 Jun	Maple Apple 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 11 Jun	Spinach and Ricotta Stuffed Shells Garden Salad <i>Sub: Pork Tenderloin</i>	Ambrosia Salad	<i>Soup of the day: Beef and Barley</i> Chicken Salad Croissants Cheese Slices Pineapple Slices	Chocolate Chip Cookies with Fruit Cocktail
Thursday 12 Jun	Beer Battered Cod Potato Wedges Asparagus and Corn <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 13 Jun	Hamburgers Macaroni Salad and Chips <i>Sub: Cod</i>	Assortment of Cookies and Ice Cream	<i>Soup of the day: Vegetable</i> Hot Roast Beef Sandwich Peas and Fries	Assorted Desserts
Saturday 14 Jun	Lasagna with Baguette <i>Sub: Hamburgers</i>	Lemon Burst Macaroon Bars	<i>Soup of the day: Cream of Squash</i> Chicken Hot Dogs Potato Salad and Cheetos	Butter Tart Bars

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday Happy Father's Day! 15 Jun	Roast Turkey with Stuffing and Cranberry Sauce Mashed Potatoes Carrots and Peas <i>Sub: Lasagna</i>	 Blueberry Pie	<i>Homemade Sunday Soup</i> Cucumber Sandwich Greek Salad Bar	 Strawberry Shortcake
Monday 16 Jun	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles <i>Sub: Turkey</i>	 Assorted Desserts	<i>Soup of the day:</i> <i>Tomato</i> Cheesy Scrambled Eggs Ham Slices Hashbrown Patties English Muffins	 Oatmeal and Raisin Cookies with Yogourt
Tuesday 17 Jun	Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower <i>Sub: Smoked Meat</i>	 Blueberry Crumble Bars	<i>Soup of the day:</i> <i>Vegetable</i> Pizza Sweet Potato Fries	 Orange Citrus Cake
Wednesday 18 Jun	Spaghetti with Meat Sauce Caesar Salad Sub: Chicken	 Spice Cake	<i>Soup of the day:</i> <i>Potato Loaded Baked Soup</i> Chicken Salad, Deviled Eggs, Cheese Slices, Crackers	 Assorted Danishes
Thursday 19 Jun	Meatloaf Mashed Potatoes Corn and Brusell Sprouts <i>Sub: Spaghetti</i>	 White Cake with lemon sauce	<i>Soup of the day:</i> <i>Cream of Vegetable</i> Classic BLT with chips	 Jello and Whipped Cream
Friday 20 Jun	Poached Haddock Potato Wedges Grilled Vegetables <i>Sub: Meatloaf</i>	 Brownies and Ice Cream	<i>Soup of the day:</i> <i>Ham and Pea</i> Chicken Tenders Fries Coleslaw	 Assorted Desserts
Saturday 21 Jun	Greek Chicken Souvlaki Tzatziki Sauce Rice Pilaf Sunrise Vegetables <i>Sub: Haddock</i>	 Assorted Cookies and Ice Cream	<i>Soup of the day:</i> <i>Chicken Noodle</i> Blueberry Pancakes Maple Syrup Breakfast Sausages Fruit Salad	 Date Squares

<u>Week 3</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 22 Jun	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 23 Jun	Chicken Vol-Au-Vent with Side of Beets <i>Sub: Roast Beef</i>	Assorted Desserts	<i>Soup of the day: Cream of Mushroom</i> Potato Salad Rolled Cold Cuts Cheese Slices	Tiramisu Cake
Tuesday Happy Saint- Jean Baptiste! 24 Jun	Hot Dogs Fries and Coleslaw <i>Sub: Chicken</i>	Pouding Chomeur	<i>Soup of the day : Tomato Vegetable Rotini</i> Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 25 Jun	Pork Roast Mashed Sweet Potato Broccoli and Corn <i>Sub: Hot Dogs</i>	Banana Cake	<i>Soup of the day: Tomato</i> Grilled Cheese Sandwich Veggies and Dip Chips	Squares and Apple Sauce
Thursday 26 Jun	Chicken Shawarma Bowl Orzo and Rice Pilaf Asparagus and Squash <i>Sub: Pork</i>	Lemon Cake	<i>Soup of the day: French Onion</i> Mini Hamburgers with Salad	Coffee Crunch Bars
Friday 27 Jun	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables <i>Sub: Chicken</i>	Red Velvet Cake	<i>Soup of the day: Chicken Noodle</i> Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Desserts
Saturday 28 Jun	Beef Teriyaki with Rice Broccoli and Carrots <i>Sub: Fish</i>	White Cake with caramel sauce	<i>Soup of the day: Cream of Broccoli</i> Hot Chicken Sandwich Peas and Fries	Date Squares

