

## MEALS FOR THE CURRENT WEEK OF JANUARY

MEALS FOR THE CURRENT WEEK OF JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
<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: Chicken Noodle Snack: Assorted Donut Holes	Soup: French Onion Snack: Assorted Donut Holes	Soup: Chicken and Sausage Gumbo Snack: Shortbread Cookie	Soup: Chicken Egg Drop Snack: Lemon Streusel Square	Soup: Split Pea & Ham Snack: Lemon Streusel Square	Soup: Soup of the Day Snack: Assorted
Waffles, Fruit Sauce, Fruit Salad & Bacon	Toasted Denver w/ Egg, Ham, Green Onion & Cheese	Toasted Denver w/ Egg, Ham, Green Onion & Cheese	Crepes with Berry 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 Bagel with Cream Cheese w/ Soup OR Tossed Salad	Shaved Roast Beef Sandwich with Horseradish Mayo, Lettuce, Tomato and Cheese with Soup OR Tossed Salad	Waldorf Chicken Salad Sandwich (Grapes, Apple, Walnuts, Celery) on a Whole Wheat Kaiser Bun with Lettuce	Potato Skins with Chicken, Mushroom, Peppers, Onions, Cheese & Salsa	Chopped Ham & Relish Sandwich on Kaiser Bun with Lettuce	Shrimp Po Boy with Creamy Coleslaw	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>
Grilled Chicken Parmesan, Scalloped Potatoes, Sauteed Peppers & Zucchini	Chicken Adobo with Jasmine Rice, Steamed Vegetables & Vegetable Springroll	Tuna Penne Casserole with 4 Bean Salad	Roast Beef Dinner with Yorkshire Pudding, Gravy, Mashed Potatoes & Steamed Florentine Vegetable Mix	Greek Chicken Skewers with Tzatziki Sauce, Rice Pilaf, Broccoli & Peas	Crab Cakes with Tartar Sauce, Caesar Salad OR Potato Wedges	BBQ Ribs, Baked Potato, Sour Cream, Baked Beans & Steamed Bistro Vegetables
	3 Cheese Tortellini w/ Alfredo Sauce, Garlic Shrimp, Caesar Salad & Garlic Toast	Wally Burger w/ Sweet Potato Fries OR 4 Bean Salad	Vanilla Pudding with Whipped Cream Fruit of the Week:	Cabbage Rolls with Tomato Sauce, Boiled Potatoes, Broccoli & Peas	Meatloaf with Ketchup Sauce, Mashed Potatoes, Gravy & PEI Vegetables	Assorted Cupcakes with Frosting Fruit of the week:
Ice Cream Cone Fruit of the week:	Black Forest Cake Fruit of the week:	Assorted Desserts Fruit of the week:		Fresh Fruit Salad with Berries & Sweet Cream Fruit of the week:	Bread Pudding with Toffee Sauce Fruit of the week:	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
<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 Biscuit w/ Hollandaise Sauce, Sausage Patty & Fruit Salad <hr/> Oatmeal with Brown Sugar, Sliced Peaches, Yogurt Cup & Fruit Salad	Soup: Vegetable Minestrone Snack: Chocolate Muffin <hr/> Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce) <hr/> Parmesan Garlic Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Soup: Chicken and Rice Snack: Chocolate Muffin <hr/> Smoked Turkey Club Sub (Bacon, Turkey, Cheese, Tomato & Lettuce) <hr/> Wally Burger w/ Onion Rings OR Tossed Salad	Soup: NO SOUP Snack: Date Square <hr/> Eggs (Most Styles), Bacon OR Sausage, Hash Browns & Choice of Toast & Fruit Salad <hr/> Taco Salad Bowl with Pulled Pork, Cheese, Green Onions, Tomatoes with Salsa & Sour Cream	Soup: Sweet Potato Snack: Peanut Butter Marshmallow Square <hr/> Grilled Chicken, Cheese & 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, Cheese & Tomato on Marble Rye <hr/> Fancy Salmon Salad Sandwiches w/ Cream Cheese, Cucumbers	Soup: Soup of the Day Snack: Assorted <hr/> Cinnamon Bun with Fruit Slices, Yogurt & Cheese Sticks <hr/> Hot Dog with Fried Onions & Potato Wedges
