

Week 1	Monday Jan 8	Tuesday Jan 9	Wednesday Jan 10	Thursday Jan 11	Friday Jan 12	Saturday Jan 13	Sunday Jan 14
Breakfast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast
Soup of The Day	Navy Bean, Tomato& Pasta	Golden Lentil	Italian Wedding	Cream of Potato Leek Soup	Spring Vegetable Soup	Tomato Basil Soup	Wild Rice & Chicken Soup
Lunch	Turkey Salad in a whole Wheat Wrap Greens and Shaved Carrots or Wieners & Beans Greens and Shaved Carrots	Sausage & Pancakes Warm Apples Or Tuna Salad Sandwich On Whole Wheat Marinated Vegetable Salad (Carrots, Cauliflower, Cucumber)	Baked Chicken, Leek Pasta Pickled Beets and Mixed Greens Or Egg Salad on multi-Grain Pickled Beets and Mixed Greens	Yogurt Fruit Plate with Banana Muffin Or Hamburger on Bun (Lettuce, Tomato, Onion, Cheese) Carrot Raisin Salad	Macaroni & Cheese Mixed Garden Greens, Tomato & Raspberry Dressing Or Pastrami on Rye Mixed Garden Greens, Tomato & Raspberry Dressing	Pepper Frittata with Ruby Twist Salad& Balsamic Dressing Or Assorted deli sub Sandwich Ruby Twist Salad & Balsamic Dressing	Hawaiian Pizza Cucumber salad & mixed Greens Or Salmon Salad on Whole Wheat Cucumber salad & mixed Greens
Dessert	Chocolate Pudding	Lemon Chiffon	Date Square	Butterscotch Pudding	Fruit Cocktail	Rainbow Parfait	Coconut Tart
Dinner	Beef Stir-Fry (Onions, Mushrooms, Sweet Pepper) Fluffy Rice, Broccoli and Asparagus Or Baked Cod Gratin Fluffy Rice, Broccoli and Asparagus	Turkey Loaf Mashed Sweet Potatoes Gravy & Cranberry Jelly Green Beans and Carrots Or Tomato & Feta Pasta Green Beans and Carrots	Veal Parmesan& Gravy Roasted Red Skin Potatoes, Mashed Turnip & Seasoned Green Peas Or Pork Chop & Mushroom Sauce Roasted Red Skin Potatoes, Mashed Turnip &Seasoned Green Peas	Maple Chicken Whipped Potatoes Rainbow colour carrots & Brussels Sprouts Or Italian-Style Beef Liver Whipped Potatoes Rainbow colour carrots & Brussels Sprouts	Haddock & Mango Salsa Scalloped Potatoes & Zucchini Medley (Sweet Pepper, Onions, Green Zucchini) Or Swiss Steak Scalloped Potatoes & Zucchini Medley (Sweet Pepper, Onions, Green Zucchini)	Roast Leg Of Lamb Brown Gravy & Mint Jelly Mashed Potatoes Carrots, Parsnips Or Crispy Baked Chicken Mashed Potatoes Carrots, Parsnips	Red Wine Braised Pot Roast Beef Gravy & Baked Potato With Green Beans & Squash Or Alfredo Pasta (Pasta with a Parmesan Cream Sauce) With Green Beans
Dessert	Peach Cobbler	Cherry Pie	Preacher Cake	German Upside Down Cake	Blueberry coconut cake	Fruit Trifle	Apple Pie

Week 2	Monday Jan 15	Tuesday Jan 16	Wednesday Jan 17	Thursday Jan 18	Friday Jan 19	Saturday Jan 20	Sunday Jan 21
Breakfast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast
Soup of The Day	Cream of Broccoli	Scotch Broth	Cream of Vegetable	Chicken Noodle	Cream Of Celery	Cream of Mushroom	Seasonal Vegetable
Lunch	Salami on Rye Spinach Tomato Salad Italian vinaigrette or Vegetarian Chilli Cornmeal loaf	Cobb Salad (Ice Burg Lettuce, Cucumber, Ham, Cheddar, Egg) with Avocado Ranch Dressing or Tomato & Penne Pasta Bake With Mixed Summer Greens	Cottage Cheese & Fruit Plate with Blueberry Muffin or Curry Shrimp Salad on a Croissant Tomato Wedges	Roast beef Sandwich on Whole Wheat Garden Vegetable Salad & French Dressing or Tuna Pasta and Cheese Casserole Garden Vegetable Salad & French Dressing	Chicken Salad Sandwich On Whole Wheat Waldorf Salad or Cheese Egg Strata Steamed Broccoli Florets	Toasted Monterey Jack Cheese and Tomato Sandwich Cucumber Salad or Pork Tourtiere Pie Gravy Mixed Greens	Toasted Western Sandwich Garden Vegetable Salad & Italian Dressing or Cod Nuggets Lemon Wedge & Savoury Diced Potato Garden Vegetable Salad & Italian Dressing
Dessert	Lemon Pudding	Strawberries and Cream	Raspberry Jell-o	Fruit Salad	Iced Banana Cake	Tapioca Pudding	Glazed Cinnamon Cake
Dinner	Baked Chicken Thigh Mash Potato & Gravy Baby Carrots & Green Beans or Beef & Cabbage Casserole Mash Potato & Gravy Baby Carrots & Green Beans	Baked Sole & Dill Sauce Roasted Red Skin Potato Sliced Beets & Zucchini or Pork Schnitzel with Mustard Cream Sauce Roasted Red Skin Potato Sliced Beets & Zucchini	Salisbury Steak & Mushroom Sauce Mashed Potatoes Corn & Sweet Peppers or Chicken Fingers Plum Sauce Mashed Potatoes Corn & Sweet Peppers	Honey Garlic Ribs Mashed Potatoes, Peas & Carrots or Turkey Pot Pie Mashed Potatoes, Peas & Carrots	Fish N' Chips & Coleslaw or Sherry Beef tips Mushroom, Red Wine Gravy Herbed Rice Sautéed Spinach, Parsley and Carrots	Irish Lamb Stew & dumplings (Corn, Carrot, Bean and Pea) or Spaghetti & Tomato Meat Sauce with Caesar Salad & Garlic Stick	Herb Roasted Chicken Scalloped Potatoes, Broccoli, Cauliflower & Cheese Sauce or Maple Glazed Ham ScallopedPotatoes, Broccoli, Cauliflower & Cheese Sauce
Dessert	Chocolate Zucchini Cake	Lemon Cheese Bar	Nanaimo Bar	Rhubarb Streusel Cake	Cherry Cobbler	Strawberry Cheesecake	Lemon Layered Dessert Square

Week 3	Monday Jan 22	Tuesday Jan 23	Wednesday Jan 24	Thursday Jan 25	Friday Jan 26	Saturday Jan 27	Sunday Jan 28
Breakfast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast
Soup de Jour	Chicken Vegetable	Cream of Cauliflower	Black Bean	Potato Leek	Vegetable, Spinach	Roasted Red Pepper puree	Tomato Soup
Lunch	Macaroni, Cheese & Tomato Wedges Or Sausage on a Bun With Three Bean Salad	Quiche Lorraine Mixed Garden Greens Or Ham Salad Sandwich On Whole Wheat Mixed Garden Greens	Chicken Shawarma on Nana bread Romaine & Red onion Salad Or Tuna Salad Sandwich On Whole Wheat Romaine & Red onion	Salmon Salad Sandwich On Whole Wheat Chickpea and Zucchini Salad Or Perogies Chickpea and Zucchini Salad	Chicken Burger With Lettuce & Tomato Mixed Greens, Raspberry vinaigrette Or Cottage Cheese & Fruit Plate	Grilled Cheese Sandwich On Whole Wheat Mediterranean Salad Or Hot Dog On a Bun With Mediterranean Salad	Belgian Waffle & Sausage with Fruit Sauce Or Egg Salad Sandwich On Whole Wheat with Roasted Beets and Orange Salad
Dessert	Diced Melon	Fruit Salad	Vanilla Caramel Cake	Baked Custard	Homemade Spiced Cookie	Pecan Streusel Cake	White Chocolate Mousse
