

Week 1	Dinner:	Dessert:	Supper:	Dessert:
Sunday 19 May	Roast Turkey with Mashed Potatoes maple glazed Carrots and green or yellow beans <i>Sub: Boneless Ribs</i>	Pie	Homemade Soup, Assorted Sandwiches/Wraps with macaroni salad, and potato chips	Coaticook Ice Cream & Pouding chomeur
Monday 20 May	Beef Stew with fresh bread rolls/or baguette <i>Sub: Ham</i>	Queen Elizabeth Cake	Soup of day Mini pizza and mixed salad	Lemon Bread/or Banana Bread
Tuesday 21 May	Chicken a la king with rice and vegetables <i>Sub: Stew</i>	Squares	Soup of the day French Toast with brie cheese topped with granola blue berries and maple syrup with cottage cheese and tomato slices	Truffle
Wednesday 22 May	Connie's Southern Special <i>Sub: Chicken</i>	Connie's Southern Dessert	Soup of the Day Mini Quiche and salad	Oh Henry Squares
Thursday 23 May	Maple herb pork chops with mashed pototoes , green peas and carrots <i>Sub: Connie's southern special</i>	Cookies	Soup of the day Potato Salad with sliced ham and tomatoes	Cake
Friday 24 May	Cod crusted filets with potato wedges with brussel sprouts and corn <i>Sub: Pork</i>	Fruit crisp	Soup of the day Chicken strips with Ceasar salad with garlic bread	Homemade chocolate Brownies with frosting
Saturday 25 May	Hot Chicken with French Fries and green peas <i>Sub: Fish</i>	Homemade Cake	Soup of the day Cucumber sandwiches with salad and chips	Assorted Desserts

<u>Week 2</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 26 May	Ham with mashed potatoes and vegetables <i>Sub: Chicken</i>	Homemade pie	Soup of the day with cold cuts, cheese, grapes, baguette, crackers platter	Fruit Crisp with Coaticook Ice Cream
Monday 27 May	Chicken Breasts with mashed potatoes, butter nut squash and caesar salad <i>Sub: Turkey</i>	Homemade squares	Soup of the day Sheet pan vegetable supreme pizza	Muffins
Tuesday 28 May	Meatloaf, potatoes, and brussel sprouts <i>Sub: Chicken</i>	Cake	Soup of the day Turkey burger patties/gravy with french fries and sliced tomatoes	Cookies and vanilla pudding
Wednesday 29 May	Connie's Southern Special	Connie's Southern Dessert	Soup of the Day Chicken salad and bread rolls	Squares
Thursday 30 May	Pork tenderloin with mashed potatoes, corn and Sweet Green Peas <i>Sub: Connie's Special</i>	Fudge cupcakes	Soup of the day brushetta chicken with caesar salad	Assorted desserts
Friday 31 May	Poached Haddock with potato wedges and grilled vegetables <i>Sub: Pork tenderloin</i>	squares	Soup of the day Ham and noodle casserole	Ice cream sandwich bar cake
Saturday 01 Jun	Greek chicken souvlaki with pilaf rice and tzatziki sauce <i>Sub: Salmon</i>	Cake	Soup of the day Steamed Hot dogs and french fries with coleslaw	Muffins

Week 3	Dinner:	Dessert:	Supper:	Dessert:
Sunday 02 Jun	Roast Turkey with Gravy, Cranberry Sauce, Dressing, Mashed Potatoes, Carrots, Buttered Spinach <i>Sub: Greek Souvlaki</i>	Homemade Apple Pie	Soup of the day Submarine Sandwiches, Olives, vegetables	Coaticook Ice Cream & Homemade Squares
Monday 03 Jun	Cabbage rolls and bread buns <i>Sub: Turkey</i>	Lemon squares	Soup of the day Tomato and Bacon Carbonara	cookies
Tuesday 04 Jun	Honey garlic chicken breasts mashed potatoes and assorted vegetables <i>Sub: Cabbage Rolls</i>	Spice Cake	Soup of the day Open face Hot hamburger with french fries and peas	Homemade Pudding & Cookies
Wednesday 05 Jun	Connie's Southern Special <i>Sub: Spareribs</i>	Connies Southern Dessert	Soup of the Day BBQ chicken loaded baked potatoes	Sliced Pineapple & Chocolate Chip Cookies
Thursday 06 Jun	Roast pork with mashed Potatoes, Steamed Cauliflower and vegetable <i>Sub: Connie's special</i>	Cake	Soup of the day Quiche and mixed cucumber and tomato salad	muffins and ice cream
Friday 07 Jun	Cheddar & Potato Crusted Cod(homemade tartar sauce & lemon wedges), roasted potatoes and vegetables <i>Sub:: Roast pork</i>	Pineapple squares	Soup of day Classic BLT with chips	cake
Saturday 08 Jun	Beef stew with bread buns <i>Sub: Cod</i>	squares	Soup of the day White cheese calzones with marinara sauce and arugula salad	Yoghurt Parfait

<u>Week 4</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 09 Jun	Honey Baked Ham , Pan Gravy, Potatoes, Buttered Carrots, Spinach <i>Sub: Beef Stew</i>	Homemade Pie	Homemade Soup, Assorted Sandwiches, and wraps Pickles, Chips, Sliced Melon	Coaticook Ice Cream & Homemade Squares
Monday 10 Jun	Chicken Parmesan, Italian Mashed Potatoes, Broccoli, Sunrise Vegetables <i>Sub: Ham</i>	Coconut Pudding & Cookies	Soup: Cream of Broccoli Spaghetti	Squares
Tuesday 11 Jun	Salisbury Steak with Potato salad and mushroom gravy with peas <i>Sub: Chicken</i>	Cake	Soup of the day Zucchini tomato quiche with Cottage Cheese	Fresh Berries with Homemade Cookies
Wednesday 12 Jun	Connie's Southern Special <i>Sub: Salisbury Steak</i>	Connie's Southern Dessert	Soup of the day Watermelon salad with feta and grilled chicken	Banana Bread
Thursday 13 Jun	Goat cheese and prosciutto stuffed pork tenderloin with rice and carrots <i>Sub: Connie's Special</i>	Cake	Soup of the day Tomato sandwiches with chips and vegetables	Squares
Friday 14 Jun	Citrus & Pepper Cod, Roasted Potatoes, asparagus and carrots <i>Sub: Pork Chops</i>	Gingerbread with Lemon Sauce	Soup of the day Turkey cucumber wrap with assortment of vegetables and dip	Assortment of Cookies
Saturday 15 Jun	Ravioli with burst tomatoes and Caesar Salad Sub: Cod	Cherry Cheesecake	Soup of the day Hot Chicken Sandwich with french fries	Squares

<u>Week 5</u>	Dinner:	Dessert:	Supper:	Dessert:
Sunday 16 Jun	Roast Beef, Mashed Potatoes, Squash, Broccoli <i>Sub: Meatballs</i>	Cheesecake	Soup of the day Chicken wraps with mixed pickles and Chips	Coaticook Ice Cream & Brownies
Monday 17 Jun	Sausages with grilled potatoes, carrots and turnips Sub: Roast Beef	Assorted desserts	Soup of the day Chicken Teriyaki Stir Fry with Rice	Fresh Berries with Homemade Cookies
Tuesday 18 Jun	Boeuf Bourguignon with Mashed Potatoes, Steamed Broccoli <i>Sub:Sausages</i>	Sticky Toffee Date Cake	Soup of the day Waffles with fresh fruit and cheese	Chocolate Chip Peanutbutter Bars
Wednesday 19 Jun	Connie's Southern Special <i>Sub: Beef Bourguignon</i>	Connie's Southern Dessert	Soup of the day Baked Potato Bar	Vanilla Custard with Whipped Cream
Thursday 20 Jun	Chicken Pie with Biscuits <i>Sub: Connie's Special</i>	Carrot Cake	Soup of the day Loaded Taco Sweet Potato	Homemade Applesauce & Cherry Squares
Friday 21 Jun	Fish & Chips with Coleslaw <i>Sub: Chicken Pie</i>	Pineapple Squares	Soup of the day Caesar salad with turkey slices	Coconut Macaroon Cookies
Saturday 22 Jun	Chicken strips with potato wedges with mixed vegetables <i>Sub: Fish</i>	Penaut Butter Cake	Soup of the day Grilled cheese	Oatmeal Raisin Cookies and Ice Cream

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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Friday 24 May	Cod crusted filets with potato wedges with brussel sprouts and corn Sub: Pork	Fruit crisp	Soup of the day Chicken strips with Ceasar salad with garlic bread	Homemade chocolate Brownies with frosting
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