

MEALS FOR THE CURRENT WEEK OF OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted	Soup: Chicken Noodle Snack: Pecan Strusel	Soup: French Onion Snack: Pecan Strusel	Soup: Cream of Mushroom Snack: Fig Newton	Soup: Somma Borscht Snack: Mini Fruit Tart	Soup: Split Pea & Ham Snack: Mini Fruit Tart	Soup: Soup of the Day Snack: Assorted
Waffles, Fruit Sauce, Fruit Slices & Bacon	Toasted Denver w/ Egg, Ham, Green Onion & Cheese	Toasted Denver w/ Egg, Ham, Green Onion & Cheese	Crepes with Cream Cheese & Strawberry Spinach Salad	Grilled Cheese Sandwich with Smoked Turkey & Basil Pesto	Grilled Cheese Sandwich with Smoked Turkey & Basil Pesto	French Toast with Fruit Sauce, Grilled Ham & Fruit Slices
Smoked Salmon on a Biscuit with Cream Cheese w/ Soup OR Tossed Salad	Shaved Roast Beef Sandwich with Horseradish Mayo with Soup OR Tossed Salad	Chicken Salad (with Currants & Apple) Sandwich on a Whole Wheat Kaiser Bun	Potato Skins with Mushroom, Peppers, Onions, Cheese & Salsa	Chopped Ham & Relish Sandwich on Kaiser Bun	Shrimp Po Boy with Creamy Coleslaw	Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Ribs w/ BBQ Sauce, Baked Potato, Sour Cream, Baked Beans & Steamed Bistro Vegetables	Chicken Adobo with Jasmine Rice & Lumpia (Spring Roll)	Tuna Penne Casserole with Caesar Salad	Roast Beef Dinner with Yorkshire Pudding, Gravy, Mashed Potatoes & Steamed Vegetables	Greek Chicken Skewers with Tzatziki Sauce, Brown Rice Pilaf, Cauliflower & Peas	Pickered Fillet Burger with Caesar Salad OR Potato Wedges	Grilled Chicken Parmesan, Scalloped Potatoes, Sauteed Peppers & Zucchini
Ice Cream Cone Fruit of the week:	3 Cheese Tortellini w/ Alfredo Sauce, Garlic Shrimp, Tossed Salad & Garlic Toast	Wally Burger w/ Onion Rings OR Carrot Salad	Coconut Cream Pudding with Whipped Cream Fruit of the Week:	Cabbage Rolls with Meat Sauce, Boiled Potatoes, Cauliflower & Peas	Meatloaf with Ketchup Sauce, Mashed Potatoes, Gravy & PEI Vegetables	Caramel Swirl Cake with Berries Fruit of the week:
	Black Forest Cake Fruit of the week:			Fresh Fruit Salad with Berries Fruit of the week: Banana	Strawberry Rhubarb Crisp & Strawberry Ice Cream Fruit of the week:	

MEALS FOR THE CURRENT WEEK OF NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted	Soup: Vegetable Minestrone Snack: Banana Loaf	Soup: Mennonite Sauerkraut Soup Snack: Banana Loaf	Soup: Beef Noodle Snack: Date Square	Soup: Sweet Potato & Ginger Snack: Peanut Butter Marshmallow Square	Soup: Lentil Snack: Peanut Butter Marshmallow Square	Soup: Soup of the Day Snack: Assorted
Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Sausage Patty & Fruit Salad	Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce)	Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce)	Eggs (Most Styles), Bacon OR Sausage, Hash Browns & Choice of Toast	Grilled Chicken & Tomato on Marble Rye	Grilled Chicken & Tomato on Marble Rye	Toasted Cinnamon Bun with Fruit Slices, Yogurt & Cheese Sticks
Oatmeal with Brown Sugar, Sliced Peaches, Yogurt Cup & Fruit Salad	Honey Garlic Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Wally Burger w/ Onion Rings OR Tossed Salad	Taco Salad Bowl with Ground Beef, Cheese, Green Onions, Black Olives with Salsa & Sour Cream	Cottage Cheese Perogies w/ Fried Onions, Cream Sauce, Farmer Sausage	Fancy Salmon Salad Sandwiches w/ Cream Cheese, Cucumbers & Tomato	Hot Turkey Sandwich with Gravy & Sweet Potato Fries OR Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pot Roast Dinner, Gravy, Mashed Potatoes, Broccoli & Cauliflower	Sweet & Sour Chicken Balls, Fried Rice, Vegetable Stir Fry & Vegetable Spring Roll	Shrimp Skewers with Rice Pilaf, Cocktail Sauce & Vegetable Medley	1/4 Roasted Chicken Dinner, Mashed Potatoes, Gravy & Bistro Vegetable Mix	Beef Stew w/ Tossed Salad & Dinner bun	Lightly Breaded Pickerel, Tartar Sauce, Boiled Lemon Potatoes & Cauliflower Au Gratin	Salisbury Steak with Fried Onions, Mashed Potatoes, Gravy, Peas & Carrots
Lemon Meringue Pie Fruit of the Week:	Haddock Fish & Chips with Tartar Sauce and Oil & Vinegar Colelslaw	Pork Chop with Apricot Gravy, Roasted Potatoes & Vegetable Medley	Tropical Fruit Salad Fruit of the Week:	Pork Schnitzel w/ Gravy, Boiled Potatoes, Braised Red Cabbage & Zucchini	Turkey Lasagna with Casear Salad & Garlic Bread Stick	Baked Ham with Applesauce, Mashed Potatoes, Gravy, Peas & Carrots
	Chocolate Pudding with Whipped Cream Fruit of the Week:	Assorted Dessert Fruit of the Week:		German Chocolate Cake Fruit of the Week:	Tapioca Pudding Fruit of the week:	Spiced Cake Fuit of the Week:

MEALS FOR THE CURRENT WEEK OF NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: Soup of the Day Snack: Assorted	Soup: Cream of Tomato Snack: Morning Glory Muffin	Soup: Sausage & Bean Snack: Morning Glory Muffin	Soup: Tomato Meatball Snack: Lemon Square	Soup: Beet Borscht Snack: Bran Muffin	Soup: Cream of Chicken Snack: Bran Muffin	Soup: Soup of the Day Snack: Assorted
Stuffed Potato with Sour Cream & Spinach Salad	Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye	Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye	Breakfast Poutine with Roasted Hash, Bacon Bits, Poached Eggs & Topped w Hollandaise Sauce & Green Onions	Tuna Melt on French Bread with Tomato Slices	Tuna Melt on French Bread with Tomato Slices	Hot Roast Beef Sandwich on Whole Wheat Bread with Gravy
Smoked Salmon & Dill Quiche with Yogurt Cup	Fancy Egg Salad Sandwiches w/ Cucumber & Cream Cheese	Chicken Quesadilla with Sour Cream & Salsa	Vegetarian Pizza OR Meat Lovers Pizza with Soup OR Tossed Salad	Cobb Salad with Grilled Chicken, Candied Walnuts, cubed Cheese & Sliced Peaches	Banh Mi Sandwich with Roasted Pork, & Pickled Veg & Hoisin Sauce in a Baguette Bun	Toasted BLTC (Bacon, Lettuce, Tomato & Cheese) Sandwich with Soup OR Tossed Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Turkey Dinner with Stuffing, Gravy, Cranberry Sauce, Mashed Yam and Potatoes, Peas & Carrots	Maria's BBQ Spare Ribs with Vegetable Pancit (Noodles) & Lumpia (Spring Roll)	Stuffed Pork Loin with Apples & Prunes, Gravy, Mashed Potatoes & Artisan Vegetable Mix	German Beef Roulade with Bacon Stuffed with Pickles, Mashed Potatoes, Braised Red Cabbge & Zucchini	Grilled Chicken Burger with Sweet Potato Fries	Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes & Green Bean Almandine & Corn	Lemon Herbed OR BBQ Chicken Breast, Oven Roasted Root Vegetables & Cauliflower
Cherry Strudel Fruit of the Week:	Vegetable Manicotti with Caesar Salad and Garlic Bread Stick Blueberry Pie with Whipped Cream Fruit of the week:	Potato & Cheddar Perogies w/ Sour Cream & Fried Onions, Kielbasa Sausage, Artisan Vegetable Mix Assorted Desserts Fruit of the week:	Fruit Plautz Fruit of the Week:	Spaghetti with Meat Sauce, Caesar Salad & Garlic Toast Coconut Cream Pudding with Whipped Cream Fruit of the Week:	Farmers Sausage, Kielke (Noodles) with Onion Cream Sauce, Green Bean Almandine & Corn Fresh Fruit Salad w/ Berries Fruit of the Week:	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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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: