

## MEALS FOR THE CURRENT WEEK OF SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Waffles, Fruit Sauce, Fruit Slices &amp; Bacon</p> <hr/> <p>Smoked Salmon on a Biscuit with Cream Cheese w/ Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Chicken Noodle Snack: Pecan Strusel Square</p> <hr/> <p>Toasted Denver w/ Egg, Ham, Green Onion &amp; Cheese</p> <hr/> <p>Shaved Roast Beef Sandwich with Horseradish Sauce &amp; Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: French Onion Snack: Pecan Struesel Square</p> <hr/> <p>Toasted Denver w/ Egg, Ham, Green Onion &amp; Cheese</p> <hr/> <p>Chicken Salad (with Currants &amp; Apple) Sandwich on a Whole Wheat Kaiser Bun</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Cream of Mushroom Snack: Fig Newton</p> <hr/> <p>Crepes with Lemon Cream Cheese &amp; Strawberry Spinach Salad</p> <hr/> <p>Potato Skins with Mushroom, Peppers, Onions, Cheese &amp; Salsa</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Somma Borscht Snack: Mini Fruit Tart</p> <hr/> <p>Grilled Cheese Sandwich with Smoked Turkey &amp; Basil Pesto</p> <hr/> <p>Chopped Ham &amp; Relish Sandwich on Kaiser Bun</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Split Pea &amp; Ham Snack: Mini Fruit Tart</p> <hr/> <p>Grilled Cheese Sandwich with Smoked Turkey &amp; Basil Pesto</p> <hr/> <p>Shrimp Po Boy with Creamy Slaw</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>French Toast with Fruit Sauce, Grilled Ham &amp; Fruit Slices</p> <hr/> <p>Toasted BLTC (Bacon, Lettuce, Tomato &amp; Cheese) Sandwich with Soup OR Tossed Salad</p>
<p style="text-align: center;"><b>Dinner</b></p> <p>BBq Ribs, Baked Potato, Sour Cream, Baked Beans &amp; Steamed Bistro Vegetables</p> <hr/> <p>Ice Cream Cone Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Chicken Adobo with Jasmine Rice &amp; Lumpia (Spring Roll)</p> <hr/> <p>3 Cheese Tortellini w/ Garlic Shrimp, Tossed Salad &amp; Garlic Toast</p> <hr/> <p>Black Forest Cake Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Tuna Penne Casserole with Caesar Salad</p> <hr/> <p>Wally Burger w/ Onion Rings OR Carrot Salad</p> <hr/> <p>Assorted Desserts Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Roast Beef Dinner with Yorkshire Pudding, Gravy, Mashed Potatoes &amp; Steamed Vegetables</p> <hr/> <p>Butterscotch Pudding with Whipped Cream Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Greek Chicken Skewers with Tzatziki Sauce, Brown Rice Pilaf, Cauliflower &amp; Peas</p> <hr/> <p>Cabbage Rolls with Boiled Potatoes, Cauliflower &amp; Peas</p> <hr/> <p>Fresh Fruit with Berries Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Pickered Fillet Burger with Caesar Salad OR Potato Wedges</p> <hr/> <p>Meatloaf with Ketchup Sauce, Mashed Potatoes, Gravy &amp; PEI Vegetables</p> <hr/> <p>Strawberry Rhubarb Crisp &amp; Strawberry Ice Cream Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Grilled Chicken Parmesan, Scalloped Potatoes, Sautéed Peppers &amp; Zucchini</p> <hr/> <p>Tiramisu Cake Fruit of the week:</p>

