

MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Assorted Snack	Soup: Cream of Tomato Assorted Snack	Soup: Lentil Snack: White Chocolate Macadamia Nut Cookie	Soup: Beef Barley Snack: White Chocolate Chip Macadamia Nut Cookie	Hawaiian Day Soup: Coconut Chicken Rice Soup Snack: Coconut Tart	Soup: Cabbage Borscht Snack : Mini Fruit Tart	Soup of the Day Assorted Snack
Chicken Fingers with Fries OR Tossed Salad	Smoked Turkey Club Sub with Tossed Salad (Turkey, Bacon, Lettuce, Tomato, Cheese & Mayo)	Grilled Rubeen on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 island Dressing)	Grilled Monte Cristo Sandwich (Ham, Turkey, Swiss Cheese, Dijon Mayo, Egg Dipped Bread)	Grilled Chicken Sliders with Grilled Pineapple on a Hawaiian Roll	Grilled Rubeen on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 island Dressing)	Wally Cheeseburger (Lettuce, Tomato, Mayo) with Bag of Potato Chips
Smoked Salmon on a Bagel with Cream Cheese with Tossed Salad	Grilled Cheese Sandwich with Tomato Slices with Tossed Salad	Chopped Ham & Relish Sandwich	Taco Salad Bowl with Ground Beef, Diced Tomatoes, Lettuce, Cheese Salsa & Sour Cream on the side	Ham & Pineapple Pizza with Hawaiian Macaroni Salad	Fancy Tuna Salad Sandwiches (Cucumber, Tomato, Cream Cheese) with Tossed Salad	Waffles with Fruit Sauce, Turkey Sausage & Yogurt Cup
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef Dinner with Mini Yorkshire Pudding, Gravy, Mashed Potatoes, Honey Glazed Carrots & Peas	Shrimp Skewers with Rice pilaf & Roasted Root Vegetables	Haddock Fish & Chips with Tossed Salad	Roasted Pork Loin, Roasted Potatoes & Steamed Vegetables	Turkey Schnitzel, Gravy, Braised Red Cabbage, Peas & Boiled Potatoes	Lightly Breaded Pickeral with Tartar Sauce, Lemon Potatoes & Broccoli Salad	1/4 Roasted Chicken with Gravy, Scalloped Potatoes, Sautéed Zucchinis & Peppers
Butter Scotch Pudding	Pork Chops with Apple Gravy, Boiled Potatoes, Peas & Carrots	Jal's Steak with Mashed Potatoes, Steamed Broccoli & Cauliflower	Sweet & Sour Chicken Balls with Fried Rice, Lumpia (Spring Roll) & Steamed Vegetables	Potato Cheddar Perogies with Kielbasa Sausage, Braised Red Cabbage & Peas	Beef Stroganoff with Egg Noodles & Vegetable Medley	Frozen Yogurt Bar
	Lemon Meringue Pie	Assorted Desserts	Fresh Fruit with Berries	German Chocolate Cake	Rice Pudding	

MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sunday Buffet Scrambled Eggs, Bacon, Sausage, Pancakes, Fruit Sauce, Hashbrowns & Assorted Brownies	Soup: Cream of Mushroom Snack: Banana Zucchini Loaf Italian Meat Sub (Capicola, Rosemary Ham, Salami, Lettuce, Tomato & Provolone Cheese) Salmon Salad Sandwich with Lettuce on Kaiser Bun	Soup: Chicken Noodle Snack: Banana Zucchini Loaf Italian Meat Sub (Capicola, Rosemary Ham, Salami, Lettuce, Tomato & Provolone Cheese) Hot Roast Beef Sandwich with Gravy	Soup: Minestrone Snack: Assorted snack Chicken Fingers (Dipping Sauce) with Fries & Gravy Chef Salad with Boiled Egg, Scoop of Tuna Salad, Cheese, Tomato, Cucumbers & Garlic Bread Stick	Soup: Cheddar Potato Leek Snack: Pecan Streusel Toasted Denver Sandwich (Egg, Cheese, Ham & Green Onion) Cottage Cheese Perogies with Fried Onions, Cream Sauce, Farmer Sausage	Soup: Beef Vegetable Snack: Pecan Streusel Toasted Denver Sandwich (Egg, Cheese, Ham & Green Onion) Fancy Egg Salad Sandwiches	Soup: Soup of the Day Snack: Assorted Cold Cut Plate: German Potato Salad with Cold Cut Rolls & Croissant Hot Dog with Fried Onions & Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pot Roast Dinner with Gravy, Boiled Potatoes, Honey Glazed Carrots & Green Beans Mixed Fruit Crisp with Ice Cream Cup	Baked Ham Dinner with Apple Sauce, Mashed Potatoes & Bistro Mix Vegetable Spaghetti & Meat Sauce with Caesar Salad & Garlic Toast Butter Scotch Pudding with Whipped Cream	Roasted Chicken Drumstick with Boiled Potatoes, Cauliflower & Broccoli Fish Filet Burger with Tartar Sauce, Pickles & Sweet Potato Fries Assorted Desserts	BBQ Ribs with Baked Potato (Sour Cream), Creamy Coleslaw & Corn Fresh Fruit Salad with Berries	Chicken Souvlaki with Tzatziki Sauce, Rice Pilaf & Steamed Vegetable Beef Lasagna with Caesar Salad & Garlic Toast Bread Pudding with Toffee Sauce	Lightly Breaded Pickerel with Boiled Potatoes, Peas & Corn Shepherd's Pie with Gravy & Spinach Mandarin Orange Salad Cherry pie with Whipped Cream	Grilled Chicken Thighs with Mushroom Cream Sauce, Mashed Potatoes & Green Beans Almandine Vegetable Stuffed Manicotti with Caesar Salad & Garlic Toast Kit Kat Ice Cream Bar

MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sunday Buffet: Scrambled Eggs, Bacon, Sausage, Waffles with Fruit Sauce, Fruit Salad, Hashbrowns & Assorted Cookies	Soup: Cream of Celery Snack: Lemon Poppy Seed Muffin Grilled Ham & Havarti Cheese Sandwich Meat Lovers Pizza OR Veggie Lovers Pizza with Caesar Salad	Soup: Chicken & Rice Snack: Lemon Poppy Seed Muffin Grilled Ham & Havarti Cheese Sandwich Tuna Melt on French Bread	Soup: Cream of Mushroom Snack: Assorted Waffles with Fruit Sauce, Sausage & Fruit Salad Plain or BBQ Sauce Chicken Wings with Tossed Salad	Soup: Lentil Snack: Chocolate Chip Cookie Turkey Club Sub (Turkey, Lettuce, tomato, Cheese, Bacon) Fried Egg & Cheese on a Bagel with Tossed Salad	Soup: Somma Borscht Snack: Chocolate Chip Cookie Cobb Salad with Grilled Chicken, Candied Walnuts, Boiled Eggs, & Garlic Bread Stick Turkey Club Sub (Turkey, Lettuce, tomato, Cheese, Bacon)	Soup: Soup of the Day Snack: Assorted Toasted Cinnamon Bun with Rolled Ham, Cheese Sticks & Yogurt Cup Wally Mushroom Swiss Burger (Mushrooms, Swiss Cheese, Lettuce, Tomato, Mayo) with Sweet Potato Fries
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Turkey Dinner with Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes, Honey Glazed Carrots & Peas Pumpkin pie with Whipped Cream	Shrimp Skewers with Rice Pilaf & Vegetable Medley Grilled Farmer Sausage with Cheesy Potato Casserole & Vegetable Medley Apple Strudel	Chicken & Dumpling Stew with Spinach Salad Teriyaki Pork Tenderloin with Roasted Potatoes & PEI Mix Assorted Desserts	Roast Beef Dinner with Mini Yorkshire Pudding, Gravy, Baked Potato (Sour Cream), Peas & Corn Fresh Fruit Salad with Berries	Potato & Cheddar Perogies (Sour Cream) with Bacon Bits , Fried Onions, Kielbasa Sausage, Steamed Vegetables Salisbury Steak with Gravy, Mashed Potatoes & Steamed Vegetables Strawberry Rhubarb Crisp with ice Cream Cup	Baked Salmon with Lemon Potatoes, Sautéed Peppers & Zucchini Boneless Pork Chop with Apple Gravy, Lemon Potatoes, Sautéed Peppers & Zucchini Rice Pudding	Chicken Wellington with Cream Sauce & Tossed Salad Beef Stew with Dinner Roll & Broccoli Salad Carrot Cake

MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sunday Buffet: Assorted Snacks, Poached Eggs, Sausage, French Toast, Fruit Salad, Carrot Salad & Tossed Salad	Soup: Ham & Pea Snack: Morning Glory Muffin Rueben Sandwich on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 Island Dressing) Chicken Salad Sandwich with Lettuce	Soup: Cream of Tomato Snack: Morning Glory Muffin Rueben Sandwich on Marble Rye (Corned Beef, Sauerkraut, Swiss Cheese, 1000 Island Dressing) Plain or Teriyaki Sauce Chicken Wings with Tossed Salad	Soup: Beef Barley Snack: Assorted Pancakes with Fruit Sauce & Grilled Ham Tuna Salad with Lettuce Sandwich on Kaiser Bun	Soup: French Onion Snack: Lemon Slice Grilled Turkey & Provolone Sandwich with Cranberry Aioli Italian Sausage in a Bun with Peppers & Tossed Salad	Soup: Chicken Noodle Snack: Lemon Slice Grilled Turkey & Provolone Sandwich with Cranberry Aioli Fancy Egg Salad Sandwiches with Tossed Salad	Soup: Soup of the Day Snack: Assorted Pepperoni & Bacon Pizza OR Veggie Lovers Pizza with Tossed Salad Chicken Fingers (Dipping Sauce) with Fries
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey Schnitzel, Gravy, Mashed Potatoes, Braise Red Cabbage & honey Glazed Carrots Roasted Pork Loin with Gravy, Mashed Potatoes, Braised Red Cabbage & Honey Glazed Carrots Black Forrest Cake	Haddock Fish & Chips, Tartar Sauce & Carrot Salad Coconut Chicken Curry with Basmati Peas & Rice with Naan Bread Jello Parfait	Fettucine Shrimp Alfredo with Caesar Salad & Garlic To BBQ Spare Ribs with Fried Rice, Lumpia (Spring Roll) & Steamed Vegetables Assorted Desserts	Grilled Chicken Parmesan with Baby Potatoes, Sautéed Peppers & Zucchini Fresh Fruit Salad with Berries	Grilled Chicken Thighs with Spinach Sauce, Roasted Potatoes & Steamed Vegetables Beef Stroganoff with Egg Noodles & Steamed Vegetables Peach Crisp with Ice Cream Cup	Lightly Breaded Pickerel with Tartar Sauce, Boiled Potatoes, Peas & Creamy Coleslaw Pork Schnitzel with Gravy, Boiled Potatoes, Peas & Corn Banana Cream Pie	Pot Roast Dinner with Mashed Potatoes, Beets & Steamed Vegetables Ice Cream Sandwich

MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted Tarts <hr/> Oatmeal with Brown Sugar & Sliced Peaches, Yogurt Cup & Fruit Slices <hr/> Beef Quesadilla's with Salsa & Sour Cream & Tossed Salad	Soup: Cabbage Borscht Snack: Banana Chocolate Chip Muffin <hr/> Toasted Denver Sandwich (Egg, Cheese, Ham & Green Onion) <hr/> Fish Filet Burger with Tartar Sauce, Pickles & Tossed Salad	Soup: Cream of Broccoli Snack: Assorted Tarts <hr/> Chopped Ham & Relish Sandwich <hr/> Chicken Fingers (Dipping Sauce) with Onion Rings	Soup: Chicken Barley Snack: Assorted Snack <hr/> Plain or Honey Garlic Chicken Wings with Caesar Salad <hr/> Pulled Pork on a Bun with Creamy Coleslaw & Tossed Salad	Italian Lunch Soup: Hearty Minestrone Snack: Cannoli <hr/> Stuffed Pasta Shells with Ricotta & Spinach, Garlic Bread Stick <hr/> Chicken Ciabatta Bun Sandwich with Provolone Cheese & Prosciutto	Soup: Carrot Ginger Almond Snack: Assorted Brownies <hr/> Toasted Denver Sandwich (Egg, Cheese, Ham & Green Onion) <hr/> Fancy Salmon Salad Sandwiches with Cream Cheese, Cucumber & Tomato with Tossed Salad	Soup: Soup of the Day Snack: Assorted Snack <hr/> Toasted BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese) <hr/> Smoked Salmon on a Bagel with Cream Cheese & Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Oven Roasted Chicken Leg & Thighs with Scalloped Potatoes & Bistro Mix <hr/> German Chocolate Cake	Hoisin Glazed Pork Tenderloin with Vegetable Fried Rice & Vegetable Spring Roll (Plum Sauce) <hr/> Chicken Adobo with Vegetable Fried Rice & Vegetable Spring Roll (Plum Sauce) <hr/> Vanilla Pudding with Whipped Cream	Teriyaki Chicken Strips, Rice Pilaf, Vegetable Spring Roll (Plum Sauce), & Bistro Mix <hr/> Meatloaf with Ketchup Sauce, Boiled Potatoes & Bistro Mix <hr/> Assorted Desserts	Baked Salmon Dinner with Herbed Boiled Potatoes, Cauliflower & Carrots <hr/> Cabbage Rolls with Herbed Boiled Potatoes, Cauliflower & Carrots <hr/> Fresh Fruit Salad with Berries	Grilled Farmers Sausage with Mashed Potatoes, Braised Red Cabbage & Steamed Vegetables <hr/> Hot Roast Beef Sandwich with Gravy, Potato Wedges & Tossed Salad <hr/> Peach Cobbler with Ice Cream Cup	Lightly Breaded Pickerel with Tartar Sauce, Roasted Potatoes, Peas & Corn <hr/> Salisbury Steak with Roasted Potatoes, Peas & Corn <hr/> Coconut Cream Pie	Roasted Turkey Dinner with Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes, Green Beans & Honey Glazed Carrots <hr/> Ice Cream Drumstick