

<b>Week 1</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  13 Aug	<b>Sunday Brunch, Fresh Croissants, Cold Cuts, Cheese Plate, Fruit Platter</b>  Sub: Pork Chops	<b>Peach Cobbler with Ice Cream</b>	<b>Cream of Roasted Tomato Soup with Chicken vegetable Pesto Pasta Salad</b>	<b>Fruit Salad and Homemade cookies</b>
<b>Monday</b>  14 Aug	<b>Italian Sausage with Lemon Orzo Pasta and cherry tomatoes with broccoli</b> Sub: Chicken Pesto Pasta salad	<b>Bill Smith Altantic Beach Pie</b>	<b>Soup: Cream of Vegetable with Chickpea Salad Sandwiches and cucumber salad</b>	<b>Magic Bar Squares</b>
<b>Tuesday</b>  15 Aug	<b>Paprika Turkey with grilled potato wedges, baby peas and diced carrots</b> Sub: Italian Sausage	<b>Lemon Meringue Pie Bars</b>	<b>Soup: Cream of celery Cauliflower Vegetarian Lasagna Bake</b>	<b>Grilled Peaches and Honey with Ice Cream</b>
<b>Wednesday</b>  16 Aug	<b>Greek style pizza with tomato and cucumber salad</b> Sub: Paprika turkey and rice	<b>Apple Cobbler cake</b>	<b>Soup : Cream of Maple turnip</b>  <b>Creamy Penne with Sausage and Sun-Dried Tomatoes</b>	<b>Cherry upside down cake with Ice Cream</b>
<b>Thursday</b>  17 Aug	<b>Chicken and Vegetable Pie with Tossed Summer Salad</b> Sub: Creamy Penne with Susauage	<b>No bake Peaches and Cream Pie</b>	<b>Soup: Vegetable soup with turkey brie salad croissants and chips</b>	<b>Cookies and Ice Cream</b>
<b>Friday</b>  18 Aug	<b>Sun dried haddock pilaf rice and vegetables</b> Sub: Chicken and Vegetable Pie	<b>Strawberry cheesecake bars</b>	<b>Italian Minestrone Soup with sausage vegetable quiche</b>	<b>Smores crispy treats</b>
<b>Saturday</b>  19 Aug	<b>Pineapple Meatballs with roasted vegetable linguine</b> Sub: Sun dried tomato salmon and orzo	<b>Five fruit crisp</b>	<b>Soup: Cream of Tomato Soup</b>  <b>salmon cakes with potato salad and vegetables</b>	<b>Pineapple Granita</b>

<b>Week 2</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b> 20 Aug	<b>Shepards Pie with vegetables in season</b> <i>Sub: Meatballs</i>	<b>Strawberry cobbler</b>	<b>Cream of Cucumber soup</b> <b>French toast with maple syrup and beans</b>	<b>Coaticook Ice Cream &amp; melon cubes</b>
<b>Monday</b> 21 Aug	<b>Glazed Pineapple Pork Chops with Rice and vegetables</b> <i>Sub: Primavera</i>	<b>Pina Colada Cake</b>	<b>Soup: Onion Soup</b> <b>Dainty Cucumber croissant sandwiches with chips and vegetables</b>	<b>Strawberry cupcakes</b>
<b>Tuesday</b> 22 Aug	<b>Chicken Fillets with french fries with coleslaw</b> <i>Sub: Pork Chops</i>	<b>Ice Cream bars</b>	<b>Soup: Vegetable soup with mini muffulettas (swiss cheese, deli ham slices, spanish olives)</b>	<b>Squares</b>
<b>Wednesday</b> 23 Aug	<b>Spaghetti and Meatballs with garlic french bread</b> <i>Sub: Shepards Pie</i>	<b>Honey lime rainbow fruit salad with whipped cream</b>	<b>Cream of Cucumber soup</b> <b>French toast with maple syrup and beans</b>	<b>Rhubarb Pie and cream cheese whip</b>
<b>Thursday</b> 24 Aug	<b>Pork Chops with mashed potatoes, carrots and peas</b> <b>Sub: Spaghetti and meatballs</b>	<b>Homemade cake</b>	<b>Soup: Cream of Maple Sweet Potato Vegetable Quiche</b>	<b>Oatmeal and raisin cookies</b>
<b>Friday</b> 25 Aug	<b>Haddock with dill sauce , baked potato and vegetable medley</b> <i>Sub: Spaghetti and Meatballs</i>	<b>Cheesecake with a Berry Coulis</b>	<b>Soup: Cream of Carrot Turkey salad on fresh croissants with vegetables and chips</b>	<b>Cookies and Ice cream</b>
<b>Saturday</b> 26 Aug	<b>Hot chicken with vegetables and french fries</b> <i>Sub: Haddock</i>	<b>Hot Fudge Cake with Whipped Cream &amp; a Cherry on top</b>	<b>Soup: Hamburger soup</b> Vegetable egg rolls and sauce	<b>S'mores Bars</b>

<b>Week 3</b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  27 Aug	<b>Cabbage Rolls with potato wedges and glazed carrots and peas</b>  <i>Sub: Shephards Pie</i>	<b>Princess Bar Squares</b>	<b>Cream of cauliflower soup and grilled ham and swiss sandwiches</b>	<b>Coaticook Ice Cream &amp; berry pudding</b>
<b>Monday</b>  28 Aug	<b>Souvlaki with Tzatziki pilaf rice with mixed salad</b> <b>Sub: Cabbage Rolls</b>	<b>Blueberry Lemon Bars</b>	Soup: Vegetable <b>Creamy Macaroni &amp; Cheese with a seasonal salad</b>	<b>Fruit Cocktail &amp; Cookies</b>
<b>Tuesday</b>  29 Aug	<b>BBQ Chicken, scalloped potatoes, vegetables and gravy</b> <b>Sub: Pork Souvlaki</b>	<b>Maple squares</b>	Soup: Cream of Squash Assorted deli sandwiches assorted pretzels and chips	<b>Homemade Pudding</b>
<b>Wednesday</b>  30 Aug	<b>Spareribs, fried rice, egg roll, chicken balls and fortune cookie</b> <b>Sub: Chicken</b>	<b>Warm Fruit Crisp with whipped cream</b>	Soup of the Day <b>Potato and Ham salad served with baked beans and bread</b>	<b>Assorted cookies and Ice Cream</b>
<b>Thursday</b>  31 Aug	<b>Turkey Breast with garlic mashed potatoes with carrots and peas with gravy</b> <b>Sub: Fish and vegetables</b>	<b>Pineapple carrot cake with maple sauce</b>	<b>Homemade Tomato Soup &amp; Grilled Cheese Sandwiches with chips</b>	<b>Homemade Fruit Salad &amp; Cookies</b>
<b>Friday</b>  01 Sep	<b>Fresh Corn on the cob/Hot Dogs/Homemade coleslaw and chips</b> <b>Sub: Turkey breast</b>	<b>Berry medley with Ice Cream</b>	<b>Soup: Cream of Asparagus soup , Fish and potato wedges and corn</b>	<b>Butterscotch cream pie</b>
<b>Saturday</b>  02 Sep	<b>Lac St Jean Tourtiere served with homemade sweet ketchup or gravy, potatoes and glazed carrots</b>  <i>Sub: Sole</i>	<b>Pouding chomeur + ice cream</b>	Soup: Cream of Potato Vegetable quiche and salad(pecans, cranberry, apple)	<b>Fruit Yoghurt Parfait</b>

<b><u>Week 4</u></b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>03 Sep</b>	<b>Savory baked chicken with scalloped potatoes, squash, salad or assorted vegetables and bbq sauce</b> <b>Sub: Tourtiere</b>	<b>Blueberry crumble with Ice Cream</b>	<b>Soup: Potage Saint Germain</b> <b>Cold cuts plate with dinner rolls, assorted vegetables, cheese and fruit</b>	<b>Homemade Squares</b>
<b>Monday</b>  <b>04 Sep</b>	<b>Pork Chops with mashed potatoes, coleslaw, vegetables</b> <b>Sub: Chicken</b>	<b>Coconut Pudding &amp; a Cookie</b>	<b>Soup: Farmers market soup</b> <b>Chicken vegetable linguine</b> <b>Primerva served with garlic bread</b>	<b>Fruit Cocktail &amp; Homemade Spicy Dad's Cookies</b>
<b>Tuesday</b>  <b>05 Sep</b>	<b>Coq au vin with potato wedges and fall vegetables</b>  <i>Sub: Pork Chops</i>	<b>Warm Apple Cake with brown sugar sauce</b>	<b>Soup: Cream of Butternut squash</b>  <b>Mixed deli croissant andwiches with cheese, grapes and chips</b>	<b>Fresh Berries with Homemade Cookies</b>
<b>Wednesday</b>  <b>06 Sep</b>	<b>Mustard and Maple Pallet Roast with garlic mashed potatoes, vegetables and gravy</b> <b>Sub: Stuffed Zucchini or sandwiches</b>	<b>Homemade Cake</b>	<b>Soup: Cream of Sweet potato and carrot soup with homemade pizza</b>	<b>Banana Bread and ice cream</b>

<p><b>Thursday</b></p> <p><b>07 Sep</b></p>	<p><b>Chicken a la King, grelot potatoes, assorted vegetables and sauce</b></p> <p><i>Sub: Roast</i></p>	<p><b>Warm Raisin Pudding</b></p>	<p>Soup: Vegetable</p> <p><b>Cheese Souffle</b></p>	<p><b>cookies</b></p>
<p><b>Friday</b></p> <p><b>08 Sep</b></p>	<p><b>Baked Salmon with Pilaf rice and vegetables</b></p> <p><i>Sub: Roast</i></p>	<p><b>Gingerbread with Lemon Sauce</b></p>	<p>Soup: Cream of Tomato Soup</p> <p><b>Chicken Pot Pie with mixed vegetables</b></p>	<p><b>Upside down pineapple cake</b></p>
<p><b>Saturday</b></p> <p><b>09 Sep</b></p>	<p><b>Stuffed ham and swiss cheese Chicken breast with scalloped potatoes and vegetables</b></p> <p><b>Sub: Salmon</b></p>	<p><b>Carrot and muffins with cream cheese frosting</b></p>	<p><b>Soup: Zucchini and Corn Salmon croquettes with french fries and coleslaw</b></p>	<p><b>Homemade fruit salad &amp; Cookies</b></p>

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  10 Sep	<b>Roast Beef and gravt with Mashed Potatoes, Turnip, Broccoli</b>  <i>Sub: Chicken penne</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Croissant Sandwiches, Pickles, Chips</b>	<b>Coaticook Ice Cream &amp; Brownies</b>
<b>Monday</b>  11 Sep	<b>Italian sausages with grelot potatoes and vegetables</b>  <i>Sub: Roast Beef</i>	<b>Spiced Apple Crumble</b>	Soup: Tomato <b>Grilled cheddar cheese sandwich with apple, bacon served with chips</b>	<b>Fresh Berries with Homemade Cookies</b>
<b>Tuesday</b>  12 Sep	<b>Hot roast beef sandwich with baked potato and coleslaw and sweet peas</b> <b>Sub: Italian Sausages</b>	<b>Homemade Cake</b>	Soup: Fall soup <b>Baked Zucchini Parmigiana, Sliced Cucumbers, Cheese and Grapes</b>	<b>Chocolate Chip Peanut butter Bars</b>
<b>Wednesday</b>  13 Sep	<b>Hamburger Steak with gravy mashed pototes carrots and peas</b>	<b>Egg Custard</b>	Soup: Harvest Vegetable <b>Shephards pie</b>	<b>Pudding with Whipped Cream</b>
<b>Thursday</b>  14 Sep	<b>Pineapple chicken brochettes with pilaf rice and vegetables</b>  <i>Sub: Stuffed peppers</i>	<b>Carrot Cake</b>	Soup: Corn Chowder <b>Chicken Alfredo, Garlic Bread, Side Salad</b>	<b>Homemade Applesauce &amp; Rice Krispie Squares</b>
<b>Friday</b>  15 Sep	<b>Fish &amp; Chips, Roasted Broccoli and baby carrots, Coleslaw</b>  <i>Sub: Turkey</i>	<b>Cake</b>	Soup: Onion <b>Cranberry chicken wraps with sliced vegetables and chips</b>	<b>Orange Slices &amp; Cookies</b>
<b>Saturday</b>  16 Sep	<b>Ham in mustard sauce with green peas, carrots and scalloped potatoes</b>  <i>Sub: Fish</i>	<b>Baked Spiced Pears</b>	Soup: cream of onion <b>Chinese macaroni</b>	<b>Oatmeal Raisin Cookies</b>

# 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

# Breakfast Menu

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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

<b>Week 1</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>13 Aug</b>	<b>Sunday Brunch, Fresh Croissants, Cold Cuts, Cheese Plate, Fruit Platter</b>  <b>Sub: Pork Chops</b>	Peach Cobbler with Ice Cream	<b>Cream of Roasted Tomato Soup with Chicken vegetable Pesto Pasta Salad</b>	Fruit Salad and Homemade cookies
<b>Monday</b>  <b>14 Aug</b>	<b>Italian Sausage with Lemon Orzo Pasta and cherry tomatoes with broccoli</b> <b>Sub: Chicken Pesto Pasta salad</b>	Bill Smith Atlantic Beach Pie	<b>Soup: Cream of Vegetable with Chickpea Salad Sandwiches and cucumber salad</b>	Magic Bar Squares
<b>Tuesday</b>  <b>15 Aug</b>	<b>Paprika Turkey with grilled potato wedges, baby peas and diced carrots</b> <b>Sub: Italian Sausage</b>	Lemon Meringue Pie Bars	<b>Soup: Cream of celery Cauliflower Vegetarian Lasagna Bake</b>	Grilled Peaches and Honey with Ice Cream
<b>Wednesday</b>  <b>16 Aug</b>	<b>Greek style pizza with tomato and cucumber salad</b> <b>Sub: Paprika turkey and rice</b>	Apple Cobbler cake	<b>Soup : Cream of Maple turnip</b>  <b>Creamy Penne with Sausage and Sun-Dried Tomatoes</b>	Cherry upside down cake with Ice Cream

<b>Week 1</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>17 Aug</b>	<b>Chicken and Vegetable Pie with Tossed Summer Salad</b> <b>Sub: Creamy Penne with Susauage</b>	No bake Peaches and Cream Pie	<b>Soup: Vegetable soup with turkey brie salad croissants and chips</b>	Cookies and Ice Cream
<b>Friday</b>  <b>18 Aug</b>	<b>Sun dried haddock pilaf rice and vegetables</b> <b>Sub: Chicken and Vegetable Pie</b>	Strawberry cheesecake bars	<b>Italian Minestrone Soup with sausage vegetable quiche</b>	Smores crispy treats
<b>Saturday</b>  <b>19 Aug</b>	<b>Pineapple Meatballs with roasted vegetable linguine</b> <b>Sub:Sun dried tomato salmon and orzo</b>	Five fruit crisp	<b>Soup: Cream of Tomato Soup</b>  <b>salmon cakes with potato salad and vegetables</b>	Pineapple Granita

<b>Week 2</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>20 Aug</b>	<b>Shepards Pie with vegetables in season</b>  <b>Sub: Meatballs</b>	Strawberry cobbler	<b>Cream of Cucumber soup</b>  <b>French toast with maple syrup and beans</b>	Coaticook Ice Cream & melon cubes
<b>Monday</b>  <b>21 Aug</b>	<b>Glazed Pineapple Pork Chops with Rice and vegetables</b>  <b>Sub: Primavera</b>	Pina Colada Cake	<b>Soup: Onion Soup</b>  <b>Dainty Cucumber croissant sandwiches with chips and vegetables</b>	Strawberry cupcakes
<b>Tuesday</b>  <b>22 Aug</b>	<b>Chicken Fillets with french fries with coleslaw</b>  <b>Sub: Pork Chops</b>	Ice Cream bars	<b>Soup: Vegetable soup with mini muffulettas (swiss cheese, deli ham slices, spanish olives)</b>	Squares
<b>Wednesday</b>  <b>23 Aug</b>	<b>Spaghetti and Meatballs with garlic french bread</b>  <b>Sub: Shepards Pie</b>	Honey lime rainbow fruit salad with whipped cream	<b>Cream of Cucumber soup</b>  <b>French toast with maple syrup and beans</b>	Rhubarb Pie and cream cheese whip

<b>Week 2</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>24 Aug</b>	<b>Pork Chops with mashed potatoes, carrots and peas</b> <b>Sub: Spaghetti and meatballs</b>	Homemade cake	<b>Soup: Cream of Maple Sweet</b> <b>Potato</b> <b>Vegetable Quiche</b>	Oatmeal and raisin cookies
<b>Friday</b>  <b>25 Aug</b>	<b>Haddock with dill sauce , baked potato and vegetable medley</b> <b>Sub: Spaghetti and Meatballs</b>	Cheesecake with a Berry Coulis	<b>Soup: Cream of Carrot</b> <b>Turkey salad on fresh croissants with vegetables and chips</b>	Cookies and Ice cream
<b>Saturday</b>  <b>26 Aug</b>	<b>Hot chicken with vegetables and french fries</b>  <b>Sub: Haddock</b>	Hot Fudge Cake with Whipped Cream & a Cherry on top	<b>Soup: Hamburger soup</b> <b>Vegetable egg rolls and sauce</b>	S'mores Bars

<b>Week 3</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b>  <b>27 Aug</b>	<b>Cabbage Rolls with potato wedges and glazed carrots and peas</b>  <b>Sub: Shephards Pie</b>	<b>Princess Bar Squares</b>	<b>Cream of cauliflower soup and grilled ham and swiss sandwiches</b>	<b>Coaticook Ice Cream &amp; berry pudding</b>
<b>Monday</b>  <b>28 Aug</b>	<b>Soulvaki with Tzatziki pilaf rice with mixed salad</b> <b>Sub: Cabbage Rolls</b>	<b>Blueberry Lemon Bars</b>	<b>Soup: Vegetable</b>  <b>Creamy Macaroni &amp; Cheese with a seasonal salad</b>	<b>Fruit Cocktail &amp; Cookies</b>
<b>Tuesday</b>  <b>29 Aug</b>	<b>BBQ Chicken, scalloped potatoes, vegetables and gravy</b> <b>Sub: Pork Soulvaki</b>	<b>Maple squares</b>	<b>Soup: Cream of Squash</b> <b>Assorted deli sandwiches assorted pretzels and chips</b>	<b>Homemade Pudding</b>
<b>Wednesday</b>  <b>30 Aug</b>	<b>Spareribs, fried rice, egg roll, chicken balls and fortune cookie</b> <b>Sub: Chicken</b>	<b>Warm Fruit Crisp with whipped cream</b>	<b>Soup of the Day</b> <b>Potato and Ham salad served with baked beans and bread</b>	<b>Assorted cookies and Ice Cream</b>

<b>Week 3</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>31 Aug</b>	<b>Turkey Breast with garlic mashed potatoes with carrots and peas with gravy</b> <b>Sub: Fish and vegetables</b>	Pineapple carrot cake with maple sauce	<b>Homemade Tomato Soup &amp; Grilled Cheese Sandwiches with chips</b>	Homemade Fruit Salad & Cookies
<b>Friday</b>  <b>01 Sep</b>	<b>Fresh Corn on the cob/Hot Dogs/Homemade coleslaw and chips</b> <b>Sub: Turkey breast</b>	Berry medley with Ice Cream	<b>Soup: Cream of Asparagus soup , Fish and potato wedges and corn</b>	Butterscotch cream pie
<b>Saturday</b>  <b>02 Sep</b>	<b>Lac St Jean Tourtiere served with homemade sweet ketchup or gravy, potatoes and glazed carrots</b>  <b>Sub: Sole</b>	Pouding chomeur + ice cream	<b>Soup: Cream of Potato Vegetable quiche and salad(pecans, cranberry, apple)</b>	Fruit Yoghurt Parfait

<b>Week 4</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Sunday</b> <b>03 Sep</b>	<b>Savory baked chicken with scalloped potatoes, squash, salad or assorted vegetables and bbq sauce</b> <b>Sub: Tourtiere</b>	Blueberry crumble with Ice Cream	<b>Soup: Potage Saint Germain</b> <b>Cold cuts plate with dinner rolls, assorted vegetables, cheese and fruit</b>	Homemade Squares
<b>Monday</b> <b>04 Sep</b>	<b>Pork Chops with mashed potatoes, coleslaw, vegetables</b> <b>Sub: Chicken</b>	Coconut Pudding & a Cookie	<b>Soup: Farmers market soup</b> <b>Chicken vegetable linguine Primavera served with garlic bread</b>	Fruit Cocktail & Homemade Spicy Dad's Cookies
<b>Tuesday</b> <b>05 Sep</b>	<b>Coq au vin with potato wedges and fall vegetables</b> <b>Sub: Pork Chops</b>	Warm Apple Cake with brown sugar sauce	<b>Soup: Cream of Butternut squash</b> <b>Mixed deli croissant sandwiches with cheese, grapes and chips</b>	Fresh Berries with Homemade Cookies
<b>Wednesday</b> <b>06 Sep</b>	<b>Mustard and Maple Pallet Roast with garlic mashed potatoes, vegetables and gravy</b> <b>Sub: Stuffed Zucchini or sandwiches</b>	Homemade Cake	<b>Soup: Cream of Sweet potato and carrot soup with homemade pizza</b>	Banana Bread and ice cream