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Pot Roast Dinner, Mini Yorkshire Pudding, Gravy, Mashed Potatoes, Roasted Rutabaga & Carrots <hr/> Lemon Meringue Pie Fruit of the Week:	Sweet & Sour Chicken Balls, Fried Rice, Vegetable Stir Fry & Vegetable Spring Roll <hr/> Haddock Fish & Chips wth 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 Schnitzel with Apple Gravy, Roasted Potatoes & Vegetable Medley <hr/> Assorted Dessert Fruit of the Week:	1/4 Roasted Chicken Dinner, Mashed Potatoes, Gravy, Creamed Corn & Roasted Carrots <hr/> Jello Parfait with Whipped Cream Fruit of the Week:	Beef Stew w/ Tossed Salad & Dinner bun <hr/> Turkey Schnitzel w/ Gravy, Boiled Potatoes, Braised Red Cabbage & Zucchini <hr/> German Chocolate Cake Fruit of the Week:	Baked Pickere], Tartar Sauce, Lemon Potatoes, Roasted Brussel Sprouts & Cauliflower Au Gratin <hr/> White Sauce Chicken 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 Applesauce, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Assorted Donuts Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>Cold Salad Plate with Rolled Turkey, Potato Salad, Feta &amp; Beet Salad with a Croissant</p> <p>Buttermilk Pancakes with Fruit Sauce, Sausages &amp; Fruit Slices</p>	<p><b>Lunch</b></p> <p>Soup: Ham &amp; Pea Snack: Assorted Danish</p> <p>Fried Egg, Cheese &amp; Bologna Sandwich on a Bagel</p> <p>Beef Pot Pie with Gravy, Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: White Bean, Sausage &amp; Spinach soup Snack: Assorted Danish</p> <p>Fried Egg, Cheese &amp; Bologna Sandwich on a Kaiser Bun</p> <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> <p>Potato Pancakes with Sour Cream and Applesauce &amp; Grilled Ham</p> <p>Chicken Fingers with Sweet Potato Fries OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Hearty Chicken Noodle Snack: Assorted Cookies</p> <p>Grilled Meatloaf Sandwich on Marble Rye Bread with Ketchup Sauce &amp; Cheese</p> <p>Toasted BLTC (Bacon, Lettuce, Tomato &amp; Cheese) Sandwich with Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup Cream of Chicken Snack: Assorted Cookies</p> <p>Grilled Meatloaf Sandwich on Marble Rye Bread with Ketchup Sauce &amp; Cheese</p> <p>Fancy Egg Salad w/ Cucumber &amp; Cream Cheese</p>	<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <p>Mexican Ground Beef Pizza OR Ham &amp; Pineapple Pizza with Soup OR Tossed Salad</p> <p>Greek Style Cheese Omelette (Black Olives, Onions, Feta, Spinach) w/ Hash Browns &amp; Fruit Slices</p>
<p><b>Dinner</b></p> <p>Swedish Meatballs with Brown Rice Pilaf &amp; Stir Fried Vegetable Medley</p> <p>Thai Coconut Chicken Curry with Rice Pilaf &amp; Stir Fried Vegetables</p> <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> <p>Beef Stroganoff with Egg Noodles, Roasted Root Vegetable Mix</p> <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> <p>Grilled Chicken Thighs in Mushroom Cream Sauce, Mashed Potatoes &amp; Italian Vegetable Mix</p> <p>Assorted Desserts Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Beef Braised Short Ribs, Baked Potato, Sour Cream, Honey Glazed Carrots &amp; Brussel Sprouts</p> <p>Chicken Balls with Sweet &amp; Sour Sauce, Vegetable Pansit (Noodles), Vegetable Spring Roll &amp; Stir Fried Vegetables</p> <p>Strawberry Rhubarb Pie Fruit of the week:</p>	<p><b>Dinner</b></p> <p>Cottage Cheese Perogies w/ Cream Sauce &amp; Fried Onions, Kielbasa Sausage, Rutabaga &amp; Peas</p> <p>Roasted Chicken Drumsticks with Mashed Potatoes, Gravy, Rutabaga &amp; Peas</p> <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; Italian Vegetable Mix</p> <p>Grilled Pineapple Teriyaki Chicken Thighs w/ Rice Pilaf &amp; Italian Vegetable Mix</p> <p>Pineapple Crisp w/ Vanilla Ice Cream Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Pot Roast Dinner with Yorkshire Pudding, Mashed Potatoes, Gravy, Cauliflower &amp; Green Bean Casserole</p> <p>Vanilla Ice Cream Bar or Fudgiscle Bar Fruit of the Week:</p>

# MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
<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: Cream of Tomato Snack: Morning Glory Muffin	Soup: Sausage & Bean Snack: Morning Glory Muffin	Soup: Tomato Meatball Snack: Lemon Struesel Square	Soup: Beet Borscht Snack: Assorted Brownies	Soup: Cream of Chicken Snack: Assorted Brownie	Soup: Soup of the Day Snack: Assorted
Stuffed Potato with Sour Cream & Tossed Salad	Bacon Chicken Ranch Wrap (Lettuce, Cheese, Bacon, Chicken & Ranch Dressing)	Bacon Chicken Ranch Wrap (Lettuce, Cheese, Bacon, Chicken & Ranch Dressing)	Breakfast Poutine with Roasted Hash, Sliced Breakfast Sausage, 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
Broccoli & Bacon Quiche with Yogurt Cup	Tuna Waldorf Salad on a Kaiser Bun with Lettuce	Veggie & Bean Quesadilla with Sour Cream & Salsa	Turkey Schnitzel Burger (Lettuce, Tomato, Mayo) with French Fries	Cobb Salad with Grilled Chicken, Candied Walnuts, Cubed Cheese, Diced Pears & Garlic Bread Stick	Banh Mi Sandwich with Roasted Pork, & Pickled Veg & Hoisin Sauce Mayo in a Baguette Bun	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 Carrot & Turnips, Roasted Potatoes & Broccoli	Maria's BBQ Spare Ribs with Vegetable Pancit (Noodles) & Lumpia (Spring Roll)	Stuffed Pork Loin with Apples & Prunes, Gravy, Mashed Potatoes & Kalebanzo Vegetable Mix	German Beef Roulade with Bacon Stuffed with Pickles, Served with Mashed Potatoes, Braised Red Cabbge & Corn	Turkey Burger with Tatziki Sauce, Tomato & Lettuce with Sweet Potato Fries & Spinach Salad	Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes & Green Bean Almandine & Corn	Lemon Herbed OR BBQ Chicken Breast, Oven Roasted Potatoes, Cauliflower & Roasted Butternut Squash
Fruit Plautz Fruit of the Week:	Vegetable Manicotti with Caesar Salad and Garlic Bread Stick	Potato & Cheddar Perogies w/ Sour Cream & Fried Onions, Kielbasa Sausage, Kalebanzo Vegetable Mix	Tiramisu Cake Fruit of the Week:	Spaghetti with Meat Sauce, Caesar Salad & Garlic Toast	Farmers Sausage, Kielke (Noodles) with Onion Cream Sauce, Green Bean Almandine & Corn	Fresh Fruit Salad w/ Berries Fruit of the Week:
	Cherry Strudel Fruit of the week:	Assorted Desserts Fruit of the week:		Maple Chocolate Cake Fruit of the Week:	Tapioca Pudding Fruit of the Week:	

## MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
<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: Veggie Mushroom Barley 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, Pickled Veggies & Lettuce with Soup OR Tossed Salad	Soup: Hearty Vegetable Barley Snack: Peanut Butter Cookie <hr/> Taco Salad Bowl with Ground Beef, 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 BBQ Chicken Cheese Sandwich on French Bread with Fried Onions & Peppers <hr/> Beef Chili with Shredded Cheese and Green Onions & Biscuit	Soup: Beef Tortilla Snack: Lemon Muffin <hr/> Grilled BBQ Chicken Cheese Sandwich on French Bread with Fried Onions & Peppers <hr/> Fried Vegetable Omelette with Hash Brown & Fruit Salad	Soup: Soup of the Day Snack: Assorted <hr/> Roasted Vegetable & Falafel Pita with Tatziki Sauce with 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>
BBQ Ribs, Baked Potato, Sour Cream, Corn Bread & Creamy Coleslaw & Steamed Carrot <hr/> Pecan Pie with Whipped Cream Fruit of the Week:	Beef Stew w/ Dinner Roll & Carrot Salad <hr/> Pork Schnitzel, Boiled Potatoes w/ Butter, Braised Red Cabbage & Peas <hr/> Cheesecake with Fruit Sauce Fruit of the Week:	Kung Pao Chicken with Vegetable Chow Mein, Spring Roll & Steamed Vegetable Medley <hr/> Roasted Pork Loin with Apricot and Prune Gravy, Mashed Potatoes & Steamed Vegetable Medley <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/> Blueberry Cobbler with Vanilla Ice Cream Cup Fruit of the Week:	Roasted Chicken Skewers with Tatziki Sauce, Roasted Potatoes, Steamed Broccoli & Carrots <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 & Mushrooms <hr/> Chicken a La King with Sourdough Bread & Tossed Salad <hr/> Boston Cream Pie Fruit of the Week:	1/4 Roasted Chicken Dinner with Scalloped Potatoes, Steamed Broccoli & Cauliflower with Cheese Sauce <hr/> Ice Cream Sandwich Fruit of the Week: