

Winter 2023/24 – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Assorted Dry Cereal Oatmeal Scrambled Eggs Buttered WW Toast Strawberry Jam Assorted juice Milk Tea or Coffee	Assorted Dry Cereal Oatmeal Poached Egg Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or coffee	Assorted Dry Cereal Oatmeal Scrambled Eggs Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or Coffee	Assorted Dry Cereal Oatmeal Poached Egg Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or Coffee	Assorted Dry Cereal Oatmeal Scrambled Eggs Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or Coffee	Assorted Dry Cereal Oatmeal Poached Eggs Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or Coffee	Assorted Dry Cereal Oatmeal Fried Eggs Bacon Buttered WW Toast Strawberry Jam Assorted Juice Milk Tea or Coffee
LUNCH	Cod Nuggets Cheesy Potato Casserole Tartar Sauce (p. fish, m. potato, p. peas & carrots) Peach Crisp	Beef and Barley Soup Brioche rolls (p. soup, m. potato) Peanut Butter Cookies ----- Egg Salad Sandwich	Beef and Corn Casserole (p. Casserole) Rice Krispy Square ----- Beef and Barley Soup Ham & Cheese Sandwich	Chicken Noodle Soup Homemade Roll (p. soup, m. potatoes) Parfait Mousse ----- Sliced Turkey Sandwich	Macaroni and Cheese Sliced Tomatoes (p.mac and cheese, p. tomatoes) Peanut Butter Pie Bars ----- Chicken Noodle Soup Tuna Salad Sandwich	Clam Chowder Homemade Biscuit (p. chowder, m. potato) Blueberry Tart ----- Italian Wedding Soup Roast Beef Sandwich	Beans & Wieners (p. beans, p. wieners) Sliced Bread Frozen Yogurt ----- Chicken Salad Sandwich
SUPPER	Octoberfest Sausage Mashed Potatoes Sauerkraut (p. sausage, mashed Puree peas) Strawberry Rhubarb pie Beef Patty	Chicken with Mushroom Sauce Herbed rice Carrot coins (p. chicken, potato, carrots) Chocolate Pudding ----- Brown Sugar Ham	Fried Bologna Colcannon (p. ham colcannon) Cinnamon Roll ----- Beef pot pie	Swiss Steak Egg Noodles PEI Vegetables (p. steak. m Potato, p. vegs) Cranberry Square ----- Grilled ham	Pan Fried Haddock French Fries Creamy Coleslaw (p. haddock, m. potato, p. coleslaw) Custard & Cream ----- Swiss steak	Chicken Stew Cranberry Sauce Dumplings Carrot, Turnip, Parsnip (p. stew) Banana Pudding ----- Italian Meatballs	Roast Pork with Gravy Roast Applesauce Roasted Sweet Potatoes Sliced beets Mandarin Orange Cake ----- Chicken stew

Winter 2023/24 – WEEK 2

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LUNCH	Chicken Burger /w Gravy Pick of the day veg (p. chicken with gravy, M. potato, p. vgs) Diced Pears ----- Roast Beef Sandwich	Fish Chowder Homemade Roll (p. chowder, m. potato) Lemon Loaf ----- Tomato Soup (canned) Ham Sandwich	Vegetable Quiche Sliced tomatoes (p. quiche, tomatoes) Cookies ----- Tuna Sandwich	Golden Autumn Soup Assorted Sandwiches (p. soup, m. potato) Sticky Toffee Pudding ----- Corn Beef Sandwich	Lasagna (p. lasagna) Garlic bread Lemon Meringue Pudding ----- Golden Autumn Soup (leftover) Chicken Salad Sand.	Pancakes with Syrup Sausages (p. pancakes, sausage) Diced Peaches ----- Egg Salad Sandwich	Corn Beef Hash Potato, Carrot Ketchup (p. corned beef, p. carrot, m. potato) Ice Cream ----- Broccoli and Cheese Soup (frozen) Sliced Turkey Sand.
SUPPER	Meatloaf Scallop Potatoes Corn (p. meatloaf, potatoes, p. corn) Apple Pie ----- Pork Riblet	Corned Beef and Cabbage Boiled Potatoes Carrots, Turnip (p. corned beef dinner) Dreamland Bar ----- Meatloaf	Country Ham Casserole (p. casserole) Buttered Bread Brownies ----- Corned beef	Sweet and Sour Chicken Fried Rice PEI Vegetables (p. chicken, m. Potato, p. vegs) Jell-O with Cream ----- Vegetable quiche	Seafood Platter Ketchup & Tartar Sauce French Fries Coleslaw (p. fish, potatoes, slaw) Butter Tarts ----- Sweet and Sour Chicken	Pineapple Curry Chicken Coconut Rice Italian Mix Vegetable (p. chicken, mashed potato, p. vgs) Cherry Loaf ----- Ham	Roast Beef Bread & Butter Pickle Mashed Potatoes Brussel Sprouts (p. beef, potato, beans) Hot Milk Cake ----- Chicken Schnitzel