<b>Week 4</b>	<b>Dinner:</b>	<b>Dessert:</b>	<b>Supper:</b>	<b>Dessert:</b>
<b>Thursday</b>  <b>07 Sep</b>	<b>Chicken a la King, grelot potatoes, assorted vegetables and sauce</b>  <b>Sub: Roast</b>	Warm Raisin Pudding	<b>Soup: Vegetable</b>  <b>Cheese Souffle</b>	cookies
<b>Friday</b>  <b>08 Sep</b>	<b>Baked Salmon with Pilaf rice and vegetables</b>  <b>Sub: Roast</b>	Gingerbread with Lemon Sauce	<b>Soup: Cream of Tomato Soup</b>  <b>Chicken Pot Pie with mixed vegetables</b>	Upside down pineapple cake
<b>Saturday</b>  <b>09 Sep</b>	<b>Stuffed ham and swiss cheese</b> <b>Chicken breast with scalloped potatoes and vegetables</b> <b>Sub: Salmon</b>	Carrot and muffins with cream cheese frosting	<b>Soup: Zucchini and Corn</b> <b>Salmon croquettes with french fries and coleslaw</b>	Homemade fruit salad & Cookies

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<b>Sunday</b>  <b>10 Sep</b>	<b>Roast Beef and gravt with Mashed Potatoes, Turnip, Broccoli</b>  <b>Sub: Chicken penne</b>	Homemade Pie	<b>Homemade Soup, Croissant Sandwiches, Pickles, Chips</b>	Coaticook Ice Cream & Brownies
<b>Monday</b>  <b>11 Sep</b>	<b>Italian sausages with grelot potatoes and vegetables</b>  <b>Sub: Roast Beef</b>	Spiced Apple Crumble	<b>Soup: Tomato</b>  <b>Grilled cheddar cheese sandwich with apple, bacon served with chips</b>	Fresh Berries with Homemade Cookies
<b>Tuesday</b>  <b>12 Sep</b>	<b>Hot roast beef sandwich with baked potato and coleslaw and sweet peas</b> <b>Sub: Italian Sausages</b>	Homemade Cake	<b>Soup: Fall soup</b>  <b>Baked Zucchini Parmigiana, Sliced Cucumbers, Cheese and Grapes</b>	Chocolate Chip Peanut butter Bars
<b>Wednesday</b>  <b>13 Sep</b>	<b>Hamburger Steak with gravy mashed pototes carrots and peas</b>	Egg Custard	<b>Soup: Harvest Vegetable</b>  <b>Shephards pie</b>	Pudding with Whipped Cream

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<b>Thursday</b>  <b>14 Sep</b>	<b>Pineapple chicken brochettes with pilaf rice and vegetables</b>  <b>Sub: Stuffed peppers</b>	Carrot Cake	<b>Soup: Corn Chowder</b>  <b>Chicken Alfredo, Garlic Bread, Side Salad</b>	Homemade Applesauce & Rice Krispie Squares
<b>Friday</b>  <b>15 Sep</b>	<b>Fish &amp; Chips, Roasted Broccoli and baby carrots, Coleslaw</b>  <b>Sub: Turkey</b>	Cake	<b>Soup: Onion</b>  <b>Cranberry chicken wraps with sliced vegetables and chips</b>	Orange Slices & Cookies
<b>Saturday</b>  <b>16 Sep</b>	<b>Ham in mustard sauce with green peas, carrots and scalloped potatoes</b>  <b>Sub: Fish</b>	Baked Spiced Pears	<b>Soup: cream of onion</b>  <b>Chinese macaroni</b>	Oatmeal Raisin Cookies