

SUNDAY

LUNCH

CORN CHOWDER
CHEESE BISCUIT
FRUIT CRUMBLE

SUPPER

BROWN SUGAR HAM
MASHED POTATO
TURNIP
PINEAPPLE UPSIDE-
DOWN CAKE

MONDAY

LUNCH

TUNA MELT
THREE BEAN SALAD
PEACH CRISP

SUPPER

OKTOBERFEST SAUSAGE
GERMAN POTATO
SALAD
RHUBARB PIE

TUESDAY

LUNCH

BEEF BARLEY SOUP
HOMEMADE ROLL
PEANUT BUTTER
COOKIE

SUPPER

CHICKEN WITH
MUSHROOM SAUCE
MASHED POTATO
WAXED BEANS
CHOCOLATE PUDDING

WEDNESDAY

LUNCH

HOT HAMBURGER
SANDWICH
PEAS
DICED PEARS

SUPPER

SWEET AND SOUR
CHICKEN
FRIED RICE
CALIFORNIA VEG
BUTTERSCOTCH
SQUARES

THURSDAY

LUNCH

MAC & CHEESE
SLICED TOMATO
RICE KRISPIE SQUARE

SUPPER

SWISS STEAK
EGG NOODLES
PEI VEGETABLES
CINNAMON ROLL

FRIDAY

LUNCH

PIZZA
CRANBERRY SQUARE

SUPPER

PAN FRIED HADDOCK
FRENCH FRIES
CREAMY COLESLAW
CUSTARD & CREAM

SATURDAY

LUNCH

CLAM CHOWDER
HOMEMADE ROLL
BANANA PUDDING

SUPPER

CHICKEN STEW
DUMPLINGS
CRANBERRY SAUCE
BLUEBERRY PIE



SUNDAY

LUNCH

BEANS & WIENERS
APPLE SAUCE &
CINNAMON

SUPPER

ROAST BEEF
MASHED POTATO
GREEN BEANS
MANDARIN ORANGE
CAKE

MONDAY

LUNCH

CHICKEN BURGER
WITH GRAVY
PICK OF THE DAY VEG
MANDARIN ORANGES

SUPPER

MEATLOAF
SCALLOPED POTATOES
CORN
APPLE PIE

TUESDAY

LUNCH

SAUSAGE & CANELLI
BEAN SOUP
CHEESE TEA BISCUIT
LEMON LOAF

SUPPER

ROAST CHICKEN
THIGHS
MASHED POTATO
BABY CARROTS
DREAMLAND BAR

WEDNESDAY

LUNCH

VEGETABLE QUICHE
SLICED TOMATOES
COOKIES

SUPPER

CORNED BEEF &
CABBAGE
BOILED POTATO,
CARROTS, AND TURNIP
BROWNIES

THURSDAY

LUNCH

FISH CHOWDER
HOMEMADE ROLL
BUTTERSCOTCH
PUDDING

SUPPER

GRILLED HAM
MASHED POTATOE
GREEN PEAS
LEMON MERINGUE
PUDDING

FRIDAY

LUNCH

LASAGNE
GARLIC BREAD
JELLO & CREAM

SUPPER

SEAFOOD PLATTER
FRENCH FRIES
CREAMY COLESLAW
COOKIES

SATURDAY

LUNCH

SPLIT PEA SOUP
HOMEMADE ROLL
DICED PEACHES

SUPPER

BEEF AND CORN
CASSEROLE
STRAWBERRIES &
CREAM



SUNDAY

LUNCH

CORN BEEF HASH
KETCHUP
ICE CREAM

SUPPER

ROAST PORK
APPLESAUCE
MASHED POTATO
DICED TURNIP
HOT MILK CAKE

MONDAY

LUNCH

CHICKEN GUMBO SOUP
CORN BREAD
DATE SQUARE

SUPPER

SPAGHETTI & MEAT
SAUCE
GARLIC BREAD
BLACK FOREST CAKE

TUESDAY

LUNCH

COLCANNON
FRIED BOLOGNA
CHERRY RICE PUDDING

SUPPER

LEMON PEPPER COD
COUNTRY STYLE
POTATOES
PEAS & CARROTS
LEMON TARTS

WEDNESDAY

LUNCH

RED PEPPER & BASIL
FRITTATA
CHEESE TEA BISCUIT
COOKIES

SUPPER

PARMESAN CHICKEN
MASHED POTATO
BROCCOLI
FRESH FRUIT CUP

THURSDAY

LUNCH

CABBAGE & BEEF
CASSEROLE
BREAD PUDDING

SUPPER

HONEY GARLIC RIBLETS
MASHED POTATO
CORN
BLUEBERRY CAKE

FRIDAY

LUNCH

CHICKEN TENDERS
SWEET & SOUR SAUCE
POTATO WEDGES
JELLO & CREAM

SUPPER

TUNA CASSEROLE
FRENCH GREEN BEANS
CHERRY PIE

SATURDAY

LUNCH

FISH CAKES
BAKED BEANS
COOKIES

SUPPER

PORK CHOPS
APPLESAUCE
MASHED POTATOES
MIXED VEGETABLES
STRAWBERRY SWIRL



SUNDAY

LUNCH

CREAM OF MUSHROOM
SOUP
HOMEMADE ROLL
BUTTERSCOTCH SLICE

SUPPER

ROAST TURKEY
MASHED POTATO
GREEN PEAS
GINGER PEAR CAKE

MONDAY

LUNCH

CHILI
CORN BREAD
BANANA PUDDING

SUPPER

BREADED HADDOCK
MASHED POTATO
PEI VEGETABLES
CUPCAKES

TUESDAY

LUNCH

CHICKEN POT PIE
DICED PEACHES

SUPPER

HAWAIIAN PORK
FLUFFY RICE
BROCCOLI
JELLO & CREAM

WEDNESDAY

LUNCH

HOT TURKEY
SANDWICH
GREEN PEAS
COOKIES

SUPPER

BEEF STEW &
DUMPLINGS
SWEET PICKLES
CHERRY CAKE

THURSDAY

LUNCH

GOLDEN AUTUMN SOUP
HOMEMADE ROLL
RHUBARB CRISP

SUPPER

ROASTED CHICKEN
THIGHS and POTATOES
DICED CARROTS
APPLE TURNOVER

FRIDAY

LUNCH

TOMATO SOUP
GRILLED CHEESE
APPLE CAKE

SUPPER

SALT COD
FRIED POTATO AND
ONION
PUMPKIN PIE

SATURDAY

LUNCH

PANCAKES WITH SYRUP
SAUSAGES
COOKIES

SUPPER

ZESTY MEATBALLS
MASHED POTATOES
MIXED VEGETABLES
FRUITED VANILLA
PUDDING



Week 4