<u>Week 4</u>		Dinner:	Dessert:	Supper:	Dessert:
Sunday		Baked Ham Scalloped Potatoes Carrots and Parsnips		<i>Homemade Sunday Soup</i>	
29 Jun		<i>Sub: Beef Teriyaki</i>	Homemade Pie	Turkey and Swiss Sandwich Caesar Salad Bar	Strawberry Shortcake
Monday		Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables		<i>Soup of the day: Beef and Barley</i>	
30 Jun		<i>Sub: Ham</i>	Assorted Desserts	Penne with Meat Sauce Garlic Bread	Lemon Squares
Tuesday					
Happy Canada Day!		Pizza Fries and Salad		<i>Soup of the day: Cream of Carrot</i>	
01 Jul		<i>Sub: Chicken</i>	Ice Cream Sundae	Assorted Mini Quiche with Salad	Homemade Cookies with Fresh Berries
Wednesday					
		Italian Sausages Quinoa Salad Squash		<i>Soup of the day: Chicken Noodle</i>	
02 Jul		<i>Sub: Pizza</i>	Brownies and Ice Cream	Grilled Tomato Sandwiches Pickles and Chips	Banana Bread
Thursday					
		Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables		<i>Soup of the day: Tomato</i>	
03 Jul		<i>Sub: Sausages</i>	Carrot Cake	Crispy Chicken Strips Baked Potato Coleslaw	Butter Tart Squares
Friday					
		Salmon Roasted Potatoes Corn and Brussel Sprouts		<i>Soup of the day: Cream of Asparagus</i>	
04 Jul		<i>Sub: Salisbury Steak</i>	Boston Cream Cake	Turkey Stuffed Peppers Side Salad	Assorted Desserts
Saturday					
		Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles		<i>Soup of the day: Vegetable soup</i>	
05 Jul		<i>Sub: Salmon</i>	Apple Cake	Baked Beans with Eggs, English Muffin and Sliced Tomato	Cookies and Jello

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 06 Jul	Roast Turkey with Stuffing and Cranberry Sauce Mashed Potatoes Carrots and Peas <i>Sub: Smoked Meat</i>	Pecan Pie	<i>Homemade Sunday Soup</i> Roast Beef and Cheese Sandwich Summer Salad with Fruit	Brownies and Coaticook Ice Cream
Monday 07 Jul	Sweet and Sour Chicken Rice Stir Fry Vegetables <i>Sub: Roast Turkey</i>	Assorted Desserts	<i>Soup of the day: Chicken Noodle</i> Ham Salad Crackers and Cheese Pickles	Homemade Cookies and Fresh Berries
Tuesday 08 Jul	Pulled Pork Sandwich Potato Wedges Coleslaw <i>Sub: Chicken Stir fry</i>	Carrot Cake	Chili Cornbread Sliced Cucumbers	White Cake with Blueberry Sauce
Wednesday 09 Jul	Greek Meatballs Cucumber-Yogurt Sauce Basmati Rice Green Beans and Corn <i>Sub: Pulled Pork</i>	Chocolate Mousse	<i>Soup of the day: Cream of Carrot</i> Turkey and Cheese Croissant Watermelon Slices	Orange Lemon Squares
Thursday 10 Jul	Chicken Pie with Biscuits <i>Sub: Meatballs</i>	Apple Cake	<i>Soup of the day: Cream of Vegetable</i> Ravioli with rosée sauce Baguette	Vanilla Custard with Whipped Cream
Friday 11 Jul	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 12 Jul	Minute Steak Mashed Potatoes Brusell Sprouts and Corn <i>Sub: Fish</i>	Date Squares	<i>Soup of the day: Cream of Mushroom</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

