

SUNDAY

LUNCH

HAMBURGER SOUP
HOMEMADE ROLL
PEACH UPSIDE DOWN
CAKE

SUPPER

BROWN SUGAR HAM
MASHED POTATO
TURNIP
ICE CREAM

MONDAY

LUNCH

TOMATO SOUP
GRILLED CHEESE
APPLESAUCE WITH
CINNAMON

SUPPER

CABBAGE & BEEF
CASSEROLE
CHERRY CHEESECAKE

TUESDAY

LUNCH

SLICED PASTRAMI
POTATO SALAD
BROCCOLI SALAD
CHOCOLATE CHIP
COOKIES

SUPPER

PAN FRIED HADDOCK
FRENCH FRIES
MIXED VEGETABLES
FRUITED JELLO

WEDNESDAY

LUNCH

BEANS & WIENERS
BUTTERED BREAD
BUTTERSCOTCH
SQUARE

SUPPER

HONEY GARLIC RIBS
FLUFFY RICE
GREEN BEANS
RICE KRISPIE SQUARE



THURSDAY

LUNCH

BEEF NOODLE SOUP
HOMEMADE ROLL
CUCUMBERS IN
VINEGAR
LEMON MERINGE
PUDDING

SUPPER

BBQ CHICKEN
MASHED POTATOES
SLICED CARROTS
APPLE CRISP

FRIDAY

LUNCH

BBQ HAMBURGER
ASSORTED
CONDIMENTS
CHEEZIES
FRESH FRUIT CUP

SUPPER

SALT COD
FRIED POTATO AND
ONION, SLICED BEETS
MIXED VEGETABLES

SATURDAY

LUNCH

CHICKEN SALAD
CRANBERRY SALAD
HOMADE ROLL
CHOCOLATE SWIRL

SUPPER

TERIYAKI BEEF STIRFRY
FLUFFY RICE
PEI MIXED VEGETABLES
BLUEBERRY LOAF



SUNDAY

LUNCH

SEAFOOD ROLL
COLESLAW
PEACHES & CREAM

SUPPER

ROAST PORK
MASHED POTATO
DICED TURNIP
STRAWBERRY SHORT
CAKE

MONDAY

LUNCH

SAUSAGE AND
CANNELLINI BEAN
SOUP
SCONE
LEMON WHIP

SUPPER

SPAGHETTI &
BOLOGNESE SAUCE
GARLIC BREAD
CHOCOLATE ECLAIRS

TUESDAY

LUNCH

TUNA MELT
BALSAMIC GREEN
BEAN SALAD
APPLE PIE

SUPPER

GRILLED HAM
LEMON GARLIC ORZO
WITH ONIONS & PEAS
RICE PUDDING

WEDNESDAY

LUNCH

VEGETABLE QUICHE
TOSSED SALAD
MACAROONS

SUPPER

PARMESAN CHICKEN
MASHED POTATOES
BROCCOLI
DREAMLAND BAR



THURSDAY

LUNCH

CORNED BEEF
SANDWICH
THREE BEAN SALAD
STEWED RHUBARB

SUPPER

SHEPHERD'S PIE
HOMEMADE ROLL
SUMMER TRIFLE

FRIDAY

LUNCH

MACARONI & CHEESE
TOSSED SALAD
HOMEMADE COOKIES

SUPPER

GRILLED SALMON WITH
LEMON BUTTER SAUCE
WILD RICE
FRENCH GREEN BEANS
BLUEBERRY PIE

SATURDAY

LUNCH

HOMEMADE CREAM OF
MUSHROOM SOUP
ASSORTED SANDWICH
WATERMELON

SUPPER

SWEET AND SOUR
CHICKEN TENDERS
POTATO WEDGES
CREAMY COLESLAW
CHERRY LOAF



SUNDAY

LUNCH

SLICED TURKEY
MEDITERRANEAN SALAD
HOMEMADE ROLL
ICE CREAM

SUPPER

ROAST BEEF
MASHED POTATO
BABY CARROTS
CHOCOLATE CAKE

MONDAY

LUNCH

BBQ HOT DOGS
MUSTARD & KETCHUP
COLESLAW
LEMON TART

SUPPER

GROUND BEEF WITH
GRAVY
MASHED POTATOES
BUTTERED CORN
BANANA SPLIT DESSERT

TUESDAY

LUNCH

BELGIAN WAFFLES
STRAWBERRIES &
CREAM
DATE SQUARE

SUPPER

LEMON PEPPER COD
ROASTED POTATOES
YELLOW BEANS
HOMEMADE COOKIES

WEDNESDAY

LUNCH

BEEF MINISTRONE
SOUP
HOMEMADE ROLL
CHERRY SLICE

SUPPER

SLICED HAM
SCALLOPED POTATOES
PEI VEGETABLES
MANDARIN ORANGES



WEEK 3

THURSDAY

LUNCH

CAULIFLOWER PIZZA
GARLIC BREAD
LEMON COTTAGE
CHEESE WHIP

SUPPER

BAKED CHICKEN THIGHS
POTATO WEDGES
STEAMED BROCCOLI
CARROT CAKE

FRIDAY

LUNCH

CHILI
CORNBREAD MUFFIN
CORN SALAD
JELLY ROLL

SUPPER

HOMEMADE FISH CAKES
GREEK SALAD
STRAWBERRY RHUBARB
PIE

SATURDAY

LUNCH

CHICKEN AND WILD
RICE SOUP
GARDEN SALAD
SUGARED DOUGHNUTS

SUPPER

BAKED PORK CHOP
MASHED POTATOES
BRUSSEL SPROUTS
BANANA LOAF



SUNDAY

LUNCH

BEANS AND WIENERS
HOMEMADE BROWN
BREAD
ICE CREAM

SUPPER

ROAST TURKEY
CRANBERRY SAUCE
MASHED POTATOES
BUTTERNUT SQUASH
GINGERBREAD CAKE

MONDAY

LUNCH

BEEF & CORN
CASSEROLE
CAESAR SALAD
CINNAMON ROLLS

SUPPER

COD NUGGETS
SWEET POTATO FRIES
GREEN BEANS
LEMON SQUARES

TUESDAY

LUNCH

ZUCCHINI LASAGNA
GARLIC BREAD
HOMEMADE COOKIES

SUPPER

HAWAIIAN PORK
FLUFFY RICE
APPLE TURNOVER

WEDNESDAY

LUNCH

CHICKEN GUMBO
ASSORTED SANDWICH
DICED PEACHES

SUPPER

SLICED TURKEY
POTATO SALAD
MARRINATED CARROT
SALAD
BROWNIES



Week 4

THURSDAY

LUNCH

SMOKED SAUSAGES
HONEY MUSTARD
COOKED SAUERKRAUT
CINNAMON
APPLESAUCE

SUPPER

HONEY GARLIC CHICKEN
MASHED POTATOES
CORN
CUSTARD & CREAM

FRIDAY

LUNCH

RED PEPPER AND BASIL
FRITTATA
GARDEN SALAD
COCONUT CREAM PIE

SUPPER

SEAFOOD PLATTER
COLESLAW
TARTAR SAUCE
CRUSHED PINEAPPLE

SATURDAY

LUNCH

CORNER BEEF HASH
SWEET MIXED PICKLES
CARAMEL SWIRL

SUPPER

ZESTY MEATBALLS
FLUFFY RICE
MIXED VEGETABLES
VANILLA CUPCAKES

