

## MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
<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: Mini Cream Puffs	Soup: French Onion Snack: Mini Cream Puffs	Soup: Cream of Mushroom Snack: M&M Monster Cookie	Soup: Split Pea & Ham Snack: Mini Fruit Tart	Soup: Sweetie Potato Soup (sweet potato) Snack: Imperial Cookie	Soup: Soup of the Day Snack: Assorted
Waffles, Fruit Sauce, Fruit Salad & Bacon	Toasted Denver w/ Egg, Ham, Green Onion & Cheese on your Choice of Bread	Toasted Denver w/ Egg, Ham, Green Onion & Cheese on your Choice of Bread	Crepes with Nutella Cream Cheese & Strawberry Spinach Salad	Grilled Cheese Sandwich with Smoked Turkey & Basil Pesto on French Bread	Special Valentines Lunch	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, Lettuce, Tomato and Swiss Cheese on a Kaiser Bun with Soup OR Tossed Salad	Waldorf Chicken Salad Sandwich (Grapes, Apple, Walnuts, Celery) on a Whole Wheat Kaiser Bun with Lettuce	Southwest Potato Skins with Bacon, Black Beans, Corn, Cheese & Salsa	Chopped Ham & Relish Sandwich with Lettuce, on Your Choice of Bread	Cheese Filled Chicken Bites OR Fish Sticks with Mac n' Cheese Balls & Beet Cucumber Feta Salad	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, Carrots & Zucchini	Chicken Adobo with Jasmine Rice, Steamed Vegetables & Vegetable Springroll	Tuna Penne Casserole with Carrot Salad	Roast Beef Dinner with Yorkshire Pudding, Gravy, Mashed Potatoes & Steamed Florentine Vegetable Mix	Greek Chicken Skewers with Tzatziki Sauce, Rice Pilaf, Broccoli & Turnips	Pickereel Fillet Burger with Caesar Salad OR Potato Wedges	BBQ Ribs, Baked Potato, Sour Cream, & Creamed Corn & Peas
	Cheese Tortellini w/ Alfredo Sauce, Garlic Shrimp, Caesar Salad & Garlic Toast	Wally Burger w/ Sweet Potato Fries OR Carrot Salad	Mango Tropical Pie	Cabbage Rolls with Tomato Sauce, Boiled Potatoes, Broccoli & Turnips	Meatloaf with Ketchup Sauce, Mashed Potatoes, Gravy & PEI Vegetables	Strawberry Rhubarb Crisp w/ Vanilla Ice Cream
Ice Cream Cone Fruit of the week:	Triple Fudge Cake Fruit of the week:	Assorted Desserts Fruit of the week:	Fruit of the Week:	Fresh Fruit Salad with Berries Fruit of the week:	Red Velvet Cake Fruit of the week:	Fruit of the week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
<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: Vegetable Minestrone Snack: Banana Muffin	Soup: Mennonite Sauerkraut Soup Snack: Banana Muffin	Soup: NO SOUP Snack: Date Square	Soup: Beef Noodle Snack: Peanut Butter Marshmallow Square	Soup: Lentil Snack: Peanut Butter Marshmallow Square	Soup: Soup of the Day Snack: Assorted
Eggs Benedict on a 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 & Fruit Salad	Grilled Chicken, Cheese & Tomato on Marble Rye	Grilled Chicken, Cheese & Tomato on Marble Rye	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	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, 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, Corn & Roasted Carrots	Beef Stew w/ Tossed Salad & Dinner bun	Baked Pickerel, Tartar Sauce, Lemon Potatoes, Roasted Brussel Sprouts & Cauliflower Au Gratin	Salisbury Steak with Fried Onions, Mashed Potatoes, Gravy, Peas & Carrots
Lemon Meringue Pie Fruit of the Week:	Haddock Fish & Chips wth Tartar Sauce and Oil & Vinegar Coleislaw	Pork Schnitzel with Apple Gravy, Roasted Potatoes & Vegetable Medley	Jello Parfait with Whipped Cream Fruit of the Week:	Turkey 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:	Rice Pudding Fruit of the week:	Assorted Donuts Fruit of the Week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>1</b>
<p style="text-align: center;"><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 with a Croissant</p> <hr/> <p>Chicken Ceasar Wrap with Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Chicken &amp; Rice Snack: Assorted Brownie</p> <hr/> <p>Fried Egg, Cheese &amp; Bologna Sandwich on a Bun</p> <hr/> <p>Chicken Pot Pie with Gravy, Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Chicken Noodle Snack: Assorted Brownie</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 style="text-align: center;"><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 style="text-align: center;"><b>Lunch</b></p> <p>Soup: Mennonite Bean Soup Snack: Assorted Cookies</p> <hr/> <p>Grilled Meatloaf Sandwich on Marble Rye Bread with Ketchup Sauce &amp; Cheese</p> <hr/> <p>Toasted BLTC (Bacon, Lettuce, Tomato &amp; Cheese) Sandwich with Soup OR Tossed Salad</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Cabbage Borscht w/ Dill Snack: Assorted Cookies</p> <hr/> <p>Grilled Meatloaf Sandwich on Marble Rye Bread with Ketchup Sauce &amp; Cheese</p> <hr/> <p>Fancy Egg Salad w/ Cucumber &amp; Cream Cheese</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Vegetarian Pizza OR Pepperoni Pizza with Soup OR Tossed Salad</p> <hr/> <p>Spinach &amp; Bell Pepper Omelette w/ Hash Browns, Raisin Toast &amp; Fruit Slices</p>
<p style="text-align: center;"><b>Dinner</b></p> <p>Swedish Meatballs with Brown Rice Pilaf &amp; Stir Fried Vegetable Medley</p> <hr/> <p>Thai Coconut Chicken Curry with Rice Pilaf &amp; Stir Fried Vegetables</p> <hr/> <p>Mango Pudding with Whipped Cream Fruit of the Week:</p>	<p style="text-align: center;"><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 Root Vegetable Mix</p> <hr/> <p>Carrot Cake w/ Cream Cheese Icing Fruit of the week:</p>	<p style="text-align: center;"><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; Italian Vegetable Mix</p> <hr/> <p>Assorted Desserts Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Beef Braised Short Ribs, Baked Potato, Sour Cream, Carrots &amp; Brussel Sprouts</p> <hr/> <p>Chicken Balls with Sweet &amp; Sour Sauce, Vegetable Pansit (Noodles), Vegetable Spring Roll &amp; Stir Fried Vegetables</p> <hr/> <p>Strawberry Rhubarb Pie Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Cottage Cheese Perogies w/ Cream Sauce &amp; Fried Onions, Kielbasa Sausage, Rutabaga &amp; Peas</p> <hr/> <p>Roasted Chicken Drumsticks with Mashed Potatoes, Gravy, Rutabaga &amp; Peas</p> <hr/> <p>Fresh Fruit Salad w/ Berries Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Lightly Breaded Pickerel, Boiled Potatoes w/ Butter &amp; Italian Vegetable Mix</p> <hr/> <p>Grilled Pineapple Teriyaki Chicken Thighs w/ Boiled Potatoes &amp; Italian Vegetable Mix</p> <hr/> <p>Tapioca Pudding Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Pot Roast Dinner with Yorkshire Pudding, Mashed Potatoes, Gravy, Cauliflower &amp; Green Bean Casserole</p> <hr/> <p>Blondie Caramel Ice Cream Sandwich Fruit of the Week:</p>

