

## MONDAY

### Lunch:

Salisbury Steak  
with Gravy  
Peas

Peach Crisp

### Supper:

Octoberfest Saugage  
German Potato Salad  
Strawberry Rhubarb Pie

## TUESDAY

### Lunch:

Beef and Barley Soup  
Homemade Roll  
Peanut Butter Cookies

### Supper:

Chicken with Mushroom  
Sauce,  
Mashed Potatoes  
Green Beans  
Chocolate Pudding

## WEDNESDAY

**Lunch:** Chicken Nugget  
Sweet & Sour Sauce  
Potato Wedges

Pears

### Supper:

Grilled Salmon with Dill  
Sauce  
Mashed Potatoes  
Sliced Beets  
Butterscotch Tart

## THURSDAY

### Lunch:

Macaroni & Cheese  
3 Bean Salad  
Rice Krispie Square

### Supper:

Swiss Steak  
Egg Noodles  
PEI Vegetables  
Cinnamon Rolls



## FRIDAY

### Lunch:

Pizza  
Caesar Salad  
Cranberry Square

### Supper:

Pan Fried Haddock  
French Fries  
Creamy Coleslaw  
Custard & Cream

## SATURDAY

### Lunch:

Clam Chowder  
Homemade Roll  
Banana Pudding

### Supper:

Chicken Stew  
Cranberry Sauce  
Dumplings  
Carrot, Turnip & Parsnip  
Blueberry Pie

## SUNDAY

### Lunch:

Beans & Wieners  
Sliced Bread  
Apple Sauce & Cinnamon

### Supper:

Roast Beef  
Bread & Butter Pickle  
Mashed Potatoes  
Baby Carrots  
Mandarin Orange Cake



## MONDAY

### Lunch:

Chicken Burger & Gravy  
Diced Carrots  
Pumpkin Mousse

### Supper:

Meatloaf  
Scallop Potatoes  
Corn  
Deamland Bar

## TUESDAY

### Lunch:

Fish Chowder  
Homemade Biscuit  
Mandarin Oranges

### Supper:

Roast Chicken with  
Gravy  
Mashed Potatoes  
Baby Carrots  
Apple Pie

## WEDNESDAY

### Lunch:

Quiche Lorraine  
Garden Salad  
Cookies

### Supper:

Corned Beef & Cabbage  
Boiled Potatoes, Carrots  
& Turnip  
Brownies

## THURSDAY

### Lunch:

Chicken and Broccoli  
Casserole  
Cranberry Jelly  
Butterscotch Pudding

### Supper:

Grilled Ham  
Mashed Potatoes  
Seasoned Green Peas  
Lemon Meringue Pudding



## FRIDAY

### Lunch:

Lasagne  
Garlic Bread  
Tapioca Pudding

### Supper:

Seafood Platter  
Ketchup & Tartar Sauce  
French Fries  
Coleslaw  
Cookies

## SATURDAY

### Lunch:

Split Pea Soup  
Homemade Roll  
Diced Peaches

### Supper:

Beef & Corn Casserole  
Strawberries and Cream

## SUNDAY

### Lunch:

Corn Beef Hash  
Potato, Carrot & Turnip  
Corn Relish  
Ice Cream

### Supper:

Pork Roast with Gravy  
Mashed Potatoes  
Diced Turnip  
Black Forest Cake



WEEK TWO

## MONDAY

### Lunch:

Chicken Gumbo Soup  
Corn Bread  
Date Square

### Supper:

Spaghetti & Meat Sauce  
Garlic Bread  
Hot Milk Cake

## TUESDAY

### Lunch:

Colcannon  
Fried Bologna  
Cherry Rice Pudding

### Supper:

Lemon Pepper Cod  
Ketchup  
Country Style Potatoes  
Peas & Carrots  
Lemon Tart

## WEDNESDAY

### Lunch:

Macaroni & Cheese  
Marinated Carrot Salad  
Cookies

### Supper:

Parmesan Chicken  
Mashed Potatoes  
Broccoli  
Fruit Cup

## THURSDAY

### Lunch:

Cabbage & Beef  
Casserole  
Bread Pudding & Sauce

### Supper:

Irish Stew  
Irish Soda Bread  
Blueberry Cake



## FRIDAY

### Lunch:

Chicken Tenders  
Sweet & Sour Sauce  
Assorted Jello & Cream

### Supper:

Smoked Fish with Egg  
Sauce  
Mashed Potatoes  
Cherry Pie

## SATURDAY

### Lunch:

Fish Cakes  
Homemade Baked Beans  
Whole Wheat Bread  
Cookies

### Supper:

Pork Chop & Apple Sauce  
Mashed Potatoes  
Steamed Broccoli  
Strawberry Swirl

## SUNDAY

### Lunch:

Potato Bacon Chowder  
Tea Biscuit  
Jelly Roll

### Supper:

Roast Turkey  
Cranberry Sauce  
Mashed Potatoes  
Seasoned Green Peas  
Ginger Pear Cake



## MONDAY

### Lunch:

Chili  
Corn Bread  
Ginger Bread Cake

### Supper:

Chicken Nuggets  
Sweet & Sour Sauce  
French Fries & Ketchup  
Strawberry Pudding

## TUESDAY

### Lunch:

Chicken Pot Pie  
Diced Peaches

### Supper:

Honey Garlic Pork  
Fluffy Rice  
Broccoli  
Cherry Tart

## WEDNESDAY

### Lunch:

Hot Turkey Sandwich  
Gravy  
Cookie

### Supper:

Beef Stew & Dumplings  
Sweet Pickle  
Cherry Cake

## THURSDAY

### Lunch:

Golden Autumn Soup  
1/2 Sandwich  
Rhubarb Crisp

### Supper:

Roast Chicken Thighs  
Roasted Potatoes  
Diced Carrots  
Apple Turnovers



## FRIDAY

### Lunch:

Monte Cristo Sandwich  
Vinaigrette Coleslaw  
Apple Cake

### Supper:

Salt Cod & Pork Scraps  
Fried Potato and Onion  
Pumpkin Pie

## SATURDAY

### Lunch:

Pancakes with Syrup  
Sausages  
Cookie

### Supper:

Zesty Meatballs  
Fluffy Rice  
California Vegetables  
Fruited Pudding

## SUNDAY

### Lunch:

Corn Chowder  
Ham & Cheese Biscuit  
Fruit Crumble

### Supper:

Brown Sugar Ham  
Mashed Potatoes  
Turnip  
Pineapple Upside down  
Cake



WEEK FOUR