

<b><u>Week 1</u></b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>17 Sep</b>	<b>Pork Roast over Squash, Potatoes, Maple-Glazed Carrots, Wax beans</b>  <i>Sub: Boneless Ribs</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Assorted Sandwiches, Sweet Gherkins, Potato Chips, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  <b>18 Sep</b>	<b>Sweet &amp; Sour Meatballs on mashed potatoes, Buttered Peas, Vegetables</b>  <i>Sub: Pork</i>	<b>Jell-o with Real Whipped Cream &amp; a Cookie</b>	<b>Soup: Vegetable</b>  <b>Chicken Ceasar Salad , Rolls,</b>	<b>Mandarins &amp; Lemon Bread</b>
<b>Tuesday</b>  <b>19 Sep</b>	<b>Herbed Roasted Chicken Breasts, Mashed Potatoes, Thai Vegetable Medley, Roasted Buttered squash</b>  <i>Sub: Meatballs</i>	<b>Banana Split Trifle</b>	<b>Soup: Chicken Rice</b>  <b>Lasagna and roasted garlic bread</b>	<b>Homemade squares</b>
<b>Wednesday</b>  <b>20 Sep</b>	<b>Swiss Steak with Fried Onions and mashed potatoes, Buttered Parsnips, Green Beans</b>  <i>Sub: Chicken</i>	<b>Homemade Chocolate Mousse &amp; a Cookie</b>	<b>Soup of the Day</b>  <b>BBQ Pulled Pork Sandwich with Broccoli Salad, Dill Pickle</b>	<b>Homemade Salted Caramel Pie</b>
<b>Thursday</b>  <b>21 Sep</b>	<b>Sausage, Roasted Potatoes, vegetables with Wax Beans</b>  <i>Sub: Steak</i>	<b>Homemade Squares</b>	<b>Soup: Pea</b>  <b>Mac and Cheese with diced tomato</b>	<b>Strawberry Shortcake</b>
<b>Friday</b>  <b>22 Sep</b>	<b>Haddock, Rice Pilaf with Roasted Pepper, Steamed Broccoli, Grilled Carrots</b>  <i>Sub: Sausage</i>	<b>Homemade Cake</b>	<b>Italian Minestrone Soup, Garlic Bread, Salad, Slice of Cheese, Grapes</b>	<b>Homemade chocolate Brownies with frosting</b>
<b>Saturday</b>  <b>23 Sep</b>	<b>Shepherd's Pie with Potatoes topped with Cheese, Creamed Corn, Fresh Sliced Beets</b>  <i>Sub: Fish</i>	<b>Warm Fruit Crisp</b>	<b>Soup: Cream of Mushroom</b>  <b>Scrambled Eggs, Hash Browns, Bacon, Cottage Cheese</b>	<b>Fruit Salad &amp; Homemade Orange Cookies</b>

<b><u>Week 2</u></b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>24 Sep</b>	<b>Pineapple Ham, Scalloped Potatoes, Buttered Carrots, and Sweet Peas</b>  <i>Sub: Sheppard's Pie</i>	<b>Homemade Lemon Meringue Pie</b>	<b>Corn chowder (fresh corn in freezer), Assorted Sandwiches and chips</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  <b>25 Sep</b>	<b>Apple Orchard Chicken Breasts with mashed potaotes, butter nut squash, Harvard Sliced Beets</b>  <i>Sub: Ham</i>	<b>Jell-0 with fresh fruit salad &amp; a Cookie</b>	Soup: Homemade chicken noodle soup  <b>Fritta with fresh vegetables and toasted english muffin</b>	<b>Berry Medley &amp; Brownies</b>
<b>Tuesday</b>  <b>26 Sep</b>	<b>Beef bourgigon with mashed pototes, Glazed Carrots, Green Beans</b>  <i>Sub: Chicken</i>	<b>Warm Apple Cake</b>	Soup: Vegetable soup  <b>Corned beef hash with boiled egg</b>	<b>Sliced Pineapple &amp; Sugar Cookies</b>
<b>Wednesday</b>  <b>27 Sep</b>	<b>Saucy Pork Chops, Oven-Baked Potatoes, Mashed Turnip and peas</b>  <i>Sub: Beef</i>	<b>Homemade cake</b>	Soup of the Day  <b>Chicken Casserole, Fresh Garden Salad</b>	<b>Rhubarb Pie</b>
<b>Thursday</b>  <b>28 Sep</b>	<b>Liver and onions with mashed potatoes , corn and vegetable</b>  <i>Sub: Pork Chops</i>	<b>Homemade Cake</b>	Soup: Cream of Broccoli  <b>Cheese Souffle, Toasted English Muffin, Carrot &amp; Pineapple Salad, Sliced Tomato</b>	<b>Mandarins &amp; Lemon Cookies</b>
<b>Friday</b>  <b>29 Sep</b>	<b>Maple-glazed Salmon Filets, Orzo with Parmesan &amp; Peas, steamed vegetabes</b>  <i>Sub: Steak</i>	<b>Cheesecake with a Berry Coulis</b>	Soup: Cream of Potato  <b>Homemade Vegetable and Pepperoni Pizza and Caesar Salad, Sliced Melon</b>	<b>Jell-O &amp; Cookies</b>
<b>Saturday</b>  <b>30 Sep</b>	<b>Chicken Thighs in Homemade B.B.Q. Sauce, Baked Potatoes, Corn, Sweet Green Peas</b>  <i>Sub: Salmon</i>	<b>Hot Fudge Cake with Whipped Cream &amp; a Cherry on top</b>	Soup: Vegetable  <b>Spaghetтини with Meat and Vegetable Sauce, Garlic Bread, Garden Salad</b>	<b>S'mores Bars</b>

<b><u>Week 3</u></b>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>01 Oct</b>	<b>Roast Turkey with Gravy, Cranberry Sauce, Dressing, Mashed Potatoes, Carrots, Buttered Spinach</b>  <i>Sub: Chicken Thighs</i>	<b>Homemade Apple Pie</b>	<b>Homemade Chowder, Submarine Sandwiches, Olives, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  <b>02 Oct</b>	<b>Coq au vin with Scalloped Potatoes, Fresh Sliced Beets and peas</b>  <i>Sub: Turkey</i>	<b>Blueberry Lemon Bars</b>	Soup: Vegetable  <b>Chicken fetticuni, fresh vegetables with dip</b>	<b>Fresh Fruit salad &amp; Cookies</b>
<b>Tuesday</b>  <b>03 Oct</b>	<b>Roast lamb with mashed Potatoes, Steamed Cauliflower with Cheese Sauce, vegetable</b>  <i>Sub: Chicken</i>	<b>Black Forest Cake</b>	Soup: Cream of Squash  <b>Spaghetti with garlic bread</b>	<b>Homemade Pudding &amp; Gingersnap Cookies</b>
<b>Wednesday</b>  <b>04 Oct</b>	<b>Pork Chops with Apple Gravy, Oven-Baked Potatoes with sour cream, Carrots, Green Peas</b>  <i>Sub: Beef Bourguignon</i>	<b>Warm Fruit Crisp</b>	Soup of the Day  <b>Beef &amp; Vegetable Chili, Corn Bread</b>	<b>Sliced Pineapple &amp; Chocolate Chip Cookies</b>
<b>Thursday</b>  <b>05 Oct</b>	<b>Meatballs in a brown gravy with pilaf rice (mashed potatoes option) Broccoli and Squash</b>  <i>Sub: Pork Chops</i>	<b>Pudding Cake</b>	<b>Homemade Tomato Soup &amp; Grilled Cheese Sandwiches and chips</b>	<b>Berry Medley &amp; Homemade Squares</b>
<b>Friday</b>  <b>06 Oct</b>	<b>Cheddar &amp; Potato Crusted Cod(homemade tartar sauce &amp; lemon wedges), roasted white and sweet potato with Vegetables, Corn</b>  <i>Sub: Meatballs</i>	<b>Lemon Fluff</b>	Soup: Cream of Asparagus  <b>Sausage, Scrambled Eggs, Homemade Baked Beans, Sliced Tomato</b>	<b>Pancakes topped with Whipped Cream and fresh fruit</b>
<b>Saturday</b>  <b>07 Oct</b>	<b>Homemade Tourtiere with Gravy, Boiled Potatoes, Steamed Fresh Broccoli and baby carrots</b>  <i>Sub: Cod</i>	<b>Homemade Banana Cake with Vanilla Sauce</b>	Soup: Cream of Potato  <b>Chicken and Broccoli Casserole with a salad</b>	<b>Yoghurt Parfait</b>

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>08 Oct</b>	<b>Roast Lamb with Mint Jelly, Pan Gravy, Potatoes, Buttered Carrots, Spinach</b>  <i>Sub: Tourtiere</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Assorted Sandwiches, Pickles, Chips, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Homemade Squares</b>
<b>Monday</b>  <b>09 Oct</b>	<b>Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables</b>  <i>Sub: Lamb</i>	<b>Coconut Pudding &amp; a Cookie</b>	<b>Soup: Cream of Celery</b>  <b>Vegetable Frittata, English Muffin, and Cottage Cheese</b>	<b>Fruit Cocktail &amp; Homemade Spicy Dad's Cookies</b>
<b>Tuesday</b>  <b>10 Oct</b>	<b>Salsbury Steak with Pepper Sauce, Creamy Mashed Potatoes, Steamed Butternut Squash, California Vegetable Medley</b>  <i>Sub: Chicken</i>	<b>Warm Apple Cake</b>	<b>Soup: Black Bean</b>  <b>Pasta Primavera, Garlic Bread, Slice of Cheddar Cheese</b>	<b>Fresh Berries with Homemade Cookies</b>
<b>Wednesday</b>  <b>11 Oct</b>	<b>Spiced Pork Tenderloin in Gravy, Mashed Potato, Buttered Carrots and green beans</b>  <i>Sub: Salisbury Steak</i>	<b>Homemade Cake</b>	<b>Soup: Chicken</b>  <b>Open-Faced Hot Chicken Sandwich with Peas, French Fries, Coleslaw</b>	<b>Banana Bread &amp; Pudding</b>
<b>Thursday</b>  <b>12 Oct</b>	<b>Maple mustard glazed ham with scalloped potatoes,, Carrots, &amp; Turnip,</b> <i>Sub: Pork</i>	<b>Warm Raisin Pudding</b>	<b>Soup: Vegetable</b>  <b>Hamburger Casserole, Vegetables with Dip</b>	<b>Homemade Applesauce &amp; Squares</b>
<b>Friday</b>  <b>13 Oct</b>	<b>Citrus &amp; Pepper Haddock, Roasted Potatoes, Creamed Onions, Steamed Baby Carrots</b>  <i>Sub: Chicken</i>	<b>Gingerbread with Lemon Sauce</b>	<b>Soup: Tomato</b>  <b>Hotdogs on Toasted buns, Potato Salad, Pickles, Grapes</b>	<b>Sliced Pineapple &amp; Cookies</b>
<b>Saturday</b>  <b>14 Oct</b>	<b>Country Style Meatloaf, Mushroom Gravy, Mashed Potato, Peas, Turnips</b>	<b>Cherry Cheesecake</b>	<b>Soup: Cream of Mushroom</b>  <b>Chicken Pot Pie, Baked Sweet Potato, Homemade Biscuits</b>	<b>Diced Fruit &amp; Homemade Cookies</b>

<u><b>Week 5</b></u>	Dinner:	Dessert:	Supper:	Dessert:
<b>Sunday</b>  <b>15 Oct</b>	<b>Roast Beef, Mashed Potatoes, Marshded Turnip, Broccoli</b>  <i>Sub: Meatloaf</i>	<b>Homemade Pie</b>	<b>Homemade Soup, Croissant Sandwiches, Pickles, Chips, Sliced Melon</b>	<b>Coaticook Ice Cream &amp; Brownies</b>
<b>Monday</b>  <b>16 Oct</b>	<b>Orange Ginger Chicken, pilaf rice, Peas, Sunrise Vegetables</b>  <i>Sub: Meatloaf</i>	<b>Spiced Apple Crumble</b>	<b>Soup: Tomato Omlette and cheese and grapes</b>	<b>Fresh Berries with Homemade Cookies</b>
<b>Tuesday</b>  <b>17 Oct</b>	<b>Steak au jus, Mashed Potatoes, Steamed Broccoli, Buttered Carrots</b>  <i>Sub: Chicken</i>	<b>Homemade Cake</b>	<b>Soup: Pea soup Grilled ham and cheese with chips</b>	<b>Chocolate Chip Peanutbutter Bars</b>
<b>Wednesday</b>  <b>18 Oct</b>	<b>Honey Mustard Ham, Roasted Sweet Potato, spinach and feta bake with vegetables</b>  <i>Sub: Steak</i>	<b>Egg Custard</b>	<b>Soup: Harvest Vegetable "Bangers &amp; Mash" with Brown Gravy and Peas</b>	<b>Pudding with Whipped Cream</b>
<b>Thursday</b>  <b>19 Oct</b>	<b>Turkey Dijonnaise, Roasted Potatoes, Green Beans, Sliced Beets</b>  <i>Sub: Ham</i>	<b>Rice Pudding</b>	<b>Soup: Corn Chowder Sloppy joe with french fries</b>	<b>Homemade Applesauce &amp; Rice Krispie Squares</b>
<b>Friday</b>  <b>20 Oct</b>	<b>Fish &amp; Chips, Roasted Broccoli, Coleslaw</b>  <i>Sub: Turkey</i>	<b>Ambrosia Salad</b>	<b>Soup: Onion Chicken Alfredo, Garlic Bread, Side Salad</b>	<b>Orange Slices &amp; Cookies</b>
<b>Saturday</b>  <b>21 Oct</b>	<b>Pork loin(soy sauce garlic) with Mashed Potato, Green Beans, Carrots</b>  <i>Sub: Fish</i>	<b>Baked Spiced Pears</b>	<b>Soup: Cream of Vegetable Shephards pie with ground chicken with diced beets</b>	<b>Diced Fruit &amp; Oatmeal Raisin Cookies</b>

# Breakfast Menu

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice of the Day	Orange	Grape	Apple	Orange	Cranberry	Pineapple	Apple
Hot Cereal of the Day	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Oat Bran	Cream of Wheat

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