# MEALS FOR THE CURRENT WEEK OF SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the Day Snack: Assorted <hr/> Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Sausage Patty & Fruit Salad <hr/> Oatmeal with Brown Sugar, Sliced Peaches, Yogurt Cup & Fruit Salad	Soup: Vegetable Minestrone Snack: Banana Loaf <hr/> Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce) <hr/> BBQ Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Soup: Mennonite Sauerkraut Soup Snack: Banana Loaf <hr/> Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce) <hr/> Wally Burger w/ Onion Rings OR Tossed Salad	Soup: Beef Noodle Snack: Date Square <hr/> Eggs (Most Styles), Bacon OR Sausage, Hash Browns, Choice of Toast & Fruit Salad <hr/> Taco Salad Bowl with Ground Beef, Cheese, Green Onions, Black Olives with Salsa & Sour Cream	Soup: Sweet Potato & Ginger Snack: Peanut Butter Marshmallow Square <hr/> Grilled Chicken & Tomato on Marble Rye <hr/> Cottage Cheese Perogies w/ Fried Onions, Cream Sauce, Farmer Sausage & Tossed Salad	Soup: Lentil Snack: Peanut Butter Marshmallow Square <hr/> Grilled Chicken & Tomato on Marble Rye <hr/> Fancy Salmon Salad Sandwiches w/ Cream Cheese, Cucumbers & Tomato	Soup: Soup of the Day Snack: Assorted <hr/> Toasted Cinnamon Bun with Fruit Slices, Yogurt & Cheese Sticks <hr/> Hot Turkey Sandwich with Gravy & Sweet Potato Fries OR Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Pot Roast Dinner, Gravy, Mashed Potatoes, Broccoli & Cauliflower <hr/> Lemon Meringue Pie Fruit of the Week:	Sweet & Sour Chicken Balls, Fried Rice, Vegetable Stir Fry & Vegetable Spring Roll <hr/> Haddock Fish & Chips with Tartar Sauce and Oil & Venegar Colelslaw <hr/> Chocolate Pudding with Whipped Cream Fruit of the week :	Shrimp Skewers with Rice Pilaf, Cocktail Sauce & Vegetable Medley <hr/> Pork Chop with Apple Apricot Gravy, Roasted Potatoes & Vegetable Medley <hr/> Assorted Dessert Fruit of the Week:	1/4 Roasted Chicken Dinner, Mashed Potatoes, Gravy & Bistro Vegetable Mix <hr/> Tropical Fruit Salad Fruit of the Week:	Beef Stew w/ Tossed Salad & Dinner bun <hr/> Pork Schnitzel w/ Gravy, Boiled Potatoes, Braised Red Cabbage & Zucchini <hr/> German Chocolate Cake Fruit of the Week:	Lightly Breaded Pickerel, Boiled Lemon Potatoes & Cauliflower Au Gratin <hr/> Turkey Lasagna with Casear Salad & Garlic Bread Stick <hr/> Rice Pudding Fruit of the week:	Salisbury Steak with Fried Onions, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Baked Ham with Aplesauce, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Spiced Cake Fuit of the Week:

# MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Cold Salad Plate with Rolled Turkey, Potato Salad, Broccoli Salad &amp; Croissant</p> <hr/> <p>Buttermilk Pancakes with Fruit Sauce, Sausages &amp; Fruit Slices</p>	<p><b>Lunch</b></p> <p>Soup: Chicken &amp; Rice Snack: Bran Muffin</p> <hr/> <p>Fried Egg, Cheese &amp; Bologna Sandwich on a Kaiser Bun</p> <hr/> <p>Chicken Wellington with Cream Sauce, Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Mennonite Bean Soup Snack: Bran Muffin</p> <hr/> <p>Fried Egg, Cheese &amp; Bologna Sandwich on a Kaiser Bun</p> <hr/> <p>Chefs Salad with Scoop of tuna Salad, Boiled Egg, Cheese, Cucumber &amp; Tomato with Garlic Toast</p>	<p><b>Lunch</b></p> <p>Soup: Fall Butternut Squash &amp; Apple Snack: Fruit Filled Cookies</p> <hr/> <p>Potato Pancakes with Sour Cream and Applesauce &amp; Grilled Ham</p> <hr/> <p>Chicken Fingers with Sweet Potato Fries OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Chicken Noodle Snack: Assorted Brownies</p> <hr/> <p>Grilled Meatloaf Sandwich with Ketchup Sauce</p> <hr/> <p>Toasted BLTC (Bacon, Lettuce, Tomato &amp; Cheese) Sandwich with Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Cabbage Borscht Snack: Peanut Butter Marshmallow Square</p> <hr/> <p>Grilled Meatloaf Sandwich with Ketchup Sauce</p> <hr/> <p>Fancy Egg Salad w/ Cucumber &amp; Cream Cheese</p>	<p><b>Lunch</b></p> <p>Soup: soup of the Day Snack: Assorted</p> <hr/> <p>Vegetarian Pizza OR Hawaiian Pizza with Soup OR Tossed Salad</p> <hr/> <p>Spinach &amp; Bell Pepper Omelette w/ Hash Browns, Raisin Toast &amp; Fruit Slices</p>
<p><b>Dinner</b></p> <p>Swedish Meatballs with Brown Rice Pilaf &amp; Vegetable Medley</p> <hr/> <p>Thai Coconut Chicken Curry with Brown Rice Pilaf &amp; Vegetable Medley</p> <hr/> <p>Mango Pudding with Whipped Cream Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Mild Italian Sausage &amp; Peppers with Caesar Salad &amp; Garlic Bread Stick</p> <hr/> <p>Beef Stroganoff with Egg Noodles, Roasted Beets &amp; Carrots</p> <hr/> <p>Carrot Cake w/ Cream Cheese Icing Fruit of the week:</p>	<p><b>Dinner</b></p> <p>Haddock Fish &amp; Chips w/ Homemade Tartar Sauce &amp; Tossed Salad</p> <hr/> <p>Grilled Chicken Thighs in Mushroom Cream Sauce, Mashed Potatoes &amp; PEI Mix</p> <hr/> <p>Assorted Desserts Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Braised Short Ribs, Baked Potato, Sour Cream, Macaroni &amp; Cheese, Honey Glazed Carrots &amp; Corn</p> <hr/> <p>Roll Kuchen &amp; Watermelon Slice Fruit of the week:</p>	<p><b>Dinner</b></p> <p>Cottage Cheese Perogies w/ Cream Sauce &amp; Fried Onions, Kielbasa Sausage, Peas &amp; Corn</p> <hr/> <p>Roasted Chicken Drumsticks with Mashed Potatoes, Gravy, Peas &amp; Corn</p> <hr/> <p>Fresh Fruit Salad w/ Berries Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Lightly Breaded Pickerel, Boiled Potatoes w/ Butter &amp; Bistro Vegetable Mix</p> <hr/> <p>Grilled Pineapple Teriyaki Chicken Thighs with Boiled Potatoes &amp; Bistro Vegetable Mix</p> <hr/> <p>Pineapple Crisp w/ Ice Cream Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Pot Roast Dinner with Mashed Potatoes, Gravy, Broccoli &amp; Cauliflower</p> <hr/> <p>Frozen Yogurt Bar Fruit of the Week:</p>

## MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the Day Snack: Assorted <hr/> Stuffed Potato with Sour Cream & Spinach Salad <hr/> Smoked Salmon & Dill Quiche with Yogurt Cup	Soup: Cream of Tomato Snack: Morning Glory Muffin <hr/> Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye <hr/> Fancy Egg Salad Sandwiches w/ Cucumber & Cream Cheese	Soup: Sausage & Bean Snack: Morning Glory Muffin <hr/> Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye <hr/> Chicken Quesadilla with Sour Cream & Salsa	Soup: Tomato Meatball Snack: Lemon Square <hr/> Breakfast Poutine with Roasted Hash, Bacon Bits, Poached Eggs & Topped w Hollandaise Sauce & Green Onions <hr/> Vegetarian Pizza OR Meat Lovers Pizza with Soup OR Tossed Salad	Soup: Beet Borscht Snack: Bran Muffin <hr/> Tuna Melt on French Bread with Tomato Slices <hr/> Cobb Salad with Grilled Chicken, Candied Walnuts, cubed Cheese & Sliced Peaches	Soup: Cream of Chicken Snack: Bran Muffin <hr/> Tuna Melt on French Bread with Tomato Slices <hr/> Banh Mi Sandwich with Roasted Pork, & Pickled Veg & Hoisin Sauce in a Baguette Bun	Soup: Soup of the Day Snack: Assorted <hr/> Hot Roast Beef Sandwich on Whole Wheat Bread with Gravy <hr/> Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roast Turkey Dinner with Stuffing, Gravy, Cranberry Sauce, Mashed Yam and Potatoes, Peas & Carrots <hr/> Apple Strudel Fruit of the Week: Banana	Maria's BBQ Spare Ribs with Vegetable Pancit (Noodles) & Lumpia (Spring Roll) <hr/> Vegetable Manicotti with Caesar Salad and Garlic Bread Stick <hr/> Pumpkin Pie with Whipped Cream Fruit of the week:	Stuffed Pork Loin with Apples & Prunes, Gravy, Mashed Potatoes & Artisan Vegetable Mix <hr/> Potato & Cheddar Perogies w/ Sour Cream & Fried Onions, Kielbasa Sausage, Artisan Vegetable Mix <hr/> Assorted Desserts Fruit of the week:	German Beef Roulade with Bacon Stuffed with Pickles, Mashed Potatoes, Braised Red Cabbage & Zucchini <hr/> Fruit Plautz Fruit of the Week:	Grilled Chicken Burger with Sweet Potato Fries <hr/> Spaghetti with Meat Sauce, Caesar Salad & Garlic Toast <hr/> Coconut Cream Pudding with Whipped Cream Fruit of the Week:	Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes & Green Bean Almandine & Corn <hr/> Farmers Sausage, Kielke (Noodles) with Onion Cream Sauce, Green Bean Almandine & Corn <hr/> Fresh Fruit Salad w/ Berries Fruit of the Week:	Lemon Herbed OR BBQ Chicken Breast, Oven Roasted Root Vegetables & Cauliflower <hr/> Peach Crisp with Vanilla Ice Cream Fruit of the Week:

## MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: Soup of the Day Snack: Assorted	Soup: Soup of the Day Snack: Assorted	Soup: Soup of the Day Snack: Assorted	Soup: Soup of the Day Snack: Assorted	Soup: Carrot Almond Snack: Lemon Muffin	Soup: Soup of the Day Snack: Assorted	Soup: Soup of the Day Snack: Assorted
Scrambled Eggs, Sausage OR Bacon, Hash Browns, Choice of Toast & Fruit Salad	Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad	Roasted Pork Flatbread with Hoisin Sauce, Cucumber Slices & Lettuce with Soup OR Tossed Salad	Taco Salad Bowl with Chicken, Cheese, Green Onions, Black Olives with Salsa & Sour Cream	Grilled Ham & Havarti Cheese Sandwich on French Bread	Grilled Ham & Havarti Cheese Sandwich on French Bread	Mushroom Swiss Burger with Onion Rings OR Tossed Salad
Grilled Cinnamon Bun, Yogurt Cup, Cheese Sticks, & Fruit Salad			Honey Garlic Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Beef Chili with Shredded Cheese and Green Onions & Biscuit	Mushroom & Bell Pepper Omelette with Hash Brown & Fruit Salad	Hot Turkey Sandwich on Whole Wheat Bread with Gravy
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
1/4 Roasted Chicken Dinner with Scalloped Potatoes, Steamed Vegetable Medley	Beef Stew w/ Dinner Roll & Carrot Salad	Kung Pao Chicken with Vegetable Chow Mein & Spring Roll	Roast Beef with Gravy & Mini Yorkshire Pudding, Kielke (Noodles) with Onion Cream Sauce, Honey Glazed Carrots & Peas	Teriyaki Chicken Skewers with Roasted Potatoes, Steamed Cauliflower & Peppers	Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes, Sauteed Peppers & Zucchini	BBQ Ribs, Baked Potato, Sour Cream, Corn Bread & Creamy Coleslaw
Pecan Pie with Whipped Cream	Turkey Schnitzel, Boiled Potatoes w/ Butter, Braised Red Cabbage & Peas	Roasted Pork Loin with Apricot and Prune Gravy, Mashed Potatoes, Peas & Corn	Peach Cobbler	Vegetarian Lasagna with Greek Salad & Garlic Toast	Chicken a La King with Sourdough Bread & Tossed Salad	Vanilla or Chocolate Ice Cream Bar
Fruit of the Week:	Mini Cheesecakes Fruit of the Week:	Assorted Desserts Fruit of the Week:	Fruit of the Week:	Fresh Fruit Salad w/ Berries Fruit of the Week:	Fruit of the Week:	Fruit of the Week: