

MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: No Soup Snack: Assorted Snack ----- Suzy Q Lunch ----- Poached OR Scrambled Eggs, Hash Brown Patties, Bacon OR Sausage & Yogurt	Soup: Cream of Potato & Bacon Snack: Mini Saskatoon Berry Tart with Whipped Cream ----- Grilled Turkey & Mozzarella Sandwich with Basil Mayo Pesto on Marble Rye Bread ----- Cobb Salad with Boiled Egg, Bacon Bits, Candied Pecans, Cubed Cheese & Tea Biscuit (choice of dressing)	Soup: Beef Barley Snack: Mini Saskatoon Berry Tart with Whipped Cream ----- Grilled Turkey & Mozzarella Sandwich with Basil Mayo Pesto on Marble Rye Bread ----- Grilled Chicken Caesar Salad with Croutons, Parmesan Cheese & Bread Stick	Soup: Summa Borscht Snack: Assorted Brownies ----- Pancakes with Fruit Sauce, Grilled Ham & Fruit Slices ----- Spinach & Bell Pepper Omelette with Raisin Toast & Fruit Slices	Soup: Chicken & Rice Snack: Banana Bread Muffin ----- Toasted Denver Sandwich with Cheese (Egg, Green Onion, Ham) ----- Philly Cheese Steak Sandwich on Whole Wheat Bun with Pulled Beef & Grilled Peppers	Soup: Butternut Squash w/ Apples Snack: Banana Bread Muffin ----- Toasted Denver Sandwich with Cheese (Egg, Green Onion, Ham) ----- Fancy Tuna Salad Sandwiches with Cucumber & Cream Cheese	Soup: Soup of the Day Snack: Assorted ----- Wally Mushroom Mozzarella Burger (Mayo) on Whole Wheat Bun with Sweet Potato Fries ----- BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese) w/ Broccoli Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Sweet & Sour Chicken Balls OR Boneless Honey Garlic Spare Ribs ----- Served with: Steamed Vegetables, Pork Lumpia (Spring Roll) & Vegetable Pancit and a Fortune Cookie ----- Rice Pudding Fruit of the week:	Salisbury Steak OR Pork Schnitzel ----- Served With: Mushroom Gravy, Mashed Potatoes & Roasted Zucchini & Peppers ----- German Chocolate Cake Fruit of the Week:	BBQ Ribs served with Baked Potato with Sour Cream, Steamed Carrot & Peas ----- Assorted Desserts Fruit of the Week:	Stuffed Chicken with Broccoli & Cheese served with Cream Sauce, Mashed Potatoes & Steamed Vegetable Medley ----- Assorted Mini Bundt Cakes Fruit of the Week:	Baked Ham with Apple Sauce OR Roasted Chicken Legs ----- Served with: Scalloped Potatoes, Steamed Broccoli & Carrots ----- Butterscotch Pudding with Whipped Cream Fruit of the Week:	Baked Salmon OR Meatloaf with Ketchup Sauce ----- Served with: Boiled Baby Potatoes, Sauteed Green Bean Almondine & Steamed Corn ----- Strawberry Rhubarb Crisp with Vanilla Ice Cream Cup Fruit of the Week:	Roasted Turkey Dinner, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Steamed Corn & Brussels Sprouts ----- Pecan Pie with Whipped Cream Fruit of the Week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	13	14
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: No Soup Snack: Assorted Snack <hr/> Suzy Q Lunch <hr/> Scrambled Eggs, Bacon OR Sausage, Grilled Waffles (Syrup) & Fruit Salad	Soup: Ham & Split Pea Snack: Mini Danishes <hr/> Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye Bread <hr/> Popcorn Chicken Poutine with Gravy & Cheese Curds	Soup: Turkey Noodle Snack: Mini Danishes <hr/> Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese on Marble Rye Bread <hr/> Tuna Melt on French Bread with Tomato Slices	Soup: Hamburger Snack: Oreo Cookies <hr/> Hot Roast Beef Sandwich with Gravy (your choice of bread) <hr/> Cottage Cheese Perogies, Fried Onions, Cream Sauce & Farmer Sausage	Soup: Cream of Cauliflower & Cheese Snack: Assorted Nanaimo Bars <hr/> Grilled Chicken & Avocado Sandwich on Rye Bread <hr/> Fancy Salmon Salad Sandwiches with Cucumber & Cream Cheese	Soup: Carrot & Ginger Snack: Assorted Nanaimo Bars <hr/> Grilled Chicken & Avocado Sandwich on Rye Bread <hr/> Whole Wheat Bun Breakfast Sandwich with Fried Egg, Bacon & Cheese	Soup: Soup of the Day Snack: Assorted <hr/> Toasted Cinnamon Bun, Ham Roll, Cheese Sticks & Fruit Slices <hr/> Eggs Benedict on a Tea Biscuit w/ Hollandaise Sauce, Peameal Bacon & Fruit Slices
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Beef Dinner, Gravy, Mini Yorkshire Pudding, Baked Potato with Sour Cream, Steamed Peas & Carrots <hr/> Lemon Buttermilk Cake Fruit of the week:	Chicken Souvlaki Skewers OR Shrimp Skewers with Cocktail Sauce <hr/> Served With: Roasted Lemon Potatoes, Creamed Spinach & Steamed Corn <hr/> Jello Parfait with Whipped Cream Fruit of the Week:	Beef & Broccoli Stir Fry OR Kung Pao Chicken <hr/> Served With: Vegetable Fried Rice, Vegetable Spring Roll & Steamed Vegetable Medley <hr/> Assorted Desserts Fruit of the Week:	Grilled Chicken Parmesan (Salsa & Cheese), Roasted Lemon Potatoes, Roasted Spaghetti Squash & Steamed Peas <hr/> Peach Crisp w/ Butterscotch Ice Cream Fruit of the Week:	Roasted Porkloin OR Turkey Schnitzel <hr/> Served With: Apple Gravy, Whipped Yam & Potato & Steamed Kalebonzo Vegetable Mix <hr/> Fresh Fruit Salad w/ Grapes Fruit of the Week:	Pan Fried Pickerel with Tartar Sauce OR Beef Lasagna <hr/> Served with: Boiled Baby Potatoes, Garlic Toast, Steamed Peas & Carrots <hr/> Apple Bread Pudding with Toffee Sauce Fruit of the Week:	Salisbury Steak OR Roasted Chicken Thighs <hr/> Served With: Onion Gravy, Mashed Potatoes & Steamed PEI Vegetable Mix <hr/> Cheesecake with Saskatoon Berry Sauce Fruit of the Week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: No Soup Snack: Assorted Snack ----- Suzy Q Lunch ----- Scrambled Eggs, OR Poached Eggs, Grilled Waffles, Bacon OR Sausage & Fruit Slices	Soup: Cabbage Borscht Snack: Butterscotch Square ----- Grilled Cheese Sandwich with Bacon and Tomato on your Choice of Bread ----- Pulled BBQ Pork & Creamy Coleslaw on a Whole Wheat Kaiser Bun	Soup: Cream of Broccoli & Cheddar Snack: Butterscotch Square ----- Grilled Cheese Sandwich with Bacon and Tomato on your Choice of Bread ----- Bacon Cheddar Pergoies with Bacon Bits, Sour Cream & Fried Onions	Soup: Lentil Snack: Lemon Square ----- Chicken Fingers with Fries & Side Gravy ----- Chef's Salad w/ Boiled Egg, Rolled Ham, Grilled Chicken, Cheese Cubes & Croissant	Soup: Tomato Basil Snack: Peanut Butter Cookie ----- Club House Sub (Turkey, Lettuce, Tomato, Cheese, Mayo) on Whole Wheat Sub Bun ----- Stuffed French Toast with Lemon Cream Cheese, Fruit Sauce & Baked Sausage Links	Soup: Chicken Noodle Snack: Peanut Butter Cookie ----- Club House Sub (Turkey, Lettuce, Tomato, Cheese, Mayo) on a Whole Wheat Sub Bun ----- Fancy Egg Salad with Cucumber & Cream Cheese	Soup: Soup of the Day Snack: Assorted ----- Grilled Hotdog with Fried Onions or Fried Sauerkraut & Onion Rings ----- Bacon & Red Pepper Quiche with Spinach Mandarin Salad (choice of dressing) & Yogurt
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pot Roast Dinner, Gravy, Mashed Potatoes, Steamed Broccoli & Roasted Beets ----- Peach Pie with Whipped Cream Fruit of the week:	Chicken Lasagna OR Spaghetti & Meat Sauce ----- Served With: Garlic Toast & Caesar Salad ----- Raspberry Mousse Cake Fruit of the Week:	Meatloaf with Ketchup Sauce OR Roasted Apricot Glazed Pork Tenderloin ----- Served With: Cauliflower and Potato Casserole & Steamed Peas ----- Assorted Desserts Fruit of the Week:	Sweet & Sour Chicken Balls OR Boneless Honey Garlic Spare Ribs ----- Served With: Steamed Vegetables, Pork Lumpia & Vegetable Pancit. Fortune Cookie ----- Coconut Cream Pie Fruit of the Week:	Grilled Boneless Pork Chops OR Swedish Meatballs ----- Served With: Gravy, Boiled Potatoes with Dill & Steamed Bistro Vegetable Mix ----- Fresh Fruit Salad w/ Berries Fruit of the Week:	Battered Haddock Fish OR Beef Stroganoff with Egg Noodles ----- Served with: Fries & Steamed Vegetables ----- Lemon Meringue Pie Fruit of the Week:	Roasted 1/4 Chicken Diner, Gravy, Scalloped Potatoes, Steamed Honey Glazed Carrots & Steamed Peas ----- Ice Cream Cone Fruit of the Week:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: No Soup Snack: Assorted Snack	Soup: French Onion Snack: Sour Cream Glazed Donut Holes	Soup: Scotch Broth Snack: Mini Custard Tart	Soup: Hearty Minestrone Snack: Fruit Filled Cookie	Soup: Corn Chowder Snack: Mini Cream Puffs	Soup: Sweet Potato Snack: Mini Cream Puffs	Soup: Soup of the Day Snack: Assorted
Suzy Q Lunch	Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese	UK / Scotland / Ireland Themed Lunch	Spinach & Bell Pepper Cheese Omelette, Hashbrown Patty & Grilled Ham	Tuna Melt on French Bread with Cheese & Tomato	Tuna Melt on French Bread with Cheese & Tomato	BLTC Sandwich (Bacon, Lettuce, Tomato, Cheese) w/ Tossed Salad
Scrambled Eggs, OR Poached Eggs, Grilled Waffles, Bacon OR Sausage & Yogurt	Grilled Chicken Cordon Bleu Sandwich on French Bread (Ham, Chicken & Swiss Cheese)	Fish & Chip Basket with Tartar Sauce & Oil Vinegar Coleslaw	Grilled Chicken Ceasar Salad (Croutons, Parmesan Cheese) with Garlic Cheese Toast	Toasted Whole Wheat Bagel Breakfast Sandwich (Fried Egg, Sausage Patty, Cheese)	Bratwurst Sausage on a Bun with Mustard & Sauerkraut	Oatmeal with Peach Slices & Brown Sugar Topping with Yogurt & Raisin Toast
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Roasted Turkey Dinner, Cranberry Sauce, Stuffing, Gravy, Mashed Potatoes, Steamed Brussels Sprouts & Steamed Honey Glazed Carrots	Shrimp Fettucine Alfredo OR Beef Stew	Sweet & Sour Chicken Balls OR Teriyaki Spare Ribs	Stuffed Chicken with Apple & Brie Cheese, Cream Gravy, Mashed Potatoes & Steamed Italian Vegetable Mix	Cottage Cheese Perogies OR Chicken Pot Pie	Baked Salmon OR Turkey Schnitzel	Roast Beef Dinner, Gravy, Mini Yorkshire Pudding, Mashed Potatoes, Creamed Corn & Peas
Pumpkin Pie with Whipped Cream Fruit of the week:	Served With: Garlic Toast & Caesar Salad	Served With: Steamed Vegetables, Vegetable Spring Roll, Vegetable Chow Mein (Noodles) & Fortune Cookie	Bread Pudding with Vanilla Ice Cream Fruit of the Week:	Served with: Cream Sauce, Farmer Sausage & Steamed Kalebanzo Vegetable Mix	Served with: Gravy, Boiled Baby Potatoes, Sauteed Green Bean Almondine & Steamed Carrots	Ice Cream Sandiwches Fruit of the Week:
	Red Velvet Cake Fruit of the Week:	Assorted Desserts Fruit of the Week:		Fresh Fruit Salad w/ Grapes Fruit of the Week:	Chocolate & Raspberry Mousse Parfait Fruit of the Week:	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup: No Soup Snack: Assorted Snack	Soup: Beef Noodle Snack: Blueberry Muffin	Soup: Beet Borscht Snack: Blueberry Muffin	Soup: Vegetable Mushroom Barley Snack: Fig Newton Cookies	Soup: Cream of Mushroom Snack: Assorted Wafer Cookies	Soup: Italian Wedding Snack: Assorted Wafer Cookies	Soup: Soup of the Day Snack: Assorted
Suzy Q Lunch	Grilled Ham & Havarti Sandwich on French Bread	Grilled Ham & Havarti Sandwich on French Bread	Toasted Denver Sandwich with Cheese (Egg, Green Onion, Ham) on your Choice of Bread	Grilled Cheese Sandwich with Sauteed Asparagus & Peppers on your Choice of Bread	Grilled Cheese Sandwich with Sauteed Asparagus & Peppers on your Choice of Bread	Wally Burger (BBQ Sauce, Mayo, Lettuce, Tomato) with Onion Rings
Scrambeled Eggs, OR Poached Eggs, Grilled Waffles (Syrup), Bacon OR Sausage & Fruit Salad	Pepperoni & Mushroom Pizza OR Vegetarian Pizza w/ Tossed Salad	Beef Chili Poutine with Cheese Sauce & Green Onions	BBQ Chicken Sandwich with Pickled Cucumber & Carrot on a Baguette Bun	Bacon Cheddar Pergoies with Bacon Bits, Sour Cream & Fried Onions	Beef Quesadilla with Salsa & Sour Cream	Smoked Salmon on a Whole Wheat Bagel with Cream Cheese & Red Onions
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
BBQ Ribs, Baked Potato, Sour Cream, Baked Beans & Steamed Corn on the Cobb	Chicken Adobo OR Breaded Shrimp with Cocktail Sauce	Turkey Schnitzel OR Shepherd's Pie	Plain Grilled Chicken Breast OR BBQ Grilled Chicken Breast,	Meatloaf with Ketchup Sauce OR Porkloin Chop	Lightly Breaded Pickrel OR Chicken Skewers	Grilled Chicken Parmesan (Salsa & Cheese), Potato & Cauliflower Casserole, Sauteed Peppers & Zucchini
Apple Pie Donut with Whipped Cream	Served With: Vegetable Fried Rice & Steamed Stir Fry Mixed Vegetables	Served With: Mashed Potatoes, Gravy, Sauteed Green Bean Almondine & Steamed Corn	Macaroni & Cheese, Baked Potato with Sour Cream & Corn on the Cobb	Served with: Apple Gravy, Mashed Potatoes, Steamed Broccoli & Cauliflower	Served with: Tartar Sauce, Tatziki Sauce, Roasted Lemon Potatoes & Steamed California Mix	Carrot Cake
Fruit of the week:	Banana Cream Pie Fruit of the Week:	Assorted Desserts Fruit of the Week:	Maple Mania Cake Fruit of the Week:	Fresh Fruit Salad w/ Berries Fruit of the Week:	Tapioca Pudding Fruit of the Week:	Fruit of the Week: