

MONDAY

Lunch: Tomato Soup
BBQ Hamburger
Tomato slices, cheezies
Diced Pears

Supper: Octoberfest
Saugage, Scalloped
potatoes, Diced carrots
Chocolate Pudding

TUESDAY

Lunch: Beef and
Barley Soup,
Beans & Weiners,
Brown Bread, Chocolate
Chip Cookie

Supper: Chicken with
Mushroom Sauce,
Mashed Potatoes,
Green Beans,
Strawberry Rhubarb Pie

WEDNESDAY

Lunch: Vegetable
Soup, Chicken Tenders,
Potato Wedges,
Diced Peaches

Supper: Poached
Salmon, Dill Sauce,
Mashed Potatoes,
Sliced Beets,
Butterscotch Tart

THURSDAY

Lunch: Chicken Rice
Soup, Corned Beef
Cakes, Seasoned Peas,
Cheesecake

Supper: Sirloin Tips,
Mashed Potatoes,
PEI Vegetables,
Rice Krispie Square



FRIDAY

Lunch:
Cream of Broccoli Soup,
Sausage Patty,
Pancakes,
Fruit Cocktail

Supper: Pan Fried
Haddock, French Fries,
Coleslaw,
,Blueberry Pie

SATURDAY

Lunch: Clam Chowder,
Assorted Sandwiches,
Cranberry Square

Supper:
Chicken Stew
& Dumplings,
Assorted Jello and
Cream

SUNDAY

Lunch: Beef Vegetable
Soup, Tuna Noodle
Casserole
Vanilla Ice Cream

Supper: Roast Beef,
Mashed Potatoes,
Baby Carrots,
Bread and Butter Pickles
Strawberry Shortcake



MONDAY

Lunch: Chicken and Rice Soup, Chicken Burger with Gravy, Diced Carrots, Pumpkin Mousse

Supper: Spaghetti with Bolognese Sauce, Garlic Bread, Dreamland Bar

TUESDAY

Lunch: Fish Chowder, Assorted Sandwiches, Mandarin Oranges

Supper: Parmesan Chicken, Mashed Potatoes, Steamed Broccoli, Apple Pie

WEDNESDAY

Lunch: Minestrone Soup, Vegetable Quiche, Chocolate Eclair

Supper: Corned Beef and Cabbage, Boiled Potatoes, Carrots, Turnip, Butterscotch Square

THURSDAY

Lunch: Vegetable Soup, Chicken and Broccoli Casserole, Cranberry sauce, Lemon Meringue Pudding

Supper: Roast Pork, Mashed Sweet Potato, Green Peas, Mandarin Orange Cake



FRIDAY

Lunch: Split Pea Soup, Grilled Cheese Sandwich, Tapioca Pudding

Supper: Cod Nuggets, Mashed Potatoes, Brussel Sprouts, Peanut Butter Cookie

SATURDAY

Lunch: Cream of Mushroom Soup, Hamburger Macaroni Casserole, Diced Peaches

Supper: Honey Garlic Ribs, Steamed Rice, Baby Carrots, Assorted Jello and Cream

SUNDAY

Lunch: Beef Noodle Soup, Baked Potato Casserole, Corn Relish, Ice Cream

Supper: Grilled Ham, Mashed Potatoes, Diced Turnips, Chocolate Cake



MONDAY

Lunch: Golden Autumn Soup, Country Ham Casserole, Banana Pudding

Supper: Meatloaf, Scalloped Potatoes, Buttered Corn, Date Square

TUESDAY

Lunch: Tomato Soup, Fried Bologna, Colcannon, Fruit & Marshmallow Cream

Supper: Lemon Pepper Cod, Country Style Potatoes, Peas & Carrots, Lemon Meringue Pie

WEDNESDAY

Lunch: Beef Vegetable Soup, Macaroni & Cheese, Macaroons

Supper: Liver, Bacon & Onions, Mashed Potatoes, Turnip, Fresh Fruit Cup

THURSDAY

Lunch: Chicken Vegetable Soup, Shepherd's Pie, Mandarin Oranges

Supper: Sweet and Sour Chicken, Fried Rice, Mixed Vegetables Carrot Cake



FRIDAY

Lunch: Cream of Mushroom Soup, Cabbage & Beef Casserole, Lemon Cranberry Muffin

Supper: Baked Haddock, Hollandaise Sauce, Mashed Potatoes, Green Beans, Cherry Pie

SATURDAY

Lunch: Garden Vegetable Soup, Beans and Wieners, Whole Wheat Bread, Shortbread Cookies

Supper: Baked Pork Chop, Mashed Potatoes, Steamed Broccoli, Strawberry Pudding

SUNDAY

Lunch: Chicken Noodle Soup, Fish Cakes, Chow Diced Carrots, Diced Pears

Supper: Roast Turkey, Mashed Potatoes, Green Peas, Cranberry Sauce Ginger Cake



MONDAY

Lunch:

Chicken Gumbo
Hashbrown Lasagna
Fruit Cocktail

Supper: Breaded
Haddock, Mashed
Potatoes,
PEI Vegetables,
Lemon Pudding

TUESDAY

Lunch: Tomato Soup,
Chicken Pot Pie,
Cherry Slice

Supper: Sweet n' Sour
Pork, Mashed
Potatoes, Wax Beans
Pecan Pie

WEDNESDAY

Lunch:

Chili
Homemade Roll
Assorted Jello and
Cream

Supper: Beef Stew &
Dumplings,
Sweet Pickle,
Coconut Cream Pie

THURSDAY

Lunch:

Beef and Barley Soup
Assorted Croissant,
Ginger Cookie

Supper: Honey Garlic
Chicken, Mashed
Potatoes, Diced
Carrots,
Black Forrest Cake



FRIDAY

Lunch: Chef's Best
Soup, Hot Turkey
Sandwich & Gravy,
Green Peas,
Cinnamon Rolls

Supper: Smoked Fish
with Egg Sauce, Mashed
Potatoes, Whole Green
Beans, Assorted Pies

SATURDAY

Lunch: Vegetable
Soup, Sausages,
Cinnamon French Toast,
Strawberries & Topping

Supper: BBQ Meatballs,
Fluffy Rice,
California Vegetables,
Butterscotch Pudding

SUNDAY

Lunch: Corn Chowder,
Assorted Sandwiches

Ice Cream

Supper:
Brown Sugar Ham,
Mashed Potatoes
Diced Turnip,
White Cake with Lemon
Sauce



WEEK FOUR