

## MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
<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</p> <hr/> <p>Toasted Denver w/ Egg, Ham, Green Onion &amp; Cheese</p> <hr/> <p>Shaved Roast Beef Sandwich with Horseradish Mayo with Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: French Onion Snack: Pecan Strusel</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 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 Coleslaw</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>Ribs w/ BBQ Sauce, 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/ Alfredo Sauce, 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 with Yorkshire Pudding, Gravy, Mashed Potatoes &amp; Steamed Vegetables</p> <hr/> <p>Coconut Cream 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 Meat Sauce, Boiled Potatoes, Cauliflower &amp; Peas</p> <hr/> <p>Fresh Fruit Salad with Berries Fruit of the week: Banana</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Pickereel 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>Caramel Swirl Cake with Berries Fruit of the week:</p>

# MEALS FOR THE CURRENT WEEK OF NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
<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/> Honey Garlic 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 <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	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 Sandwivh 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 & Vinegar Colelslaw <hr/> Chocolate Pudding with Whipped Cream Fruit of the Week:	Shrimp Skewers with Rice Pilaf, Cocktail Sauce & Vegetable Medley <hr/> Pork Chop with 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, Tartar Sauce, Boiled Lemon Potatoes & Cauliflower Au Gratin <hr/> Turkey Lasagna with Casear Salad & Garlic Bread Stick <hr/> Tapioca Pudding Fruit of the week:	Salisbury Steak with Fried Onions, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Baked Ham with Applesauce, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Spiced Cake Fuit of the Week:

# MEALS FOR THE CURRENT WEEK OF NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</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/> Cold Salad Plate with Rolled Turkey, Potato Salad, Broccoli Salad & Croissant <hr/> Buttermilk Pancakes with Fruit Sauce, Sausages & Fruit Slices	Soup: Chicken & Rice Snack: Bran Muffin <hr/> Fried Egg, Cheese & Bologna Sandwich on a Kaiser Bun <hr/> Chicken Wellington with Cream Sauce, Soup OR Tossed Salad	Soup: Mennonite Bean Soup Snack: Bran Muffin <hr/> Fried Egg, Cheese & Bologna Sandwich on a Kaiser Bun <hr/> Chefs Salad with Scoop of tuna Salad, Boiled Egg, Cheese, Cucumber & Tomato with Garlic Toast	Soup: Fall Butternut Squash & Apple Snack: Fruit Filled Cookies <hr/> Potato Pancakes with Sour Cream and Applesauce & Grilled Ham <hr/> Chicken Fingers with Sweet Potato Fries OR Tossed Salad	Soup: Chicken Noodle Snack: Assorted Brownies <hr/> Grilled Meatloaf Sandwich with Ketchup Sauce <hr/> Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad	Soup: Cabbage Borscht Snack: Peanut Butter Marshmallow Square <hr/> Grilled Meatloaf Sandwich with Ketchup Sauce <hr/> Fancy Egg Salad w/ Cucumber & Cream Cheese	Soup: soup of the Day Snack: Assorted <hr/> Vegetarian Pizza OR Hawaiian Pizza with Soup OR Tossed Salad <hr/> Spinach & Bell Pepper Omelette w/ Hash Browns, Raisin Toast & Fruit Slices
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Swedish Meatballs with Brown Rice Pilaf & Vegetable Medley <hr/> Thai Coconut Chicken Curry with Brown Rice Pilaf & Vegetable Medley <hr/> Lemon Pudding with Whipped Cream Fruit of the Week:	Mild Italian Sausage & Peppers with Caesar Salad & Garlic Bread Stick <hr/> Beef Stroganoff with Egg Noodles, Roasted Beets & Carrots <hr/> Carrot Cake w/ Cream Cheese Icing Fruit of the week:	Haddock Fish & Chips w/ Homemade Tartar Sauce & Tossed Salad <hr/> Grilled Chicken Thighs in Mushroom Cream Sauce, Mashed Potatoes & PEI Mix <hr/> Assorted Desserts Fruit of the Week:	Beef Braised Short Ribs, Baked Potato, Sour Cream, Macaroni & Cheese, Honey Glazed Carrots & Corn <hr/> Fish Fillet Burger with Onion Rings <hr/> Assorted Cupcakes Fruit of the week:	Cottage Cheese Perogies w/ Cream Sauce & Fried Onions, Kielbasa Sausage, Peas & Corn <hr/> Roasted Chicken Drumsticks with Mashed Potatoes, Gravy, Peas & Corn <hr/> Fresh Fruit Salad w/ Berries Fruit of the Week:	Lightly Breaded Pickerel, Boiled Potatoes w/ Butter & Bistro Vegetable Mix <hr/> Grilled Pineapple Teriyaki Chicken Thighs with Boiled Potatoes & Bistro Vegetable Mix <hr/> Pineapple Crisp w/ Ice Cream Fruit of the Week:	Pot Roast Dinner with Mashed Potatoes, Gravy, Broccoli & Cauliflower <hr/> Frozen Yogurt Bar Fruit of the Week:

## MEALS FOR THE CURRENT WEEK OF NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
<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/> Cherry Strudel Fruit of the Week:	Maria's BBQ Spare Ribs with Vegetable Pancit (Noodles) & Lumpia (Spring Roll) <hr/> Vegetable Manicotti with Caesar Salad and Garlic Bread Stick <hr/> Blueberry 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 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24	25	26	27	28	29	30
<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/> Scrambled Eggs, Sausage OR Bacon, Hash Browns, Choice of Toast & Fruit Salad <hr/> Grilled Cinnamon Bun, Yogurt Cup, Cheese Sticks, & Fruit Salad	Soup: Hamburger Snack: Assorted Nanaimo <hr/> Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye <hr/> Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad	Soup: Cream of Vegetable Snack: Assorted Nanaimo <hr/> Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye <hr/> Roasted Pork Flatbread with Hoisin Sauce, Cucumber Slices & Lettuce with Soup OR Tossed Salad	Soup: Hearty Vegetable Barley Snack: Peanut Butter Cookie <hr/> Taco Salad Bowl with Chicken, Cheese, Green Onions, Black Olives with Salsa & Sour Cream <hr/> Honey Garlic Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Soup: Carrot Almond Snack: Lemon Muffin <hr/> Grilled Ham & Havarti Cheese Sandwich on French Bread <hr/> Beef Chili with Shredded Cheese and Green Onions & Biscuit	Soup: Beef Tortilla Snack: Lemon Muffin <hr/> Grilled Ham & Havarti Cheese Sandwich on French Bread <hr/> Mushroom & Bell Pepper Omelette with Hash Brown & Fruit Salad	Soup: Soup of the Day Snack: Assorted <hr/> Mushroom Swiss Burger with Onion Rings OR Tossed Salad <hr/> 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 <hr/> Pecan Pie with Whipped Cream Fruit of the Week:	Beef Stew w/ Dinner Roll & Carrot Salad <hr/> Turkey Schnitzel, Boiled Potatoes w/ Butter, Braised Red Cabbage & Peas <hr/> Cheesecake with Caramel Sauce & Toasted Crushed Peacans Fruit of the Week:	Kung Poa Chicken with Vegetable Chow Mein & Spring Roll <hr/> Roasted Pork Loin with Apricot and Prune Gravy, Mashed Potatoes, Peas & Corn <hr/> Assorted Desserts Fruit of the Week:	Roast Beef with Gravy & Mini Yorkshire Pudding, Kielke (Noodles) with Onion Cream Sauce, Honey Glazed Carrots & Peas <hr/> Strawberry Cobbler with Vanilla Ice Cream Cup Fruit of the Week:	Teriyaki Chicken Skewers with Roasted Potatoes, Steamed Cauliflower & Peppers <hr/> Vegetarian Lasagna with Greek Salad & Garlic Toast <hr/> Fresh Fruit Salad w/ Berries Fruit of the Week:	Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes, Sauteed Peppers & Zucchini <hr/> Chicken a La King with Sourdough Bread & Tossed Salad <hr/> Cherry Pie with Whipped Cream Fruit of the Week:	BBQ Ribs, Baked Potato, Sour Cream, Corn Bread & Creamy Coleslaw <hr/> Vanilla or Chocolate Ice Cream Bar Fruit of the Week: