

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Fish & Chips Coleslaw Carrots Peaches	Lunch Potato Leek Soup Tea Biscuit Cookies	Lunch Beans & Wieners Brown Bread Rice Pudding	Lunch Beef & Barley Soup Dinner Roll Triple Chocolate Brownie	Lunch Beef & Cabbage Casserole Cookies	Lunch Chicken Vegetable Soup Sandwich Lemon Loaf	Lunch Macaroni & Cheese Sliced Tomatoes Frozen Yogurt
Supper Pork Medallions Mashed Potatoes Pick of the Day Banana Cream Pie	Supper Chicken Parmesan Mashed Potatoes Green Beans Chocolate Pudding	Supper Shepherd's Pie Apple Strudel	Supper Chicken Schnitzel Potato Wedges Broccoli Old Fashion Doughnut	Supper Baked Haddock Fried Potatoes & Onions PEI Veg Blueberry Turnover	Supper Hawaiian Pork Rice Sunrise Veg Mousse Cake	Supper Roast Beef Mashed Potatoes Brussels Sprouts Pickles Tuxedo Cake



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Lunch Chicken Burger & Gravy Pick of the Day Veg Caramel Swirl	Lunch Fish Chowder Dinner Roll Cookies	Lunch Pancakes with Syrup Sausages Fruit Cocktail	Lunch Golden Autumn Soup Assorted Sandwiches Blueberry Loaf	Lunch Fish Cakes Baked Beans Cookies	Lunch Chef's Soup Dinner Roll Mandarin Oranges	Lunch Farmer's Casserole Sliced Tomato Ice Cream Sandwiches
Supper Meatloaf Scalloped Potato Corn Banana Bread	Supper Country Ham Casserole Buttered Bread Apple Pie	Supper Fried Bologna Colcannon Lemon Meringue Dessert	Supper Sweet & Sour Chicken Fried Rice PEI Mix Veg Spring Roll Jell-o with Whip Cream	Supper Spaghetti Garlic Toast Butter Tarts	Supper Chicken with Mushroom Sauce Mashed Potatoes Sunrise Veg Date Squares	Supper Roast Beef Gravy Mashed Potatoes Diced Beets Strawberry Layer Cake



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Lunch Chicken and Wild Rice Soup Dinner Roll Sugared Donuts	Lunch Chicken Pot Pie Pears	Lunch Grilled Cheese Tomato Soup Coconut Cream Pie	Lunch Vegetable Quiche Sliced Tomatoes Cookies	Lunch Corn Chowder Biscuit Macaroon Square	Lunch Chicken Vegetable Casserole Carrot Salad Ice Cream	Lunch Split Pea Soup Dinner Roll Cookies
Supper Salisbury Steak Baked Potato Carrot Coins Banana Pudding	Supper Breaded Haddock Fries Peas & Carrots Sweet Loaf	Supper Beef & Corn Casserole Assorted Danish	Supper Honey Garlic Pork Rice Sunrise Veg Blueberry Tarts	Supper Tuna Casserole Garlic Toast Blueberry Tarts	Supper Swedish Meatballs Lingonberry Jam PEI Veg Fudge Brownie	Supper Roast Turkey Mashed Potatoes Butternut Squash Cranberry Sauce Lemon Layer Cake



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch Hamburger Macaroni Garlic Toast Lemon Whip	Lunch Homemade Chicken Noodle Soup Dinner Roll Cookies	Lunch French Toast Sausages Fruited Pudding	Lunch Manhattan Clam Chowder Tea Biscuit Muffins	Lunch Assorted Sandwiches Vegetable Soup Cherry Cheesecake	Lunch Chilli Garlic Toast Strawberry Swirl	Lunch Beef Noodle Soup Homemade Bread Cookies
Supper Cod Nuggets Tater Tots Carrot Coins Carrot Cake	Supper Lasagna Garlic Toast Apple Turnover	Supper Beef Stew Dumplings Cranberry Loaf	Supper Grilled Ham Boiled Potatoes Peas & Carrots Tropical Fruit Salad	Supper Salmon with Lemon Butter Sauce Mashed Potatoes Green Beans Chocolate Avalanche Danish	Supper Roast Chicken Thighs Mashed Potatoes Sunrise Veg Cottage Cheese Cups	Supper Brown Sugar Ham Scalloped Potatoes Diced Turnip Milk Cake

