

<b>Week 1</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>30 Apr</b>	<b>Pork Roast over Squash, Potatoes, Maple-Glazed Carrots, Wax beans</b>  <b>Sub: Boneless Ribs</b>	Spiced Apple Cake	<b>Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon</b>	Coaticook Ice Cream & Homemade Lemon Squares
<b>Monday</b>  <b>01 May</b>	<b>Sweet &amp; Sour Meatballs on a Bed of Steamed Rice, Buttered Peas, Steamed Mixed Vegetables</b>  <b>Sub: Pork</b>	Jell-o with Real Whipped Cream & a Cookie	<b>Soup: Vegetable</b>  <b>Garden Salad with Sliced Chicken Breasts, Homemade Rolls, Hardboiled Egg</b>	Mandarins & Lemon Bread
<b>Tuesday</b>  <b>02 May</b>	<b>Herbed Roasted Chicken Breasts, Mashed Potatoes, Thai Vegetable Medley, Roasted Buttered Brussel Sprouts</b>  <b>Sub: Meatballs</b>	Fruit Trifle	<b>Soup: Chicken Rice</b>  <b>Lasagna and Caesar Salad</b>	Vanilla Pudding with a Berry Coulis & Homemade Cookies
<b>Wednesday</b>  <b>03 May</b>	<b>Swiss Steak with roasted baby potatoes and steamed vegetables</b>  <b>Sub: Chicken</b>	Black Forest Mousse Dessert	<b>Soup of the Day</b>  <b>BBQ Pulled Pork Sandwich, French Fries, Broccoli Salad, Dill Pickle</b>	Homemade Salted Caramel Pie

<b>Week 1</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>04 May</b>	<b>Sausage, Roasted Potatoes, Roasted Mushroom and Zucchini, Wax Beans</b>  <b>Sub: Steak</b>	Orange Cream Dessert	<b>Soup: Pea</b>  <b>Creamy and Cheesy broccoli Chicken with mushroom rice pilaf, Roasted Tumeric Cauliflower</b>	Strawberry Shortcake
<b>Friday</b>  <b>05 May</b>	<b>Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots</b>  <b>Sub: Sausage</b>	Heaven on Earth Cake	<b>Italian Minestrone Soup, Garlic Bread, Caesar Salad, Slice of Cheese, Grapes</b>	Homemade Butterscotch Brownies
<b>Saturday</b>  <b>06 May</b>	<b>Shepherd's Pie with roasted asparagus and mushrooms with fresh dinner rolls</b>  <b>Sub: Fish</b>	Warm Fruit Crisp	<b>Soup: Cream of Mushroom</b>  <b>Scrambled Eggs, Hash Browns, Bacon, Cottage Cheese</b>	Fruit Salad & Homemade Orange Cookies

<b>Week 2</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>07 May</b>	<b>Roast Turkey with Gravy, Cranberry Sauce, Dressing, Mashed Potatoes, Maple-Glazed Carrots, Spinach</b>  <b>Sub: Sheppard's Pie</b>	Homemade Lemon Meringue Pie	<b>Homemade Soup, Assorted Sandwiches, Potato Salad, Olives, Sliced Melon</b>	Coaticook Ice Cream & Homemade Squares
<b>Monday</b>  <b>08 May</b>	<b>Apple Orchard Chicken Breasts, Rice, Buttered Brussel Sprouts, Harvard Sliced Beets</b>  <b>Sub: Turkey</b>	Jell-o with Real Whipped Cream & a Cookie	<b>Soup: Fassolada (Tomato &amp; White Bean)</b>  <b>Stir Fry Vegetables, Rice, Broccoli Salad, Homemade Bread</b>	Berry Medley & Brownies
<b>Tuesday</b>  <b>09 May</b>	<b>Beef Stroganoff on a Bed of Egg Noodles, Glazed Carrots, Green Beans</b>  <b>Sub: Chicken</b>	Warm Apple Cake	<b>Soup: Chicken Noodle</b>  <b>Seasonal Greens Pie with Baked Eggs, Creamy polenta, Fresh Tomato Salad</b>	Sliced Pineapple & Sugar Cookies
<b>Wednesday</b>  <b>10 May</b>	<b>Saucy Pork Chops, Oven-Baked Potatoes, carrot and turnip</b>  <b>Sub: Beef</b>	Honey lime rainbow fruit salad with whipped cream	<b>Soup of the Day</b>  <b>Tuna Fish Casserole, Fresh Garden Salad</b>	Rhubarb Pie

<b>Week 2</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>11 May</b>	<b>Meatloaf with Mashed potatoes and roasted vegetables with garlic bread</b>	Homemade cake	<b>Soup: Cream of Broccoli</b>  <b>Cheese Souffle, Toasted English Muffin, Carrot &amp; Pineapple Salad, Sliced Tomato</b>	Oatmeal and raisin cookies
<b>Friday</b>  <b>12 May</b>	<b>Maple-glazed Salmon Filets, Orzo with Parmesan &amp; Peas, Steamed Fresh Asparagus and Purple Cabbage Flamand</b>  <b>Sub: Steak</b>	Cheesecake with a Berry Coulis	<b>Soup: Cream of Potato</b>  <b>Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon</b>	Cookies and Ice cream
<b>Saturday</b>  <b>13 May</b>	<b>Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Green Beans</b>  <b>Sub: Salmon</b>	Hot Fudge Cake with Whipped Cream & a Cherry on top	<b>Soup: Vegetable</b>  <b>Spaghettini with Meat and Vegetable Sauce, Garlic Bread, Garden Salad</b>	S'mores Bars

<b>Week 3</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> <b>Happy Mother's Day!</b> <b>14 May</b>	<b>Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas</b>  <b>Sub: Chicken Thighs</b>	Homemade Apple Pie	<b>Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon</b>	Coaticook Ice Cream & Homemade Squares
<b>Monday</b>  <b>15 May</b>	<b>Honey Baked Chicken, Rice, Stir-Fry Vegetable Medley</b>  <b>Sub: Ham</b>	Blueberry Lemon Bars	<b>Soup: Vegetable</b>  <b>Creamy Macaroni &amp; Cheese, Homemade Rolls, Seasonal Salad</b>	Fruit Cocktail & Cookies
<b>Tuesday</b>  <b>16 May</b>	<b>Beef Bourguignon in Gravy, Butter Mashed Potatoes, steamed Cauliflower ,and Steamed Mixed Vegetables</b>  <b>Sub: Chicken</b>	Black Forest Cake	<b>Soup: Cream of Squash</b>  <b>Fried Rice, Egg Rolls, Beet - Mandarin - Sesame Salad</b>	Homemade Pudding & Gingersnap Cookies
<b>Wednesday</b>  <b>17 May</b>	<b>Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Carrots, Green Peas</b>  <b>Sub: Beef Bourguignon</b>	Warm Fruit Crisp	<b>Soup of the Day</b>  <b>Beef &amp; Vegetable Chili, Corn Bread</b>	Sliced Pineapple & Chocolate Chip Cookies

<b>Week 3</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>18 May</b>	<b>Meatballs in a Mushroom Sauce served on a roasted garlic mashed potatoes, glazed carrots and turnips</b>  <b>Sub: Pork Chops</b>	Pudding Cake with maple syrup sauce	<b>Homemade Tomato Soup &amp; Grilled Cheese Sandwiches, Potato Salad</b>	Berry Medley & Homemade Squares
<b>Friday</b>  <b>19 May</b>	<b>Cheddar &amp; Potato Crusted Cod(homemade tartar sauce &amp; lemon wedges), Rice with Vegetables, Corn</b>  <b>Sub: Meatballs</b>	Lemon Fluff	<b>Soup: Cream of Asparagus</b>  <b>Sausage, Scrambled Eggs, French toast, Homemade Baked Beans, Sliced Tomato</b>	Pancakes topped with Whipped Cream and fresh fruit
<b>Saturday</b>  <b>20 May</b>	<b>Homemade Tourtiere with Gravy, Sweet corn cucumber and tomato salad, Roasted cauliflower</b>  <b>Sub: Cod</b>	Homemade Banana Cake with Vanilla Sauce	<b>Soup: Cream of Potato</b>  <b>Chicken and Broccoli Casserole, Corn, Baked Sweet Potato</b>	Yoghurt Parfait

<b>Week 4</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>21 May</b>	<b>Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots and Turnips</b>  <b>Sub: Tourtiere</b>	Homemade Strawberry Rhubarb Pie with Ice Cream	<b>Homemade Vegetable Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon</b>	Homemade Squares
<b>Monday</b>  <b>22 May</b>	<b>Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables</b>  <b>Sub: Lamb</b>	Coconut Pudding & a Cookie	<b>Soup: Cream of Celery</b>  <b>Vegetable Frittata, English Muffin, and Cottage Cheese</b>	Fruit Cocktail & Homemade Spicy Dad's Cookies
<b>Tuesday</b>  <b>23 May</b>	<b>Salsbury Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley</b>  <b>Sub: Chicken</b>	Warm Apple Cake	<b>Soup: Black Bean</b>  <b>Pasta Primavera, Garlic Bread, Slice of Cheddar Cheese</b>	Fresh Berries with Homemade Cookies
<b>Wednesday</b>  <b>24 May</b>	<b>Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots, Baked Beans</b>  <b>Sub: Salisbury Steak</b>	Homemade Spice Cake	<b>Soup: Chicken</b>  <b>Open-Faced Hot Chicken Sandwich with Peas, French Fries, Coleslaw</b>	Banana Bread & Pudding

<b>Week 4</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>25 May</b>	<b>Crispy Chicken Thighs with Homemade BBQ sauce, Mashed Sweet Potato, Carrots &amp; Turnip</b>  <b>Sub: Pork</b>	Warm Raisin Pudding	<b>Soup: Vegetable</b>  <b>Hamburger Casserole, Vegetables with Dip</b>	Homemade Applesauce & Squares
<b>Friday</b>  <b>26 May</b>	<b>Citrus &amp; Pepper Tilapia, Roasted Potatoes, Corn and Steamed Baby Carrots</b>  <b>Sub: Chicken</b>	Gingerbread with Lemon Sauce	<b>Soup: Tomato</b>  <b>Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes</b>	Sliced Pineapple & Cookies
<b>Saturday</b>  <b>27 May</b>	<b>Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips</b>	Cherry Cheesecake	<b>Soup: Cream of Mushroom</b>  <b>Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits</b>	Diced Fruit & Homemade Cookies



<b>Week 5</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>28 May</b>	<b>Roast Beef, Mashed Potatoes, Marshed Turnip, Broccoli</b>  <b>Sub: Meatloaf</b>	Homemade Pie	<b>Homemade Soup, Croissant Sandwiches, Pickles, Chips, Sliced Melon</b>	Coaticook Ice Cream & Brownies
<b>Monday</b>  <b>29 May</b>	<b>Orange Ginger Chicken, Steamed Rice, Peas, Sunrise Vegetables</b>  <b>Sub: Meatloaf</b>	Spiced Apple Crumble	<b>Soup: Tomato</b>  <b>Cheese Omlette, Garden Salad, Corn Muffin</b>	Fresh Berries with Homemade Cookies
<b>Tuesday</b>  <b>30 May</b>	<b>Steak with au jus, Mashed Potatoes, Steamed Broccoli, Buttered Carrots</b>  <b>Sub: Chicken</b>	Homemade Cake	<b>Soup: Lentil</b>  <b>Baked Zucchini Parmigiana, Sliced Cucumbers, Cheese and Grapes</b>	Chocolate Chip Peanutbutter Bars
<b>Wednesday</b>  <b>31 May</b>	<b>Honey Mustard Ham, Roasted Sweet Potato, Roasted Brussel Sprouts, California Vegetables</b>  <b>Sub: Steak</b>	Egg Custard	<b>Soup: Harvest Vegetable</b>  <b>"Bangers &amp; Mash" with Brown Gravy and Peas</b>	Pudding with Whipped Cream

<b>Week 5</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>01 Jun</b>	<b>Turkey Dijonnaise, Roasted Potatoes, peas and corn</b>  <b>Sub: Ham</b>	Rice Pudding	<b>Soup: Corn Chowder</b>  <b>Chicken Tikka Massala, Steamed Rice, Vegetables with Dip</b>	Homemade Applesauce & Rice Krispie Squares
<b>Friday</b>  <b>02 Jun</b>	<b>Fish &amp; Chips, Roasted Broccoli, Coleslaw</b>  <b>Sub: Turkey</b>	Ambrosia Salad	<b>Soup: Onion</b>  <b>Chicken Alfredo, Garlic Bread, Side Salad</b>	Orange Slices & Cookies
<b>Saturday</b>  <b>03 Jun</b>	<b>Boneless Ribs, Mashed Potato, Green Beans, Carrots</b>  <b>Sub: Fish</b>	Baked Spiced Pears	<b>Soup: Cream of Vegetable</b>  <b>Spinach Mushroom Dumpling Bake, Fresh Tomato Salad</b>	Oatmeal Raisin Cookies

# Breakfast Menu

Selection of Fresh Fruit, Greek Yoghurt, Eggs, Toast with Jams, Cold Cereals

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Juice of the Day</b>	Orange	Grape	Apple	Orange	Cranberry	Pineapple	Apple
<b>Hot Cereal of the Day</b>	Oatmeal	French Toast and berries	Hearty Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat

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<b>Juice of the Day</b>	Orange	Grape	Apple	Orange	Cranberry	Pineapple	Apple
<b>Hot Cereal of the Day</b>	Oatmeal	French Toast and Berries	Hearty Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat