

## SUNDAY

### LUNCH

Corn Chowder  
Cheese Biscuit  
Fruit Crumble

### SUPPER

Brown Sugar Ham  
Scalloped Potatoes  
Diced Turnip  
Pineapple Upside  
Down Cake

## MONDAY

### LUNCH

Octoberfest  
Sausage  
German Potato  
Salad  
Peach Crisp

### SUPPER

Cod Nuggets  
Fried Potato and  
Onion  
Chow Chow  
Strawberry Pie

## TUESDAY

### LUNCH

Beef & Barley Soup  
Homemade Roll  
Peanut Butter  
Cookies

### SUPPER

Chicken with  
Mushroom Sauce  
Herbed Rice  
California Veg  
Chocolate Pudding

## WEDNESDAY

### LUNCH

Beef & Corn Casserole  
Cornbread Muffin  
Rice Krispie Square

### SUPPER

Grilled Ham  
Colcannon  
Cinnamon Roll

## THURSDAY

### LUNCH

Macaroni & Cheese  
Sliced Tomatoes  
Diced Pears

### SUPPER

Swiss Steak  
Egg Noodles  
PEI Vegetables  
Butterscotch Square

## FRIDAY

### LUNCH

Pizza  
Caesar Salad  
Cranberry Square

### SUPPER

Pan Fried Haddock  
Tartar Sauce  
French Fries  
Creamy Coleslaw  
Custard & Cream

## SATURDAY

### LUNCH

Clam Chowder  
Homemade Biscuit  
Blueberry Tart

### SUPPER

Chicken Stew  
Dumplings  
Cranberry Sauce  
Blueberry Loaf  
Banana Pudding



## SUNDAY

### LUNCH

Beans and Wieners  
Buttered Bread  
Cinnamon  
Applesauce

### SUPPER

Roast Beef  
Mashed Potato  
Brussel Sprouts  
Mandarin Orange  
Cake

## MONDAY

### LUNCH

Chicken Burger  
& Gravy  
Pick of the day Veg  
Mandarin Oranges

### SUPPER

Meatloaf  
Scalloped Potatoes  
Corn  
Apple Pie

## TUESDAY

### LUNCH

Fish Chowder  
Homemade Roll  
Lemon Loaf

### SUPPER

Chicken Schnitzel  
Barley Pilaf  
Italian Mix Veg  
Dreamland Bar

## WEDNESDAY

### LUNCH

Vegetable Quiche  
Sliced Tomato  
Homemade Cookies

### SUPPER

Grilled Ham  
Colcannon  
Chocolate Brownie

## THURSDAY

### LUNCH

Beef Minestrone Soup  
Irish Soda Bread  
Lemon Meringue  
Pudding

### SUPPER

Sweet & Sour  
Chicken  
Fried Rice  
Oriental Mix Veg  
Fruited Jello

## FRIDAY

### LUNCH

Lasagna  
Garlic Bread  
Blueberry Tart

### SUPPER

Seafood Platter  
French Fries  
Vinaigrette Coleslaw  
Rice Pudding

## SATURDAY

### LUNCH

Split Pea Soup  
Cheese Tea Biscuit  
Diced Peaches

### SUPPER

Ground Beef & Gravy  
Mashed Potato  
California Veg  
Cherry Loaf



## SUNDAY

### LUNCH

Corned Beef Hash  
Ice Cream

### SUPPER

Roast Pork  
Applesauce  
Sweet Potato  
Sliced Beets  
Hot Milk Cake

## MONDAY

### LUNCH

Chicken and Wild  
Rice Soup  
Corn Bread Muffin  
Date Square

### SUPPER

Pasta with  
Bolognese Sauce  
Garlic Bread  
Black Forest Cake

## TUESDAY

### LUNCH

French Toast  
Sausages  
Strawberries &  
Cream

### SUPPER

Lemon Pepper Cod  
Country Style  
Potatoes  
Peas and Carrots  
Lemon Tart

## WEDNESDAY

### LUNCH

Shepherd's Pie  
Rice Pudding

### SUPPER

Parmesan Chicken  
Mashed Potato  
Broccoli  
Cookie

## THURSDAY

### LUNCH

Grilled Cheese  
Sandwich  
Tomato Soup  
Bread Pudding

### SUPPER

Honey Garlic Riblets  
Fluffy Rice  
Oriental Mix Veg  
Blueberry Cake

## FRIDAY

### LUNCH

Fish Cakes  
Baked Beans  
Homemade Roll  
Diced Pears

### SUPPER

Chicken Tenders  
Sweet & sour Sauce  
Potato Wedges  
Coleslaw  
Cherry Pie

## SATURDAY

### LUNCH

Cabbage and Beef  
Casserole  
Buttered Bread  
Banana Loaf

### SUPPER

Baked Pork Chop  
Applesauce  
Roasted potatoes  
MixVegetables  
Ice Cream



## SUNDAY

### LUNCH

Chef's Choice Soup  
Homemade Roll  
Butterscotch Slice

### SUPPER

Roast Turkey  
Cranberry Sauce  
Mashed Potato  
Baby Carrots  
Gingerbread Cake

## MONDAY

### LUNCH

Hamburger  
Macaroni  
Garlic Bread  
Banana Pudding

### SUPPER

Breaded Haddock  
French Fries  
PEI Vegetables  
Cupcakes

## TUESDAY

### LUNCH

Chicken Pot Pie  
Buttered Bread  
Diced Peaches

### SUPPER

Hawaiian Pork  
Fluffy Rice  
Broccoli  
Jello and Cream

## WEDNESDAY

### LUNCH

Hot Turkey Sandwich  
Peas  
Macaroons

### SUPPER

Beef Stew with  
Dumplings  
Fruited Vanilla Pudding

## THURSDAY

### LUNCH

Golden Autumn  
Soup  
Assorted Sandwich  
Strawberry  
Cheesecake

### SUPPER

Chicken Thighs  
Mashed Potato  
Sunrise Vegetables  
Apple Turnover

## FRIDAY

### LUNCH

Chicken Wraps  
French Fries  
Sugared Doughnut

### SUPPER

Grilled Salmon with  
Lemon Butter Sauce  
Roasted Potatoes  
French Green Beans  
Pumpkin Pie

## SATURDAY

### LUNCH

Pancakes  
Sausages  
Apricots

### SUPPER

Zesty Meatballs  
Santa Fe Rice  
Mixed Veg  
Homemade Cookie

