

LM

# MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
<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 Snack	Soup: Cream of Mushroom Snack: Lemon Square	Soup: Somma Borscht w/ Dill Snack: Lemon Square	Soup: Chicken & Rice Snack: Assorted Snacks	Soup: French Canadian Pea Soup Snack: Saskatoon Berry Tart with Whipped Cream	Soup: Butternut Squash w/ Apples Snack: Morning Glory Muffins	Soup: Soup of the Day Snack: Assorted
Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Back Bacon, Yogurt & Fruit Slices	Smoked Turkey Club Sub w/ Lettuce, Tomato, Cheese & Bacon	Smoked Turkey Club Sub w/ Lettuce, Tomato, Cheese & Bacon	Tuna Salad on a Kaiser Bun with Lettuce	Canada Theme Meal Bison Ragu (stew) with Bannock	Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese	Vegetarian OR Pepperoni & Mushroom Pizza w/ Tossed Salad
Pulled BBQ Beef on a Whole Wheat Kaiser Bun with Creamy Coleslaw	Hot Roast Beef Sandwich w/ Gravy and a Beet & Feta Salad	Fancy Double Stuffed Egg Salad Sandwich with Cream Cheese & Cucumbers	Potato Pancakes with Apple Sauce & Sour Cream, Fruit Salad, and Bacon		Cobb Salad w/ Grilled Chicken, Candied Walnuts & Boiled Egg w/ Garlic Toast	Pancakes with Maple Ham & Yogurt
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Pot Roast, Onion Gravy, Boiled Potatoes, Carrots & Green Bean Almandine	Boneless Pork Chops w/ Sauteed Apples & Apricots, Roasted Potatoes, Broccoli & Sauteed Mushrooms	Southern Fried Chicken Thighs, Baked Potato w/ Sour Cream & Carrot Salad	Meatloaf with Ketchup Sauce, Boiled Potatoes w/ Butter & Steamed Vegetables	Cottage Cheese Perogies w/ Cream Sauce, Farmers Sausage, Fried Onions, Steamed Peas & Carrots	Haddock Fish & Chips with Creamy Coleslaw and Tartar Sauce	BBQ Ribs, Baked Potato w/ Sour Cream, Braised Kale & Corn on the Cob
Blueberry Pie with Whipped Cream Fruit of the week:	Fettuccine Alfredo w/ Shrimp, Caesar Salad & Garlic Toast	Wally Burger w/ Onion Rings & Carrot Salad	Vegetarian Lasagna with Caesar Salad & Garlic Toast	Honey Soy Glazed Pork Tenderloin, Mashed Potatoes, Peas & Carrots	Turkey Schnitzel w/ Gravy, Mashed Potatoes, Sauteed Zucchini & Peppers	Strawberry & Rhubarb Crisp with Vanilla Ice Cream Cup
	Fresh Cut Fruit w/ Grapes Fruit of the Week:	Assorted Desserts Fruit of the Week:	Carrot Cake w/ Cream Cheese Icing Fruit of the Week:	Ice Cream Sandwich Fruit of the Week:	Cupcakes with Icing Fruit of the Week:	Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</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 Snack Spinach & Bell Pepper Omelette w/ Hash Browns & Fruit Slices Toasted Cinnamon Bun, Cheese Sticks, Fruit Slices & Yogurt	Soup: Sweet Potato w/ Ginger & Lime Snack: Date Square Grilled Ham & Havarti Sandwich on French Bread Chicken Fingers w/ French Fries or Tossed Salad	Soup: Vegetable Barley Snack: Date Square Grilled Ham & Havarti Sandwich on French Bread Turkey Salad Sandwich with Lettuce served w/ Broccoli Salad	Soup: NO SOUP Snack: Ginger Cookie Choice of Eggs, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad Meatball Sub with Marina Sauce & Cheese with a Tossed Salad	Soup: Minestrone Snack: Mini Fruit Tarts with Whipped Cream Grilled Chicken, Cheese & Avocado Sandwich on Marble Rye Poutine with Bacon Bits, Cheese Curds & Gravy with a Tossed Salad	Soup: Beef Vegetable Snack: Mini Fruit Tarts with Whipped Cream Grilled Chicken, Cheese & Avocado Sandwich on Marble Rye Fancy Tuna Salad Sandwiches w/ Cream Cheese & Cucumbers	Soup: Soup of the Day Snack: Assorted Wally Burger (Tomato, Lettuce, BBQ Sauce) w/ French Fries OR Carrot Salad BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese) w/ Carrot Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Roasted Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Green Beans & Carrots Pumpkin Pie with Whipped Cream Fruit of the week:	Shrimp Skewers, Cocktail Sauce, Brown Rice Pilaf, Cauliflower & Beets Greek Chicken Skewers, Brown Rice Pilaf, Cauliflower & Beets Jello Parfait with Whipped Cream Fruit of the Week:	Fish Filet Burger (tartar sauce, pickles and lettuce) w/ Spinach & Mandarin Orange Salad Beef & Root Vegetable Stew w/ Sour Dough Bun Assorted Desserts Fruit of the Week:	Grilled Chicken Breast with Broccoli & Cheese Cheese, Mashed Potatoes, Peas & Corn Peach Crisp with Butterscotch Ice Cream Cup Fruit of the Week:	Swedish Meatballs with Boiled Potatoes, Braised Red Cabbage & Sautéed Zucchini Pork Schnitzel w/ Gravy, Boiled Potatoes, Braised Red Cabbage & Zucchini German Chocolate Cake Fruit of the Week:	Lightly Breaded Pickerel, Tartar Sauce, Lemon Potatoes & Steamed Vegetables Shepherd's Pie w/ Gravy & Greek Salad Fresh Fruit Salad w/ Grapes Fruit of the Week:	Sweet & Sour Chicken Balls, Vegetable Pancit (Noodles), Steamed Vegetables & Lumpia (Pork Spring Roll) Potato & Cheddar Perogies w/ Fried Onions, Bacon Bits, Sour Cream, Grilled Kielbasa & Steamed Vegetables Rice Pudding with Raisins Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</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 Snack ----- Buttermilk Pancakes w/ Fruit Sauce, Bacon & Fruit Slices ----- Vegetarian Pizza OR Ham & Pineapple Pizza w/ Tossed Salad	Soup: Cream of Mushroom & Wild Rice Snack: Pecan Struesel ----- Grilled Turkey & Provolone Sandwich w/ Basil Pesto on Marble Rye ----- Pulled BBQ Pork on a Whole Wheat Kaiser Bun w/ Beet & Feta Salad	Soup: Chicken Noodle Snack: Pecan Struesel ----- Grilled Turkey & Provolone Sandwich w/ Basil Pesto on Marble Rye ----- Taco Salad w/ Ground Beef, Lettuce, Tomatoes, Green Onions, Cheese, Sour Cream & Salsa	Soup: Cream of Tomato Snack: White Chocolate Macadamia Nut Cookie ----- Waffles w/ Sausage, Whipped Cream & Fruit Salad ----- Chef's Salad w/ Boiled Egg, Rolled Ham, Rolled Turkey, Cheese Cubes & Croissant	Soup: Potato & Leek Snack: Peanut Butter Marshmallow Square ----- Toasted BLTC Sandwich (Bacon, Lettuce, Tomato & Cheese) Sandwich ----- BBQ Sauce Chicken Wings Or Plain Chicken Wings w/ Caesar Salad	Soup: Cabbage Borscht Snack: Peanut Butter Marshmallow Square ----- Toasted BLTC Sandwich (Bacon, Lettuce, Tomato & Cheese) Sandwich ----- Fancy Salmon Salad w/ Cucumber, Tomato & Cream Cheese	Soup: Soup of the Day Snack: Assorted ----- Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Back