Breakfast Menu

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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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Sunday 08 Jun	Baked Ham Scalloped Potatoes Carrots and Green Beans Sub: Beef Stew	Apple Pie	Homemade Sunday Soup Turkey and Swiss Sandwiches Italian Salad Bar	Nanaimo Bars
Monday 09 Jun	Peach Balsamic Grilled Chicken 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 10 Jun	Maple Apple 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 11 Jun	Spinach and Ricotta Stuffed Shells Garden Salad Sub: Pork Tenderloin	Ambrosia Salad	Soup of the day: Beef and Barley Chicken Salad Croissants Cheese Slices Pineapple Slices	Chocolate Chip Cookies with Fruit Cocktail

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Thursday 12 Jun	Beer Battered Cod Potato Wedges Asaparagus and Corn Sub: Stuffed Shells	Cheesecake	Soup of the day: Cream of Carrot Mini Quiche with Tomato Slice and Cottage Cheese	Carrot Cake
Friday 13 Jun	Hamburgers Macaroni Salad and Chips Sub: Cod	Assortment of Cookies and Ice Cream	Soup of the day: Vegetable Hot Roast Beef Sandwich Peas and Fries	Assorted Desserts
Saturday 14 Jun	Lasagna with Baguette Sub: Hamburgers	Lemon Burst Macaroon Bars	Soup of the day: Cream of Squash Chicken Hot Dogs Potato Salad and Cheetos	Butter Tart Bars

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Sunday Happy Father's 15 Jun	Roast Turkey with Stuffing and Cranberry Sauce Mashed Potatoes Carrots and Peas Sub: Lasagna	 Blueberry Pie	Homemade Sunday Soup Cucumber Sandwich Greek Salad Bar	 Strawberry Shortcake
 Monday 16 Jun	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles Sub: Turkey	 Assorted Desserts	Soup of the day: Tomato Cheesy Scrambled Eggs Ham Slices Hashbrown Patties English Muffins	 Oatmeal and Raisin Cookies with Yogourt
 Tuesday 17 Jun	Shake 'N Bake Chicken Mac and Cheese Broccoli and Cauliflower Sub: Smoked Meat	 Blueberry Crumble Bars	Soup of the day: Vegetable Pizza Sweet Potato Fries	 Orange Citrus Cake
 Wednesday 18 Jun	Spaghetti with Meat Sauce Caesar Salad Sub: Chicken	 Spice Cake	Soup of the day: Potato Loaded Baked Soup Chicken Salad, Deviled Eggs, Cheese Slices, Crackers	 Assorted Danishes

Week 2	Dinner:	Dessert:	Supper:	Dessert:
Thursday 19 Jun	Meatloaf Mashed Potatoes Corn and Brusell Sprouts Sub: Spaghetti	White Cake with lemon sauce	Soup of the day: Cream of Vegetable Classic BLT with chips	Jello and Whipped Cream
Friday 20 Jun	Poached Haddock Potato Wedges Grilled Vegetables Sub: Meatloaf	Brownies and Ice Cream	Soup of the day: Ham and Pea Chicken Tenders Fries Coleslaw	Assorted Desserts
Saturday 21 Jun	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

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 22 Jun	Roast Beef with Gravy Mashed Potatoes Carrots and Turnips Sub: Greek Souvlaki	Strawberry Rhubarb Pie with Ice Cream	Homemade Sunday Soup Ham and Cheese Sandwich Garden Salad Bar	Jello and Cookies
Monday 23 Jun	Chicken Vol-Au-Vent with Side of Beets Sub: Roast Beef	Assorted Desserts	Soup of the day: Cream of Mushroom Poatato Salad Rolled Cold Cuts Cheese Slices	Tiramisu Cake
Tuesday Happy Saint- Jean Baptiste! 24 Jun	Hot Dogs Fries and Coleslaw Sub: Chicken	Pouding Chomeur	Soup of the day : Tomato Vegetable Rotini Chicken Caesar Salad Garlic Bread	Molasses Cookies and Fruit Salad
Wednesday 25 Jun	Pork Roast Mashed Sweet Potato Broccoli and Corn Sub: Hot Dogs	Banana Cake	Soup of the day: Tomato Grilled Cheese Sandwich Veggies and Dip Chips	Squares and Apple Sauce

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Thursday 26 Jun	Chicken Shawarma Bowl Orzo and Rice Pilaf Asparagus and Squash Sub: Pork	Lemon Cake	Soup of the day: French Onion Mini Hamburgers with Salad	Coffee Crunch Bars
Friday 27 Jun	Cheddar and Potato Crusted Cod Roasted Potatoes Assorted Vegetables Sub: Chicken	Red Velvet Cake	Soup of the day: Chicken Noodle Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Desserts
Saturday 28 Jun	Beef Teriyaki with Rice Broccoli and Carrots Sub: Fish	White Cake with caramel sauce	Soup of the day: Cream of Broccoli Hot Chicken Sandwich Peas and Fries	Date Squares

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Sunday 29 Jun	Baked Ham Scalloped Potatoes Carrots and Parsnips Sub: Beef Teriyaki	Homemade Pie	Homemade Sunday Soup Turkey and Swiss Sandwich Caesar Salad Bar	Strawberry Shortcake
Monday 30 Jun	Chicken Parmesan Italian Mashed Potatoes Broccoli and Sunrise Vegetables Sub: Ham	Assorted Desserts	Soup of the day: Beef and Barley Penne with Meat Sauce Garlic Bread	Lemon Squares
Tuesday Happy Canada Day! 01 Jul	Pizza Fries and Salad Sub: Chicken	Ice Cream Sundae	Soup of the day: Cream of Carrot Assorted Mini Quiche with Salad	Homemade Cookies with Fresh Berries
Wednesday 02 Jul	Italian Sausages Quinoa Salad Squash Sub: Pizza	Brownies and Ice Cream	Soup of the day: Chicken Noodle Grilled Tomato Sandwiches Pickles and Chips	Banana Bread

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 03 Jul	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables Sub: Sausages	Carrot Cake	Soup of the day: Tomato Crispy Chicken Strips Baked Potato Coleslaw	Butter Tart Squares
Friday 04 Jul	Salmon Roasted Potatoes Corn and Brussel Sprouts Sub: Salisbury Steak	Boston Cream Cake	Soup of the day: Cream of Asparagus Turkey Stuffed Peppers Side Salad	Assorted Desserts
Saturday 05 Jul	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 Eggs, English Muffin and Sliced Tomato	Cookies and Jello

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 6 Jul	Roast Turkey with Stuffing and Cranberry Sauce Mashed Potatoes Carrots and Peas Sub: Smoked Meat	Pecan Pie	Homemade Sunday Soup Roast Beef and Cheese Sandwich Summer Salad with Fruit	Brownies and Coaticook Ice Cream
Monday 7 Jul	Sweet and Sour Chicken Rice Stir Fry Vegetables Sub: Roast Turkey	Assorted Desserts	Soup of the day: Chicken Noodle Ham Salad Crackers and Cheese Pickles	Homemade Cookies and Fresh Berries
Tuesday 8 Jul	Pulled Pork Sandwich Potato Wedges Coleslaw Sub: Chicken Stir fry	Carrot Cake	Chili Cornbread Sliced Cucumbers	White Cake with Blueberry Sauce
Wednesday 9 Jul	Greek Meatballs Cucumber-Yogurt Sauce Basmati Rice Green Beans and Corn Sub: Pulled Pork	Chocolate Mousse	Soup of the day: Cream of Carrot Turkey and Cheese Croissant Watermelon Slices	Orange Lemon Squares

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Thursday 10 Jul	Chicken Pie with Biscuits Sub: Meatballs	Apple Cake	Soup of the day: Cream of Vegetable Ravioli with rosée sauce Baguette	Vanilla Custard with Whipped Cream
Friday 11 Jul	Fish & Chips with Coleslaw Sub: Chicken Pie	Maple Cake	Soup of the day: Tomato Grilled Cheese Sandwich Veggies and Dip Chips	Assorted Desserts
Saturday 12 Jul	Minute Steak Mashed Potatoes Brusell Sprouts and Corn Sub: Fish	Date Squares	Soup of the day: Cream of Mushroom Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Assorted Cookies and Yogurt