

## MEALS FOR THE CURRENT WEEK OF MARCH

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

## MEALS FOR THE CURRENT WEEK OF MARCH

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

## MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY 22	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Soup: No Soup Snack: Assorted Snack	Soup: French Onion Snack: Sour Cream Glazed Donut Holes	Soup: Sausage & Bean Snack: Sour Cream Glazed Donut Holes	Soup: Hearty Minestrone Snack: Fruit Filled Cookie	Soup: Scotch Broth Snack: Mini Custard Tart	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	Grilled Reuben Sandwich w/ Corned Beef, Saurkraut, 1000 Island Dressing & Swiss Cheese	Spinach & Bell Pepper Cheese Omelette, Hashbrown Patty & Grilled Ham	UK / Scotland / Ireland Themed Lunch	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 Filet Burger w/ Sweet Potato Fries OR Tossed Salad	Grilled Chicken Ceasar Salad (Croutons, Parmesan Cheese) with Garlic Cheese Toast	Fish & Chip Basket with Tartar Sauce & Oil Vinegar Coleslaw	Bratwurst Sausage on a Bun with Mustard & Sauerkraut	Oatmeal with Peach Slices & Brown Sugar Topping with Yogurt & Raisin Toast
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
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 Pork 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: <b>Japanese Gravy</b> , Jasmine Rice, 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:	

# MEALS FOR THE CURRENT WEEK OF MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
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 Sautéed Asparagus & Peppers on your Choice of Bread	Grilled Cheese Sandwich with Sautéed Asparagus & Peppers on your Choice of Bread	Wally Burger (BBQ Sauce, Mayo, Lettuce, Tomato) with Onion Rings
Scrambled Eggs, Bacon OR Sausage, Grilled Waffles (Syrup) & 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
<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, 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, Macaroni & Cheese, Baked Potato with Sour Cream & Corn on the Cobb	Meatloaf with Ketchup Sauce OR Porkloin Chop	Lightly Breaded Pickerel OR Chicken Skewers	Grilled Chicken Parmesan (Salsa & Cheese), Potato & Cauliflower Casserole, Sautéed Peppers & Zucchini
Apple Pie Donut with Whipped Cream Fruit of the week:	Served With: Vegetable Fried Rice & Steamed Stir Fry Mixed Vegetables	Served With: Mashed Potatoes, Gravy, Sautéed Green Bean Almondine & Steamed Corn	Maple Mania Cake Fruit of the Week:	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:		Fresh Fruit Salad w/ Berries Fruit of the Week:	Tapioca Pudding Fruit of the Week:	