

## MEALS FOR THE CURRENT WEEK OF FEBRUARY

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:

## MEALS FOR THE CURRENT WEEK OF FEBRUARY

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 <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: Banana Muffin <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 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 Ground Beef, Cheese, Green Onions, Black Olives with Salsa & Sour Cream	Soup: Beef Noodle Snack: Peanut Butter Marshmallow Square <hr/> Grilled Chicken, Cheese & 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, 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, 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 Schnitzel with Apple Gravy, Roasted Potatoes & Vegetable Medley <hr/> Assorted Dessert Fruit of the Week:	1/4 Roasted Chicken Dinner, Mashed Potatoes, Gravy, 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 Pickerel, Tartar Sauce, Lemon Potatoes, Roasted Brussel Sprouts & 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 Applesauce, Mashed Potatoes, Gravy, Peas & Carrots <hr/> Assorted Donuts Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
<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 with a Croissant</p> <hr/> <p>Chicken Ceasar Wrap with Soup OR Tossed Salad</p>	<p><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><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><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: 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><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><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><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><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><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><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><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><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><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
<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Stuffed Potato with Sour Cream &amp; Tossed Salad</p> <hr/> <p>Broccoli &amp; Bacon Quiche with Yogurt Cup</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Cream of Tomato Snack: Morning Glory Muffin</p> <hr/> <p>Bacon Chicken Ranch Wrap (Lettuce, Cheese, Bacon, Chicken &amp; Ranch Dressing)</p> <hr/> <p>Tuna Waldorf Salad on a Kaiser Bun with Lettuce</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Sausage &amp; Bean Snack: Morning Glory Muffin</p> <hr/> <p>Buttermilk Pancakes with Fruit Sauce, Sausages &amp; Fruit Slices</p> <hr/> <p>BBQ Chicken Quesadilla with Sour Cream &amp; Salsa</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Tomato Meatball Snack: Lemon Struesel Square</p> <hr/> <p>Breakfast Poutine with Roasted Hash, Bacon Bits, Poached Eggs &amp; Topped w Hollandaise Sauce &amp; Green Onions</p> <hr/> <p>Turkey Schnitzel Burger (Lettuce, Tomato, Mayo) with French Fries</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Beet Borscht Snack: Assorted Brownies</p> <hr/> <p>Tuna Melt on French Bread with Tomato Slices</p> <hr/> <p>Cobb Salad with Grilled Chicken, Candied Walnuts, Cubed Cheese, Diced Pears &amp; Garlic Bread Stick</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Cream of Chicken Snack: Assorted Brownie</p> <hr/> <p>Tuna Melt on French Bread with Tomato Slices</p> <hr/> <p>Banh Mi Sandwich with Roasted Pork, &amp; Pickled Veg &amp; Hoisin Sauce Mayo in a Baguette Bun</p>	<p style="text-align: center;"><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Hot Roast Beef Sandwich on Whole Wheat Bread with Gravy</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>Roast Turkey Dinner with Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Corn &amp; Carrots</p> <hr/> <p>Fruit Plautz Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Maria's BBQ Spare Ribs with Vegetable Pancit (Noodles) &amp; Lumpia (Spring Roll)</p> <hr/> <p>Vegetable Manicotti with Caesar Salad and Garlic Bread Stick</p> <hr/> <p>Pumpkin Pie w/ Whipped Cream Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Stuffed Pork Loin with Apples &amp; Prunes, Gravy, Mashed Potatoes &amp; Kalebanzo Vegetable Mix</p> <hr/> <p>Potato &amp; Cheddar Perogies w/ Sour Cream &amp; Fried Onions, Kielbasa Sausage, Kalebanzo Vegetable Mix</p> <hr/> <p>Assorted Desserts Fruit of the week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>German Beef Roulade with Bacon Stuffed with Pickles, Served with Mashed Potatoes, Braised Red Cabbge &amp; Corn</p> <hr/> <p>Tiramisu Cake Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Grilled Chicken Burger, Tomato &amp; Lettuce with Sweet Potato Fries</p> <hr/> <p>Spaghetti with Meat Sauce, Caesar Salad &amp; Garlic Toast</p> <hr/> <p>Maple Chocolate Cake Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes &amp; Green Bean Almandine &amp; Corn</p> <hr/> <p>Farmers Sausage, Kielke (Noodles) with Onion Cream Sauce, Green Bean Almandine &amp; Corn</p> <hr/> <p>Fresh Fruit Salad w/ Berries Fruit of the Week:</p>	<p style="text-align: center;"><b>Dinner</b></p> <p>Lemon Herbed OR BBQ Chicken Breast, Oven Roasted Potatoes, Cauliflower &amp; Roasted Butternut Squash</p> <hr/> <p>Peach Crisp with Butterscotch Ice Cream Cup Fruit of the Week:</p>

# MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Scrambled Eggs, Sausage OR Bacon, Hash Browns, Choice of Toast &amp; Fruit Salad</p> <hr/> <p>Grilled Cinnamon Bun, Yogurt Cup, Cheese Sticks, &amp; Fruit Salad</p>	<p><b>Lunch</b></p> <p>Soup: Hamburger Snack: Assorted Nanaimo</p> <hr/> <p>Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing &amp; Swiss Cheese on Marble Rye</p> <hr/> <p>Toasted BLTC (Bacon, Lettuce, Tomato &amp; Cheese) Sandwich with Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Veggie Mushroom Barley Snack: Assorted Nanaimo</p> <hr/> <p>Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing &amp; Swiss Cheese on Marble Rye</p> <hr/> <p>Roasted Pork Flatbread with Hoisin Sauce, Cucumber Slices, Pickled Veggies &amp; Lettuce with Soup OR Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Hearty Vegetable Barley Snack: Peanut Butter Cookie</p> <hr/> <p>Taco Salad Bowl with Chicken, Cheese, Green Onions, Black Olives with Salsa &amp; Sour Cream</p> <hr/> <p>Teriyaki Chicken Wings or Plain Chicken Wings w/ Soup or Tossed Salad</p>	<p><b>Lunch</b></p> <p>Soup: Carrot Almond Snack: Assorted Danish</p> <hr/> <p>Grilled Ham &amp; Havarti Cheese Sandwich on French Bread</p> <hr/> <p>Beef Chili with Shredded Cheese and Green Onions &amp; Biscuit</p>	<p><b>Lunch</b></p> <p>Soup: Beef Tortilla Snack: Assorted Danish</p> <hr/> <p>Grilled Ham &amp; Havarti Cheese Sandwich on French Bread</p> <hr/> <p>Mushroom &amp; Bell Pepper Omelette with Hash Brown &amp; Fruit Salad</p>	<p><b>Lunch</b></p> <p>Soup: Soup of the Day Snack: Assorted</p> <hr/> <p>Roasted Vegetable &amp; Falafel Pita with Tatziki Sauce with Tossed Salad</p> <hr/> <p>Hot Turkey Sandwich on Whole Wheat Bread with Gravy</p>
<p><b>Dinner</b></p> <p>BBQ Ribs, Baked Potato, Sour Cream, Corn Bread &amp; Creamy Coleslaw &amp; Steamed Carrot</p> <hr/> <p>Pecan Pie with Whipped Cream Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Beef Stew w/ Dinner Roll &amp; Carrot Salad</p> <hr/> <p>Pork Schnitzel, Boiled Potatoes w/ Butter, Braised Red Cabbage &amp; Peas</p> <hr/> <p>Cheesecake with Fruit Sauce Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Kung Pao Chicken with Vegetable Chow Mein, Spring Roll &amp; Steamed Vegetable Medley</p> <hr/> <p>Roasted Pork Loin with Apricot and Prune Gravy, Mashed Potatoes &amp; Steamed Vegetable Medley</p> <hr/> <p>Assorted Desserts Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Roast Beef with Gravy &amp; Mini Yorkshire Pudding, Kielke (Noodles) with Onion Cream Sauce, Honey Glazed Carrots &amp; Peas</p> <hr/> <p>Blueberry Cobbler with Vanilla Ice Cream Cup Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Roasted Chicken Skewers with Tatziki Sauce, Roasted Potatoes, Steamed Broccoli &amp; Carrots</p> <hr/> <p>Vegetarian Lasagna with Greek Salad &amp; Garlic Toast</p> <hr/> <p>Fresh Fruit Salad w/ Berries Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>Baked Salmon w/ Fresh Dill, Boiled Lemon Potatoes, Sauteed Peppers &amp; Zucchini</p> <hr/> <p>Chicken a La King with Sourdough Bread &amp; Tossed Salad</p> <hr/> <p>Boston Cream Pie Fruit of the Week:</p>	<p><b>Dinner</b></p> <p>1/4 Roasted Chicken Dinner with Scalloped Potatoes, Steamed Vegetable Medley</p> <hr/> <p>Cherry Pie with Whipped Cream Fruit of the Week:</p>