Dinner	Turkey a La King & Puff Pastry Shell Or Corned Beef With Oven Roast Potatoes, Whipped Squash & Scalloped Cabbage	Vegetable Lasagna & Sautéed Zucchini Or Baked Salmon Dill Yogurt sauce Mashed Potato Lemon, Creamy Coleslaw	Hot Roast Beef on Whole wheat with Mushroom Gravy Carrots & Parsnips Or Curried Lamb & Basmati Rice Carrots & Parsnips	Ginger Roast Pork & Apple Sauce Mashed Potato Balsamic Brussels Sprouts & Mixed Beans Or Chicken Cacciatore & Egg Noodles Mashed Potato Balsamic Brussels Sprouts & Mixed Beans	Crunchy Baked Cod Lemon Wedge Roasted Red Skin Potatoes, Glazed Carrots & Broccoli Florets Or Homemade Meatloaf Gravy Roasted Red Skin Potatoes, Glazed Carrots & Broccoli Florets	Roast Chicken Leg Basmati Rice Butternut Squash and Beans Or Sweet 'N' Sour Pork & Oriental vegetables With Basmati Rice	Pot Roast Garlic Mashed Potatoes, Turnip & Peas Or Shrimp Pasta with Rose Sauce & Sugar Snap Peas With
Dessert	Vanilla Cake Mixed Berries & Whipped Topping	Black Forest Cake	Ice Cream	Lime Daiquiris mousse cake	Creamy Rice Pudding	Black Cherry Clafuti	Pumpkin Pie

Week 4	Monday Jan 29	Tuesday Jan 30	Wednesday Jan 31	Thursday Feb 1	Friday Feb 2	Saturday Feb 3	Sunday Feb 4
Breakfast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast	Oatmeal or Assorted Cold Cereal Choice of Eggs with Bacon/Sausage and Toast
Soup de Jour	Split Pea	Turkey Rice	Corn Chowder	Scotch Broth	Cream Of Asparagus	Minestrone	Fall Harvest
Lunch	Chicken Caesar Salad & Garlic Bread Or BBQ Beef on a Bun Lettuce & Tomato With Buttered Corn	Ham Salad Sandwich Cucumber Tomato Salad Or Salmon Salad Plate Cucumber Tomato Salad & Whole wheat roll	Enchilada Casserole Spinach and Tomato Salad Or Sliced Turkey on Whole Wheat Spinach and Tomato Salad	Tuna Salad Sandwich on Whole Wheat Mixed Greens Or Vegetarian Pizza With Zucchini Arugula Salad	Cheddar Fruit Plate With Blueberry Scone & Mixed Greens Or Bacon & Tomato on Whole Wheat With Carrot Raisin Salad	Vegetable Quiche Garden Greens & picked Beets Or Corned Beef on Rye With Garden Greens & picked Beets	Captains Burger (Breaded Salmon Burger Patty) With Sliced Tomato, Lettuce & Coleslaw Or Turkey Pot Pie with Gravy & Mashed Turnip With Spinach Salad
Dessert	Butter Tart	Apricots and Cream	Lemon Pudding	Fruit Salad	Ambrosia Pudding	Lemon Loaf	Chocolate chip Cookie and Vanilla Ice Cream
Dinner	Apple Braised Pork Chop Baked Potatoes Braised Red Cabbage and Green Beans Or Baked Haddock With Dill Sauce Baked Potatoes Braised Red Cabbage and Green Beans	Roast Leg Of Lamb With Mint Jelly New Potatoes Red Pepper, Peas, Broccoli &Peal onion Or Spaghetti & Meat Sauce With Mixed Green Salad	Cranberry Glazed Chicken Mashed Potatoes, Broccoli & Parsnip Or Braised Beef Liver & Onions With Mashed Potatoes, Broccoli &Parsnip	Roast Beef Horseradish and Gravy Mashed Potatoes, Broccoli and Baby Carrots Or Turkey Fusilli Bake Broccoli and Baby Carrots	Fish N' Chips With Lemon Wedge, Creamy Coleslaw Or Beef Shepherd's Pie With Brown Gravy, Mashed Potatoes & Buttered Corn	Salisbury Steak With Mushroom Sauce With Mashed Potato, Grilled Pepper & Onions Or Oktoberfest Sausage With Mashed Potato, Grilled Pepper & Onions	Roast Turkey Mashed Potato & Stuffing Cauliflower, Cheese, Peas & Pearl onions Or Herb Baked Chicken Breast Mashed Potato, Sour Cream Cauliflower, Cheese, Peas & Pearl onions
Dessert	Carrot Pumpkin Cake	Chocolate Cream Pie	Cherry Crisp	Vanilla Ice Cream	Apple Cranberry Bread Pudding	Maple Pudding Cake	Black Forest Cake