

## MONDAY

### Lunch:

Macaroni & cheese,  
Tomato Slices  
Banana Half

**Supper:** Cabbage Beef  
Casserole, Buttered  
Bread, Chocolate  
Pudding

## TUESDAY

### Lunch:

Beans and Weiners,  
Whole Wheat Bread,  
Chocolate Chip Cookies

**Supper:** Roast Pork,  
Mashed Sweet Potato,  
Green Peas,  
Cheesecake

## WEDNESDAY

### Lunch:

Vegetable Strata,  
Sweet Pickle,  
Pineapple Loaf

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

## THURSDAY

### Lunch:

Cold Meat, Potato Salad,  
Tomato Slices,  
Rice Crispy Square

**Supper:** BBQ Chicken,  
Mashed Potatoes,  
Green Beans,  
Fresh Watermelon



## FRIDAY

### Lunch:

Pork Sausage Patty,  
Cinnamon French Toast,  
Fresh Fruit Cup

**Supper:** Deep Fried  
Haddock, French  
Fries, Mixed Vegetables,  
Blueberry Pie

## SATURDAY

**Lunch:** Clam Chowder,  
Assorted Sandwiches,  
Lemon Pudding

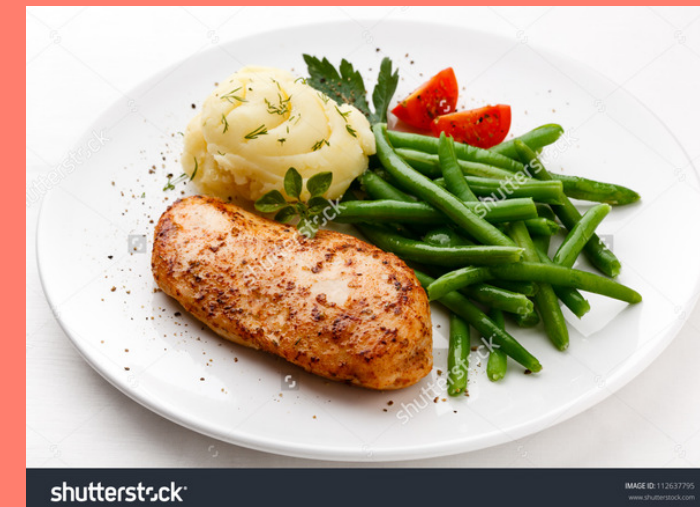
**Supper:** Chicken  
Tenders, Potato Wedges  
Creamy Coleslaw,  
Jello and Cream

## SUNDAY

### Lunch:

Chicken Burger with  
Gravy, peas,  
Ice Cream

**Supper:** Roast Beef,  
Bread and Butter Pickle,  
Mashed Potatoes, Baby  
Carrots,  
Strawberry Layer Cake



WEEK ONE

## MONDAY

### Lunch:

Country Ham Salad,  
Tomato Slices,  
Doughnut

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

## TUESDAY

**Lunch:** Fish Chowder,  
Scones  
Cinnamon Applesauce

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**Supper:** Parmesan  
Chicken,  
Mashed Potatoes,  
Broccoli,  
Summer Trifle

## WEDNESDAY

**Lunch:**  
Corned beef sandwich  
Three Bean Salad  
Apricots

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**Supper:**  
Ham and Cheese Quiche  
Cucumber Salad,  
Summer Trifle

## THURSDAY

**Lunch:** Chicken and  
Broccoli Casserole,  
Cranberry Square

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**Supper:** Swiss Steak,  
Egg Noodles,  
Lemon Layer Cake



## FRIDAY

**Lunch:** Grilled Cheese  
Sandwich, Tomato  
Slices, Peanut  
Butter Cookie

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**Supper:**  
Seafood Platter  
Salted Caramel/Lemon  
Whip

## SATURDAY

**Lunch:** BBQ  
Hamburger,  
Creamy Coleslaw,  
Butterscotch Pudding

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**Supper:** Grilled Ham,  
Mashed Potatoes,  
Cauliflower and Cheese,  
Jello and Cream

## SUNDAY

**Lunch:** Sliced Turkey,  
Greek Pasta Salad,  
Salad Roll,  
Ice-Cream

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**Supper:** Honey Garlic  
Ribs, Mashed Potatoes,  
Diced Turnip,  
Chocolate Cake



WEEK TWO



## MONDAY

### Lunch:

Hot Dog, Cheesies,  
Peaches and Cream

### Supper:

Ground Beef with  
Gravy, Mashed Potatoes,  
Buttered Corn,  
Date Square

## TUESDAY

### Lunch:

Homemade Baked  
Beans, Buttered  
Bread, Fruit Cocktail

**Supper:** Lemon Pepper  
Cod, Roasted Potatoes,  
Diced Carrots,  
Lemon Meringue Pie

## WEDNESDAY

### Lunch:

Belgian Waffles with  
Strawberries and Cream,  
Macaroons

**Supper:** Chili,  
Tea Biscuit,  
Fruited  
Jello and Cream

## THURSDAY

### Lunch:

Mini Pizzas,  
Mandarin Oranges

**Supper:** Baked Chicken  
Thighs, Au Gratin  
Potatoes, Steamed  
Broccoli, Carrot Cake



## FRIDAY

### Lunch:

Beef and Cabbage  
Casserole  
Butterscotch Slice

**Supper:** Maple Dijon  
Salmon, Mashed  
Potatoes, Fresh Cut  
Green Beans,  
Cantaloupe

## SATURDAY

**Lunch:** Potato Bacon  
Chowder  
Assorted Sandwiches,  
Coleslaw,

Shortbread Cookies

**Supper:** Baked Pork  
Chop, Mashed Potatoes,  
Sliced Carrots,  
Pistachio Pudding

## SUNDAY

### Lunch:

Cod Nuggets, Country  
Style Potatoes, Chow,  
Fresh Fruit Cup

**Supper:** Roast Turkey,  
Mashed Potatoes,  
Green Peas, Lemon  
Blueberry Loaf



WEEK THREE

## MONDAY

### Lunch:

Baked Potato  
Casserole,  
Diced Pears

### Supper:

Chicken  
Nuggets, French Fries,  
Sliced Tomatoes,  
Strawberry Pudding

## TUESDAY

### Lunch:

Zucchini Lasagna,  
Nanaimo Bar

### Supper:

Hawaiian Pork,  
Fluffy Rice,  
Banana Split Dessert

## WEDNESDAY

### Lunch:

Chicken Gumbo  
Scone,  
Jello and Cream

### Supper:

Cold Meat Salad  
Plate, Potato Salad,  
Cranberry Salad,  
Apple Crisp

## THURSDAY

### Lunch:

Beans and Weiners,  
Buttered Bread  
Crushed Pineapple

### Supper:

Honey Garlic  
Chicken, Mashed  
Potatoes, Diced  
Carrots, Ginger Cookie



## FRIDAY

### Lunch:

Hot Turkey Sandwich ,  
Green Peas,  
Stewed Rhubarb

### Supper:

Crab  
Cakes, Mango Chutney,  
Whole Green Beans,  
Blueberry Cake

## SATURDAY

### Lunch:

Pancakes and Sausages,  
Strawberries & Cream

### Supper:

Zesty Meatballs,  
Fluffy Rice,  
Pic of the Day Veg  
Butterscotch Pudding

## SUNDAY

Lunch: Corn Chowder,  
Assorted Sandwiches,  
Ice Cream

### Supper:

Grilled Ham,  
Mashed Potatoes,  
Turnip,  
Brownies



WEEK FOUR