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LUNCH	Chicken and Wild Rice Soup Corn Bread Muffin (p. soup, m. potato) Date Square ----- Egg Salad Sandwich	French Toast Sausage links/patties (p. French toast, sausage) Strawberries and Cream ----- Chicken Salad Sandwich Chicken and Wild Rice Soup (leftover)	Shepherd's Pie (p. Shepherd's pie) Cream Puffs ----- Turkey Salad Sandwich	Grilled Cheese Tomato Soup (Tomato soup, Tre puree) Bread Pudding & Sauce ----- Tuna Salad Sandwich	Fish Cakes Baked Beans Whole Wheat Bread (p. fish and beans) Doughnuts ----- Ham Salad Sandwich Tomato Soup (leftover)	Cabbage and Beef Casserole Buttered bread (p. beef, m. potato, p. carrot) Assorted Fudge ----- Chicken Salad Plate Cream of Potato and Bacon Soup (frozen)	Split Pea Soup Homemade roll (p. soup, m. potato) Butterscotch slice ----- Egg Salad Sandwich
SUPPER	Pasta with Bolognese Sauce Garlic Bread (p. Bolognese, m. potato) Black Forest Cake ----- Roast Pork	Baked Lemon Pepper Cod Ketchup Country Style Potatoes Peas & Carrots (p. fish, m. potatoes, p. veg) Lemon Tarts ----- Meatballs	Parmesan Chicken Mashed Potato Broccoli (p. chicken, potato, broccoli) Cookies ----- Beef pot pie	Honey Garlic Pork Steamed Rice Yellow Beans (p. ribs, potato, veg) Blueberry Cake ----- Parmesan chicken	Chicken Tenders Sweet & Sour Sauce Potato Wedges Coleslaw (p. chicken, p. coleslaw, m. potato) Pumpkin pie ----- Pork riblet	Baked Pork Chop Mashed Potatoes Four Way Mix Veggies (p. pork, potatoes, mix veg) Strawberry Swirl ----- Hamburger patty	Roast Turkey Cranberry Sauce Mashed Potatoes Baby Carrots (p. turkey, potatoes, carrots) Gingerbread Cake With Cream Cheese Frosting ----- Baked Pork Chop

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LUNCH	Hamburger Macaroni Garlic Bread (p. pasta) Key Lime Mousse ----- Pea Soup (leftover) Egg Sandwich	Chicken Pot Pie Buttered Bread (p.pot pie) Diced Peaches ----- Cheese Sandwich	Hot Turkey Sandwich /w Gravy Peas (p. turkey, m. potato, p.peas and carrots) Macaroons ----- Ham Sandwich	Beef Minestrone soup Irish Soda Bread (Soup, mashed potato) Strawberry Cheesecake ----- Tuna Sandwich	Grilled Ham and Swiss Cheese Sandwich French Fries (p. chicken, m. potato, p. veg's) Applesauce Cake ----- Beef Minestrone soup (leftover) Roast Beef Sandwich	Chicken Alfredo (p. chicken alfredo) Garlic Bread Stewed Rhubarb ----- Turkey Salad Sandwich	Corn Chowder Cheese Biscuit (p. chowder, mashed potato) Fruit Crumble ----- Chicken Noodle Soup (Canned) Egg Salad Sandwich
SUPPER	Breaded Haddock Tartar Sauce Fried Potato and Onion Chow Chow (p. fish, potato, p. veg's) Cup Cakes ----- Roast Turkey	Hawaiian Pork Fluffy Rice Broccoli (p. pork, potato, p. broccoli) Blueberry Pie ----- Beef Burger Patty	Beef Stew Dumplings (p. stew, m. potato) Fruited Vanilla Pudding ----- Sweet and Sour pork	Roast Chicken Thighs Mashed Potatoes Sunrise Vegetables (p. chicken, m. potatoes, p. veg) Turnovers ----- Beef Pot Pie	Grilled Salmon with Lemon Butter Sauce Mashed Potatoes French Green Beans (p. salmon, m. potato, p. beans) Pumpkin Pie ----- Roast Chicken Thighs	Zesty Meatballs Santa Fe Rice Four Way Mixed Veg (p. meatballs, m. potatoes, p. mix veg) Cookie ----- Chicken pot pie	Brown Sugar Ham Scalloped Potatoes Diced Turnip (p. ham, potatoes, turnip) Pineapple Upside down Cake ----- BBQ Meatballs