Bacon, Yogurt & Fruit Slices ----- Beef Dip Sandwich w/ French Fries 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 Beef, Gravy, Mini Yorkshire Pudding, Mashed Potatoes, Peas & Carrots ----- Cheesecake with Strawberry Sauce Fruit of the week:	Thai Coconut Chicken Curry w/ Jasmine Rice & Vegetable Medley ----- Meat Tourtiere w/ Gravy & Vegetable Medley ----- Banana Cream Pie Fruit of the Week:	Haddock Fish & Chips w/ Homemade Tartar Sauce & Creamy Colelaw ----- Roasted Pork Loin w/ Applesauce, Boiled Potatoes & Bistro Mix ----- Assorted Desserts Fruit of the Week:	Roasted 1/4 Chicken, Gravy, Macaroni & Cheese, Brussels Sprouts & Beets ----- Carrot Cake w/ Cream Cheese Icing Fruit of the Week:	Beef Stroganoff w/ Egg Noodles, Broccoli & Cauliflower ----- Lemon & Pepper Cod Tails with Broccoli Cauliflower Salad with Baby Potatoes ----- Fresh Fruit Salad w/ Grapes Fruit of the Week:	Lightly Breaded Pickerel, Tartar Sauce, Boiled Potatoes w/ Butter & Vegetable Medley ----- Liver & Onions, Gravy, Boiled Potatoes & Vegetable Medley ----- Mixed Fruit Crisp w/ Strawberry Ice Cream Fruit of the Week:	Teriyaki Grilled Chicken Breast, Roasted Potatoes, Peas & Spaghetti Squash ----- Tapioca Pudding Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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 Snack ----- Beef & Vegetable Quesadilla w/ Sour Cream & Salsa ----- Cold Cut Plate w/ Potato Salad, Yogurt & Croissant	Soup: Beef Noodle Snack: Mini Danish ----- Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese ----- Chef's Salad w/ Grilled Chicken, Candied Pecans & Apples w/ Tea Biscuit	Soup: Split Pea Snack: Mini Danish ----- Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese ----- Buttermilk Pancakes w/ Bacon, Fruit Sauce & Fruit Slices	Soup: Chicken & Barley Snack: Fruit Filled Cookie ----- Spinach & Cheese Omelette, Toast & Fruit Salad ----- Hot Roast Beef Sandwich w/ Potato Wedges or Tossed Salad	Soup: Scotch Broth Snack: Bran Muffin ----- Grilled Cheese & Asparagus w/ Tomato Sandwich ----- Chicken Fingers w/ Onion Rings OR Tossed Salad	Soup: Potato & Bacon Snack: Bran Muffin ----- Grilled Cheese & Asparagus w/ Tomato Sandwich ----- Fancy Double Stuffed Egg Salad Sandwich with Cucumbers & Cream Cheese	Soup: Soup of the Day Snack: Assorted ----- Scrambled Eggs, Bacon OR Sausage, Hash Browns, Toast & Fruit Slices ----- Italian Meat Sub w/ Potato Chips OR Tossed Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Sweet & Sour Chicken Balls, Vegetable Fried Rice, Vegetable Spring Roll & Steamed Vegetables ----- Honey Garlic Spare Ribs, Vegetable Fried Rice, Vegetable Spring Roll & Steamed Vegetables ----- Butter Tart with Whipped Cream Fruit of the week:	Grilled BBQ Chicken Breast w/ Onion Rings OR Broccoli Salad ----- Baked Ham w/ Grilled Pineapple, Boiled Potatoes w/ Butter, Green Beans & Sauteed Mushrooms ----- Black Forest Cake Fruit of the Week:	Beef Canneloni w/ Caesar Salad & Garlic Toast ----- Bacon & Broccolie Quiche with Spinach Strawberry Salad ----- Assorted Desserts Fruit of the Week:	Grilled Chicken Parmesan, Baby Potatoes, Sauteed Zucchini & Peppers ----- Tiramisu Cake Fruit of the Week:	Grilled Farmers Sausage, Mashed Potatoes & Vegetable Medley ----- Vegetarian Lasagna w/ Caesar Salad & Garlic Bread Stick ----- Fresh Fruit Salad w/ Grapes Fruit of the Week:	Baked Salmon w/ Fresh Dill, Lemon Potatoes & Green Bean Almandine & Corn ----- Shepherd's Pie w/ Gravy, Greek Salad ----- Lemon Pie Donut with Whipped Cream Fruit of the Week:	Roasted Turkey Dinner, Stuffing, Cranberry Sauce, Gravy, Mashed Potatoes, Brussels Sprouts & Carrots ----- Orange Cream Cake Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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 Snack <hr/> Fish Filet Burger (Pickles, Tartar Sauce) w/ Sweet Potato Fries OR Tossed Salad <hr/> Smoked Salmon on a Bagel w/ Cream Cheese	Soup: Cream of Broccoli Snack: Cinnamon Sugared Donut Holes <hr/> Grilled Ham & Havarti Sandwich on French Bread <hr/> Tomato & Bell Pepper Quiche & Tossed Salad	Soup: Gumbo Soup Snack: Krispy Kreme Donut <hr/> USA Theme Meal Southern Fried Chicken with Baked Beans, Creamy Coleslaw and Corn Bread	Soup: Vegetable Barley Snack: Assorted Snack <hr/> Chicken Salad with Lettuce on a Kaiser Bun <hr/> Chef's Salad w/ Boiled Egg, Scoop of Tuna & Homemade Croutons	Soup: Chicken Noodle Snack: Assorted Wafer Cookies <hr/> Corned Beef Sandwich with Mustard and Lettuce on Rye Bread <hr/> Toasted BLTC Sandwich (Bacon, Lettuce, Tomato & Cheese) Sandwich	Soup: Cream of Mushroom Snack: Assorted Wafer Cookie <hr/> Corned Beef Sandwich with Mustard and Lettuce on Rye Bread <hr/> Fancy Egg Salad Sandwich w/ Cucumber & Cream Cheese	Soup: Soup of the Day Snack: Assorted <hr/> Ham & Pineapple Pizza OR Vegetarian Pizza w/ Tossed Salad <hr/> BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese) w/ Carrot Salad
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Stuffed Chicken Breast Filled w/ Broccoli & Cheese, Mashed Potatoes w/ Cream Gravy, Peas & Cauliflower <hr/> Strawberry Cream Pie Fruit of the week:	Beef Stew w/ Dinner Roll & Carrot Salad <hr/> Pork Schnitzel, Gravy, Boiled Potatoes w/ Butter, Braised Red Cabbage & Broccoli <hr/> Boston Cream Cake Fruit of the Week:	Lightly Breaded Pickerel, Tartar Sauce, Roasted Potatoes, Asparagus & Sautéed Mushrooms <hr/> Spaghetti & Meat Sauce, Caesar Salad & Garlic Toast <hr/> Assorted Desserts Fruit of the Week:	Chicken Thighs w/ Mushroom Cream Sauce, Baked Potato w/ Sour Cream, Sautéed Peppers & Zucchini <hr/> Pork Tenderloin w/ Mushroom Gravy, Baked Potato w/ Sour Cream, Sautéed Peppers & Zucchini <hr/> Chocolate Pudding with Cream Cheese Whipped Cream & Almonds Fruit of the Week:	Cottage Cheese Perogies w/ Cream Sauce & Fried Onions, Farmers Sausage & Romanesco Mix <hr/> Meatloaf with Ketchup Sauce, Mashed Potatoes & Romanesco Mix <hr/> Fresh Fruit Salad w/ Berries Fruit of the Week:	Haddock Fish & Chips w/ Homemade Tartar Sauce, Vegetable Medley <hr/> Grilled Teriyaki Chicken Strips, Rice Pilaf, Vegetable Medley <hr/> Lemon Buttermilk Cake Fruit of the Week:	Pot Roast Dinner, Mashed Potatoes, Honey Glazed Carrots & Roasted Beets <hr/> Frozen Yogurt Bar Fruit of the Week: