

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday HAPPY FATHER'S DAY! 19 Jun	Father's Day Roasted BBQ Pork, Potatoes, Maple-Glazed Carrots, Sweet Green Peas <i>Sub: Meat Loaf</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 20 Jun	Sweet & Sour Meatballs on a Bed of Steamed Rice, Creamy Mashed Potatoes, Buttered Peas, Steamed Mixed Vegetables <i>Sub: Pork</i>	Jell-o with Real Whipped Cream & a Cookie	Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg Soup: Vegetable	Mandarins & Lemon Bread
Tuesday 21 Jun	Herbed Roasted Chicken Breasts on a bed of Dinner Hummus, Roasted Potatoes, Thai Vegetable Medley, Buttered Brussel Sprouts <i>Sub: Meatballs</i>	Banana Split Trifle	Lasagna and Caesar Salad Soup: Chicken Rice	Vanilla Pudding with a Berry Coulis & Homemade Cookies
Wednesday 22 Jun	Swiss Steak with Fried Onions, Mashed Potatoes, Buttered Parsnips, Green Beans <i>Sub: Chicken</i>	Homemade Chocolate Mousse & a Cookie	Filet o' Fish Burgers with Cheese and Tartar sauce, French Fries, Broccoli Salad, Dill Pickle Soup of the Day	Homemade Salted Caramel Pie
Thursday 23 Jun	Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip, Roasted Mushrooms and Zucchini <i>Sub: Steak</i>	Homemade Squares	Chicken Casserole, Asparagus in Lemon Butter Soup: Pea	Strawberry Shortcake
Friday Happy St. Jean Baptist Day! 24 Jun	St. Jean's Cook Out: Cheeseburgers with Lettuce, Tomato, Onion; Potato Salad, Baked Beans, Corn on the Cob <i>Sub: Pork Chop</i>	St. Jean Cup Cakes	Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots Soup: Tomato	Homemade Butterscotch Brownies
Saturday 25 Jun	Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets <i>Sub: Hamburger</i>	Warm Fruit Crisp	Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato Soup: Cream of Mushroom	Fruit Salad & Homemade Orange Cookies

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 26 Jun	Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach <i>Sub: Sheppard's Pie</i>	Homemade Lemon Meringue Pie	Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 27 Jun	Apple Orchard Chicken Breasts, Macaroni & Cheese, Buttered Brussel Sprouts, Harvard Sliced Beets <i>Sub: Lamb</i>	Jell-o with Real Whipped Cream & a Cookie	Tuna Fish on a Bed of Lettuce with Toasted Garlic Tortilla, Cheese and Grapes, Hard Boiled Egg Soup: Fassolada (Tomato & White Bean)	Berry Medley & Brownies
Tuesday 28 Jun	Steak with au jus, Mashed Potatoes, Glazed Carrots, Green Beans <i>Sub: Chicken</i>	Warm Apple Cake	Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad Soup: Chicken Noodle	Sliced Pineapple & Sugar Cookies
Wednesday 29 Jun	Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Buttered Parsnips <i>Sub: Steak</i>	French Toast Casserole	Fried Rice, Spring Roll, Beet - Mandarin - Sesame Salad Soup of the Day	Rhubarb Pie
Thursday 30 Jun	Beef Stroganoff on a Bed of Egg Noodles, Steamed Broccoli, Buttered Carrots <i>Sub: Sausage</i>	Homemade Cake	Cheese Souffle, Toasted English Muffin, Carrot & Pineapple Salad, Sliced Tomato Soup: Cream of Broccoli	Mandarins & Lemon Cookies
Friday Happy Canada Day! 01 Jul	Canada Day Picnic: Submarine Sandwiches, Deviled Eggs, Pickles, Macaroni Salad, Watermelon Feta Salad <i>Sub: Beef</i>	Cheesecake with a Berry Coulis	Maple-grazed Salmon Filets, Orzo with Parmesan & Peas, Steamed Fresh Asparagus with Hollandaise Sauce, Purple Cabbage Flamand Soup: Cream of Potato	Jell-O & Cookies
Saturday 02 Jul	Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Sweet Green Peas <i>Sub: Submarine</i>	Hot Fudge Cake with Whipped Cream & a Cherry on top	Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon Soup: Vegetable	S'mores Bars

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 03 Jul	Roast Turkey, Gravy, Dressing, Mashed Potatoes, Maple-Glazed Carrots, Buttered Spinach <i>Sub: Chicken Thighs</i>	Homemade Pie	Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 04 Jul	Honey Baked Chicken, Scalloped Potatoes, Fresh Sliced Beets, Stir-Fry Vegetable Medley <i>Sub: Turkey</i>	Blueberry Lemon Bars	Creamy Macaroni & Cheese, Homemade Rolls, Seasonal Salad Soup: Vegetable	Fruit Cocktail & Cookies
Tuesday 05 Jul	Hamburger Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley <i>Sub: Chicken</i>	Black Forest Cake	Chicken Salad and Crackers, Sliced Apple, Grapes, and Cheese Soup: Cream of Squash	Homemade Pudding & Gingersnap Cookies
Wednesday 06 Jul	Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Mixed Vegetables, Steamed Green Peas <i>Sub: Hamburger</i>	Warm Fruit Crisp	Beef & Vegetable Chili, Corn Bread, and Slice of Pineapple Soup of the Day	Chocolate Chip Cookies
Thursday 07 Jul	Roast Beef, Mashed Potatoes, Mashed Turnip, Broccoli <i>Sub: Pork Chops</i>	Pudding Cake	Homemade Tomato Soup & Grilled Cheese Sandwiches, Potato Salad	Berry Medley & Homemade Squares
Friday 08 Jul	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), Rice with Vegetables, Corn <i>Sub: Beef</i>	Lemon Fluff	Scrambled Eggs, Toast, Bacon, Cottage Cheese, Grapes Soup: Cream of Asparagus	Pancakes topped with Whipped Cream and fresh fruit
Saturday 09 Jul	Homemade Tourtiere with Gravy, Boiled Potatoes, Roasted Zucchini, Steamed Fresh Broccoli <i>Sub: Cod</i>	Homemade Banana Cake with Vanilla Sauce	Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits Soup: Cream of Potato	Yoghurt Parfait

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 10 Jul	Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas <i>Sub: Tourtiere</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 11 Jul	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables <i>Sub: Ham</i>	Coconut Pudding & a Cookie	Vegetable Frittata, English Muffin, and Cottage Cheese Soup: Cream of Celery	Fruit Cocktail & Homemade Spicy Dad's Cookies
Tuesday 12 Jul	Beef Bourguignon in Gravy, Boiled Potatoes, Steamed Cauliflower with Cheese Sauce, Steamed Mixed Vegetables <i>Sub: Chicken</i>	Warm Apple Cake	Seasonal Greens Pie with Baked Eggs, Creamy polenta, Fresh Tomato Salad Soup: Black Bean	Fresh Berries with Homemade Cookies
Wednesday 13 Jul	Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans <i>Sub: Beef</i>	Homemade Cake	Hamburger Casserole, Vegetables with Dip Soup: Chicken	Banana Bread & Pudding
Thursday 14 Jul	Crispy Chicken Thighs with Homemade BBQ, Mashed Sweet Potato, Carrots, & Turnip, Steamed Fresh Asparagus with Hollandaise Sauce, Steamed Vegetable Thai Medley <i>Sub: Pork</i>	Warm Raisin Pudding	Stir Fry Vegetables, Rice, Broccoli Salad, Homemade Bread Soup: Vegetable	Homemade Applesauce & Squares
Friday 15 Jul	Citrus & Pepper Tilapia, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots <i>Sub: Chicken</i>	Gingerbread with Lemon Sauce	Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes Soup: Tomato	Sliced Pineapple & Cookies
Saturday 16 Jul	Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips <i>Sub: Tilapia</i>	Cherry Cheesecake	Chicken and Broccoli Casserole, Corn, Baked Sweet Potato Soup: Cream of Mushroom	Diced Fruit & Homemade Cookies

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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