# MEALS FOR THE CURRENT WEEK OF MARCH

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/> Stuffed Potato with Sour Cream & Tossed Salad <hr/> Broccoli & Bacon Quiche with Yogurt Cup	Soup: Cream of Tomato Snack: Morning Glory Muffin <hr/> Bacon Chicken Ranch Wrap (Lettuce, Cheese, Bacon, Chicken & Ranch Dressing) <hr/> Tuna Waldorf Salad on a Kaiser Bun with Lettuce	Soup: Sausage & Bean Snack: Morning Glory Muffin <hr/> Buttermilk Pancakes with Fruit Sauce, Sausages & Fruit Slices <hr/> BBQ Chicken Quesadilla with Sour Cream & Salsa	Soup: Tomato Meatball Snack: Lemon Struesel Square <hr/> Breakfast Poutine with Roasted Hash, Bacon Bits, Poached Eggs & Topped w Hollandaise Sauce & Green Onions <hr/> Turkey Schnitzel Burger (Lettuce, Tomato, Mayo) with French Fries	Soup: Beet Borscht Snack: Assorted Brownies <hr/> Tuna Melt on French Bread with Tomato Slices <hr/> Cobb Salad with Grilled Chicken, Candied Walnuts, Cubed Cheese, Diced Pears & Garlic Bread Stick	Soup: Cream of Chicken Snack: Assorted Brownie <hr/> Tuna Melt on French Bread with Tomato Slices <hr/> Banh Mi Sandwich with Roasted Pork, & Pickled Veg & Hoisin Sauce Mayo 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 Potatoes, Corn & Carrots <hr/> Fruit Plautz 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/> Pumpkin Pie w/ Whipped Cream Fruit of the week:	Stuffed Pork Loin with Apples & Prunes, Gravy, Mashed Potatoes & Kalebanzo Vegetable Mix <hr/> Potato & Cheddar Perogies w/ Sour Cream & Fried Onions, Kielbasa Sausage, Kalebanzo Vegetable Mix <hr/> Assorted Desserts Fruit of the week:	German Beef Roulade with Bacon Stuffed with Pickles, Served with Mashed Potatoes, Braised Red Cabbge & Corn <hr/> Tiramisu Cake Fruit of the Week:	Grilled Chicken Burger, Tomato & Lettuce with Sweet Potato Fries <hr/> Spaghetti with Meat Sauce, Caesar Salad & Garlic Toast <hr/> Maple Chocolate Cake 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 Potatoes, Cauliflower & Roasted Butternut Squash <hr/> Peach Crisp with Butterscotch Ice Cream Cup Fruit of the Week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</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/> 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 Chicken, Cheese, Green Onions, Black Olives with Salsa & Sour Cream <hr/> Teriyaki Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad	Soup: Carrot Almond Snack: Assorted Danish <hr/> Grilled Ham & Havarti Cheese Sandwich on French Bread <hr/> Beef Chili with Shredded Cheese and Green Onions & Biscuit	Soup: Beef Tortilla Snack: Assorted Danish <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/> 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 & Zucchini <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 Vegetable Medley <hr/> Cherry Pie with Whipped Cream Fruit of the Week: