

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 19 Jan	Baked Ham Scalloped Potatoes Carrots and Peas <i>Sub: Beef Stew</i>	Apple Pie	<i>Homemade Sunday Soup</i> Grilled Cheese Sandwiches with Potato Chips	Nanaimo Bars
Monday 20 Jan	Bruschetta Chicken Breasts Mashed Potatoes Cauliflower and Broccoli <i>Sub: Ham</i>	Assorted Desserts	<i>Soup of the day: Turkey</i> Pancakes with Maple Syrup, Breakfast Sausages and an Assortment of Fruit Slices	Assorted Mini Tarts
Tuesday 21 Jan	Maple Herb Pork Tenderloin Mashed Potatoes Peas and Carrots <i>Sub: Chicken</i>	Maple Cream Cake	<i>Soup of the day: Tomato</i> Chicken Salad Croissants Cheese Slices	Lemon Cookies and Apple Sauce
Wednesday 22 Jan	Spinach and Ricotta Stuffed Cannelloni Garden Salad <i>Sub: Pork Tenderloin</i>	Black Forest Cake	<i>Soup of the day: Vegetable</i> Quiche with Tomato Slice and Cottage Cheese	Chocolate Chip Cookies with Fruit Cocktail
Thursday 23 Jan	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> Grilled Turkey and Cheese Sandwiches with chips	Assortment of Cookies and Jello
Friday 24 Jan	Beer Battered Cod Potato Wedges Brussel Sprouts and Corn <i>Sub: Meatballs</i>	Lemon Burst Macaroon Bars	<i>Soup of the day: Beef Vegetable</i> Mixed Platter Board (rolled meats,cheese, grapes,crackers, cucumber)	Assorted Desserts
Saturday 25 Jan	Lasagna with Baguette <i>Sub: Fish</i>	Assortment of Cookies and Ice Cream	<i>Soup of the day: Cream of Squash</i> English Muffin Egg Sandwich Fruit and Cheese Slices	Butter Tart Bars

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 26 Jan	Roast Turkey with Stuffing Mashed Potatoes Carrots and Peas <i>Sub: Lasagna</i>	Blueberry Pie	<i>Homemade Sunday Soup</i> Assorted Mini Quiche with Salad and a Baguette	Strawberry Shortcake
Monday 27 Jan	Chicken Hot Dogs Macaroni Salad and Chips <i>Sub: Turkey</i>	Assorted Desserts	<i>Soup of the day: Pea and Ham</i> Cream Cheese Cherry Sandwiches with Fruit	Oatmeal and Raisin Cookies with Yogourt
Tuesday 28 Jan	Pork Chops Mashed Potatoes Cauliflower and Broccoli <i>Sub: Hot dogs</i>	Blueberry Crumble Bars	<i>Soup of the day: Cream of Cauliflower</i> Chicken Salad, Melon Slices, Cheese Slices, Crackers	Orange Citrus Cake
Wednesday 29 Jan	Spaghetti and Meatballs Caesar Salad <i>Sub: Pork chops</i>	Spice Cake	<i>Soup of the day: Potato Loaded Baked Soup</i> Scrambled Eggs Ham and Sliced Tomatoes	Cookies and applesauce
Thursday 30 Jan	Meatloaf Mashed Potatoes Mixed Vegetables <i>Sub: Spaghetti</i>	White Cake with lemon sauce	<i>Soup of the day: Vegetable</i> Flatbread Pepperoni Pizza with Fries	Ice Cream Sandwich Bar Cake
Friday 31 Jan	Poached Haddock Potato Wedges Grilled Vegetables <i>Sub: Meatloaf</i>	Brownies and Ice Cream	<i>Soup of the day: Chicken Noodle</i> Cheese Omelette Hashbrown Patties Toast	Assorted Desserts
Saturday 01 Feb	Greek Chicken Souvlaki Tzatziki Sauce Rice Pilaf Sunrise Vegetables <i>Sub: Haddock</i>	Assorted Cookies and Ice Cream	<i>Soup of the day: Beef and Vegetable</i> 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 <i>Sub: Greek Souvlaki</i>	Strawberry Rhubarb Pie with Ice Cream	<i>Homemade Sunday Soup</i> Mixed Platter Board (meats,cheese, grapes,crackers,sliced cucumbers,fruit)	Jello and Cookies
Monday 03 Feb	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> Tomato Sandwiches Grapes and Cheese Slices Chips	Mocha Pudding
Tuesday 04 Feb	Pork Roast Mashed Potatoes Steamed Cauliflower and Broccoli <i>Sub: Chicken</i>	Banana Cake	<i>Soup of the day : Tomato Vegetable Rotini</i> Ham and Cheese Croissants	Molasses Cookies and Fruit Salad
Wednesday 05 Feb	Shepherds Pie and Coleslaw <i>Sub: Pork</i>	Chocolate Cake	<i>Soup of the day: Beef and Barley</i> Waffles with Maple Syrup Breakfast Sausage Hashbrown Patties	Chocolate Chip Cookies and Apple Sauce
Thursday 06 Feb	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables <i>Sub: Shepherds pie</i>	Pouding Chomeur	<i>Soup of the day: Ham and Split Pea</i> Quiche and Mixed Salad	Mixed Berry Muffins
Friday 07 Feb	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> Classic BLT with chips	Assorted Desserts
Saturday 08 Feb	Beef Teriyaki Mashed Potatoes 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 09 Feb	Baked Ham Scalloped Potatoes Carrots and Parsnips <i>Sub: Beef Stir fry</i>	Homemade Pie	<i>Homemade Sunday Soup</i> Grilled Cheese Sandwich Vegetables and Dip Chips	Strawberry Shortcake
Monday 10 Feb	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 11 Feb	Pork Tenderloin Mashed Potatoes Peas and Cauliflower <i>Sub: Chicken</i>	Boston Cream Cake	<i>Soup of the day: Cream of Carrot</i> Frittata with Cheese Slices and Fruit	Homemade Cookies with Fresh Berries
Wednesday 12 Feb	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 13 Feb	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables <i>Sub: Chicken</i>	Carrot Cake	<i>Soup of the day: Tomato Tortellini</i> Turkey Cucumber Salad with Watermelon, Crackers and Cheese	Butter Tart Squares
Friday 14 Feb	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 15 Feb	Smoked Meat Sandwich on Rye Bread, French Fries, Coleslaw and Dill Pickles	Apple Cake	Spinach Stuffed Chicken Breast Roasted Potatoes Asparagus with Hollandaise Beet Salad <i>Sub: Salmon</i>	Cherry Cheesecake Cups

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 16 Feb	Lasagna and a Baguette <i>Sub: Smoked Meat</i>	Blueberry Pie	<i>Homemade Sunday Soup</i> Pancakes with Maple Syrup, Breakfast Sausages, Fresh Fruits	Brownies and Coaticook Ice Cream
Monday 17 Feb	Sweet and Sour Chicken over Rice Pilaf Stir Fry Vegetables <i>Sub: Roast Turkey</i>	Assorted Desserts	<i>Soup of the day: Cream of Tomato</i> Scrambled Eggs and Ham English Muffin Sliced Tomato	Homemade Cookies and Fresh Berries
Tuesday 18 Feb	Beef Stroganoff Mushroom Sauce Egg Noodles Brussell Sprouts <i>Sub: Stir fry</i>	Carrot Cake	<i>Soup of the day: Chicken Noodle</i> Baked Potatoes Ham Salad Sliced Cucumbers	White Cake with Blueberry Sauce
Wednesday 19 Feb	Shepherds Pie with Coleslaw <i>Sub: Beef Stroganoff</i>	Banana Cake	<i>Soup of the day: Cream of Vegetable</i> Turkey, Cheese, Cucumber Sandwiches with Watermelon	Orange Lemon Squares
Thursday 20 Feb	Chicken Pie with Biscuits <i>Sub: Shepherds Pie</i>	Apple Cake	<i>Soup of the day: Cream of Carrot</i> Macaroni Chinois with a Baguette	Vanilla Custard with Whipped Cream
Friday 21 Feb	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 22 Feb	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

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

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: Turkey	Assorted Desserts	Soup of the day: Pea and Ham Cream Cheese Cherry Sandwiches with Fruit	Oatmeal and Raisin Cookies with Yogourt
Tuesday 28 Jan	Pork Chops Mashed Potatoes Cauliflower and Broccoli 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: Pork chops	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	Meatloaf Mashed Potatoes Mixed Vegetables Sub: Spaghetti	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: Meatloaf	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 Rice Pilaf Sunrise Vegetables 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	Chicken Vol-Au-Vent with Beets on the Side Sub: Roast Beef	Assorted Desserts	Soup of the day: Cream of Mushroom Tomato Sandwiches Grapes and Cheese Slices	Mocha Pudding
Tuesday 04 Feb	Pork Roast Mashed Potatoes Steamed Cauliflower and Broccoli Sub: Chicken	Banana Cake	Soup of the day : Tomato Vegetable Rotini Ham and Cheese Croissants	Molasses Cookies and Fruit Salad
Wednesday 05 Feb	Shepherds Pie and Coleslaw Sub: Pork	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	Greek Chicken Thighs Mashed Potatoes Assorted Vegetables Sub: Shepherds pie	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: Chicken	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 Grilled Cheese Sandwich Vegetables and Dip	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	Pork Tenderloin Mashed Potatoes Peas and Cauliflower 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 Pickles and Chips	Banana Bread

Week 4	Dinner:	Dessert:	Supper:	Dessert:
Thursday 13 Feb	Salisbury Steak with Grilled Mushrooms Mashed Potatoes Mixed Vegetables 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 Brussel Sprouts 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	Apple Cake	Spinach Stuffed Chicken Breast Roasted Potatoes Asparagus with Hollandaise Beet Salad	Cherry Cheesecake Cups

Week 5	Dinner:	Dessert:	Supper:	Dessert:
Sunday 16 Feb	Lasagna and a Baguette Sub: Smoked Meat	Blueberry Pie	Homemade Sunday Soup Pancakes with Maple Syrup, Breakfast Sausages, Fresh Fruits	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: Cream of Carrot 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