

# MEALS FOR THE CURRENT WEEK OF JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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/> Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Back Bacon, Yogurt & Fruit Slices <hr/> BBQ Beef Stuffed Bun with Creamy Coleslaw	Soup: Cream of Mushroom Snack: Lemon Square <hr/> Smoked Turkey Club Sub w/ Lettuce, Tomato, Cheese & Bacon <hr/> Hot Roast Beef Sandwich w/ Gravy and a Beet & Feta Salad	Soup: French Canadian Pea Soup Snack: Saskatoon Berry Tart with Whipped Cream <hr/> Canada Theme Meal Bison Ragu (stew) with Bannock	Soup: Chicken & Rice Snack: Assorted Snacks <hr/> Tuna Salad on a Kaiser Bun with Lettuce <hr/> Potato Pancakes with Apple Sauce & Sour Cream, Fruit Salad, and Bacon	Soup: Cream of Broccoli Snack: Morning Glory Muffins <hr/> Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese <hr/> Vegetarian Quesadillas w/ Salsa, Guacamole and Cauliflower & Apple Salad	Soup: Butternut Squash w/ Apples Snack: Morning Glory Muffins <hr/> Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese <hr/> Cobb Salad w/ Grilled Chicken, Candied Walnuts & Boiled Egg w/ Garlic Toast	Soup: Soup of the Day Snack: Assorted <hr/> Vegetarian OR Pepperoni & Mushroom Pizza w/ Tossed Salad <hr/> 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 <hr/> Blueberry Pie with Whipped Cream Fruit of the week:	Boneless Pork Chops w/ Sauteed Apples & Apricots, Roasted Potatoes, Broccoli & Sauteed Mushrooms <hr/> Fettuccine Alfredo w/ Shrimp, Caesar Salad & Garlic Toast <hr/> Fresh Cut Fruit w/ Grapes Fruit of the Week:	Southern Fried Chicken Thighs, Baked Potato w/ Sour Cream & Carrot Salad <hr/> Wally Burger w/ Onion Rings & Carrot Salad <hr/> Assorted Desserts Fruit of the Week:	Filipino Style Meatloaf, Boiled Potatoes w/ Butter & Steamed Vegetables <hr/> Vegetarian Lasagna with Caesar Salad & Garlic Toast <hr/> Carrot Cake w/ Cream Cheese Icing Fruit of the Week:	Cottage Cheese Perogies w/ Cream Sauce, Farmers Sausage, Fried Onions, Steamed Peas & Carrots <hr/> Honey Soy Glazed Pork Tenderloin, Mashed Potatoes, Peas & Carrots <hr/> Ice Cream Sandwich Fruit of the Week:	Haddock Fish & Chips with Creamy Coleslaw and Tartar Sauce <hr/> Turkey Schnitzel w/ Gravy, Mashed Potatoes, Sauteed Zucchini & Peppers <hr/> Cupcakes with Icing Fruit of the Week:	BBQ Ribs, Baked Potato w/ Sour Cream, Braised Kale & Corn on the Cob <hr/> Strawberry & Rhubarb Crisp with Vanilla Ice Cream Cup 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 <hr/> Spinach & Bell Pepper Omelette w/ Hash Browns & Fruit Slices <hr/> Toasted Cinnamon Bun, Cheese Sticks, Fruit Slices & Yogurt	Soup: Sweet Potato w/ Ginger & Lime Snack: Date Square <hr/> Grilled Ham & Havarti Sandwich on French Bread <hr/> Chicken Fingers w/ French Fries or Tossed Salad	Soup: Vegetable Barley Snack: Date Square <hr/> Grilled Ham & Havarti Sandwich on French Bread <hr/> Turkey Salad Sandwich with Lettuce served w/ Broccoli Salad	Soup: NO SOUP Snack: Ginger Cookie <hr/> Choice of Eggs, Bacon OR Sausage, Hashbrowns, Choice of Toast & Fruit Salad <hr/> Meatball Sub with Marina Sauce & Cheese with a Tossed Salad	Soup: Minestrone Snack: Mini Fruit Tarts with Whipped Cream <hr/> Grilled Chicken, Cheese & Avocado Sandwich on Marble Rye <hr/> Poutine with Bacon Bits, Cheese Curds & Gravy with a Tossed Salad	Soup: Beef Vegetable Snack: Mini Fruit Tarts with Whipped Cream <hr/> Grilled Chicken, Cheese & Avocado Sandwich on Marble Rye <hr/> Fancy Tuna Salad Sandwiches w/ Cream Cheese & Cucumbers	Soup: Soup of the Day Snack: Assorted <hr/> Wally Burger (Tomato, Lettuce, BBQ Sauce) w/ French Fries OR Carrot 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>
Roasted Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Green Beans & Carrots <hr/> Pumpkin Pie with Whipped Cream Fruit of the week:	Shrimp Skewers, Cocktail Sauce, Brown Rice Pilaf, Cauliflower & Beets <hr/> Greek Chicken Skewers, Brown Rice Pilaf, Cauliflower & Beets <hr/> Jello Parfait with Whipped Cream Fruit of the Week:	Fish Filet Burger (tartar sauce, pickles and lettuce) w/ Spinach & Mandarin Orange Salad <hr/> Beef & Root Vegetable Stew w/ Sour Dough Bun <hr/> Assorted Desserts Fruit of the Week:	Grilled Chicken Breast with Broccoli & Cheese Cheese, Mashed Potatoes, Peas & Corn <hr/> Peach Crisp with Butterscotch Ice Cream Cup Fruit of the Week:	Swedish Meatballs with Boiled Potatoes, Braised Red Cabbage & Sautéed Zucchini <hr/> Pork Schnitzel w/ Gravy, Boiled Potatoes, Braised Red Cabbage & Zucchini <hr/> German Chocolate Cake Fruit of the Week:	Lightly Breaded Pickerel, Tartar Sauce, Lemon Potatoes & Steamed Vegetables <hr/> Shepherd's Pie w/ Gravy & Greek Salad <hr/> Fresh Fruit Salad w/ Grapes Fruit of the Week:	Sweet & Sour Chicken Balls, Vegetable Pancit (Noodles), Steamed Vegetables & Lumpia (Pork Spring Roll) <hr/> Potato & Cheddar Perogies w/ Fried Onions, Bacon Bits, Sour Cream, Grilled Kielbasa & Steamed Vegetables <hr/> Rice Pudding with Raisins Fruit of the Week:

# MEALS FOR THE CURRENT WEEK OF FEBRUARY

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

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

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