

# Week 1 Menu

Meal	Date						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Broccoli	<b>Soup</b> Seafood Chowder	<b>Soup</b> Beef Noodle	<b>Soup</b> Potato & Leek	<b>Soup</b> Butternut Squash	<b>Soup</b> Mushroom Barley Chowder	<b>Soup</b> Pea
	<b>Main</b> Egg Salad	<b>Main</b> Rigstoni & Spinach Pasta	<b>Main</b> Turkey Sandwich	<b>Main</b> Chili w/ Cheese Topping	<b>Main</b> Ham Sandwich	<b>Main</b> Mac N Cheese	<b>Main</b> Tuna Sandwich
	<b>Side</b> Tomato Basil Salad	<b>Side</b> Garden Salad	<b>Side</b> Pasta Salad	<b>Side</b> Fresh Bun	<b>Side</b> Veg Salad	<b>Side</b> Tomato Wedges	<b>Side</b> Dill Pickle Spears
	<b>Dessert</b> Chocolate Pudding	<b>Dessert</b> Apricots	<b>Dessert</b> Fruit	<b>Dessert</b> Date Square	<b>Dessert</b> Pear	<b>Dessert</b> Jello	<b>Dessert</b> Fruit
Snack	Muffins	Cookies	Chips	Muffins	Leftover Snack Day	Cheese & Crackers	Popcorn
Dinner	<b>Main</b> Chicken Breast	<b>Main</b> Beef Stew	<b>Main</b> Cod	<b>Main</b> Pork Drummies	<b>Main</b> Bruschetta Baked Salmon	<b>Main</b> Meat Loaf	<b>Main</b> Montreal Spiced Pork Loin
	<b>Starch &amp; Veg</b> Garlic Stick & Mexican Corn	<b>Starch &amp; Veg</b> Broccoli & Fresh Bun	<b>Starch &amp; Veg</b> O'Brien Pots & Peas	<b>Starch &amp; Veg</b> Cilantro Couscous & Red Cabbage	<b>Starch &amp; Veg</b> Roasted Pots & Brussel Sprouts	<b>Starch &amp; Veg</b> Mashed Pots & Cauliflower	<b>Starch &amp; Veg</b> Garlic Mashed & Mixed Veg
	<b>Dessert</b> Fruit Tarts	<b>Dessert</b> Vanilla Cake	<b>Dessert</b> Berry Lemon Bread Pudding	<b>Dessert</b> Cheese Cake	<b>Dessert</b> Ice Cream	<b>Dessert</b> PB Chocolate Cupcake	<b>Dessert</b> Cherry Pie



# Week 2 Menu

Meal	Date						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<u>Soup</u> Corn Chowder	<u>Soup</u> Mushroom	<u>Soup</u> Carrot Curry	<u>Soup</u> Beef Barley	<u>Soup</u> Cauliflower	<u>Soup</u> French Onion	<u>Soup</u> Vegetable
	<u>Main</u> Spaghetti w/ Meat Sauce	<u>Main</u> Sausage & Sauerkraut	<u>Main</u> Pastrami on Rye w/ Dijon Mustard	<u>Main</u> Chefs Choice of Frittata	<u>Main</u> Turkey & Bacon Club	<u>Main</u> Salmon Salad Sandwich	<u>Main</u> Chicken Fingers
	<u>Side</u> Garlic Stick	<u>Side</u> Pasta Salad	<u>Side</u> Tomato Wedges	<u>Side</u> Buttered Toast & Orange Slices	<u>Side</u> Potato Salad	<u>Side</u> Chilled Dill Cucumber Salad	<u>Side</u> Caesar Salad
	<u>Dessert</u> Lemon Pudding	<u>Dessert</u> Peaches	<u>Dessert</u> Fruit	<u>Dessert</u> Chocolate Mouse	<u>Dessert</u> Pineapple	<u>Dessert</u> Jello	<u>Dessert</u> Fruit
Snack	Muffins	Cookies	Pretzles	Muffins	Leftover Snack Day	Cheese & Crackers	Apples & PB
Dinner	<u>Main</u> Haddock	<u>Main</u> Pork Loin w/ Mushroom Sauce	<u>Main</u> Honey Garlic Chicken	<u>Main</u> Swiss Steak	<u>Main</u> Cod	<u>Main</u> Caribbean Turkey Breast	<u>Main</u> Roast Beef w/ Gravy
	<u>Starch &amp; Veg</u> Rice & Broccoli	<u>Starch &amp; Veg</u> Mashed & Asparagus	<u>Starch &amp; Veg</u> Roasted Potatoes & Savoury Carrot	<u>Starch &amp; Veg</u> Baked Pot & Green Beans	<u>Starch &amp; Veg</u> Rice & Corn	<u>Starch &amp; Veg</u> Quinoa & Corn Medley and Spiced Yams	<u>Starch &amp; Veg</u> Yorkshire Pudding, Mashed & Brussel Sprouts
	<u>Dessert</u> Sticky Bun Cupcakes	<u>Dessert</u> Cookies & Cream Pie	<u>Dessert</u> Baked Apple Cinnamon Slices	<u>Dessert</u> Berry Parfait Square	<u>Dessert</u> Ice Cream	<u>Dessert</u> Peaches & Cream Cake	<u>Dessert</u> Strawberry Rhubarb Pie



# Week 3 Menu

Meal	Date						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Broccoli	<b>Soup</b> Hearty Veg	<b>Soup</b> N/A	<b>Soup</b> Cream of Celery	<b>Soup</b> Roasted Red Pepper	<b>Soup</b> Split Pea	<b>Soup</b> Sweet Potato
	<b>Main</b> Quiche - ham, mushroom, green peppers	<b>Main</b> Seafood Burger w/ Tartar Sauce	<b>Main</b> Tourtiere	<b>Main</b> Corned Beed on Rye	<b>Main</b> Grill Cheese	<b>Main</b> Cold Plate	<b>Main</b> Pulled Pork on Bun
	<b>Side</b> Tomato Salad	<b>Side</b> Coleslaw	<b>Side</b> Green Beans & Red Pepper Strips	<b>Side</b> Broccoli Salad	<b>Side</b> Cucumber Spears	<b>Side</b> Fresh Bun	<b>Side</b> Apple Carrot Slaw
	<b>Dessert</b> Strawberry Pudding	<b>Dessert</b> Peaches	<b>Dessert</b> Fruit	<b>Dessert</b> Chocolate Mouse	<b>Dessert</b> Pineapple	<b>Dessert</b> Jello	<b>Dessert</b> Fruit
Snack	Muffins	Cookies	Pretzels	Muffins	Leftover Snack Day	Cheese & Crackers	Apples & PB
Dinner	<b>Main</b> Breaded Veal	<b>Main</b> Salisbury Steak	<b>Main</b> Tomato Herb Turkey Loaf	<b>Main</b> Roast Lamb w/ Peach Mint Salsa	<b>Main</b> Maple Glazed Pork Loin	<b>Main</b> Tilapia	<b>Main</b> Roast Chicken w/ Gravy
	<b>Starch &amp; Veg</b> Fettucine & Mixed Vegetables	<b>Starch &amp; Veg</b> Scalloped Sweet Pots & Corn	<b>Starch &amp; Veg</b> Garlic Mashed & Peas	<b>Starch &amp; Veg</b> Rice & Beets	<b>Starch &amp; Veg</b> Baked Pot w/ Sour Cream & Veg	<b>Starch &amp; Veg</b> Boiled Red Pots & Green Beans	<b>Starch &amp; Veg</b> Stuffing, Mashed Pots, Asparagus
	<b>Dessert</b> Carrot Cake	<b>Dessert</b> Banana Foster Cobbler	<b>Dessert</b> Marble Cake	<b>Dessert</b> Apple Pie	<b>Dessert</b> Ice Cream	<b>Dessert</b> Blueberry Orange Coffee Cake	<b>Dessert</b> Peach Pie



# Week 4 Menu

Meal	Date						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Cream of Veg	<b>Soup</b> Carrot Dill	<b>Soup</b> Chicken & Rice	<b>Soup</b> Cauliflower	<b>Soup</b> Lentil	<b>Soup</b> California Bean	<b>Soup</b> Asparagus
	<b>Main</b> Turkey Burger w/ Cranberry Mayo	<b>Main</b> Fish & Chips	<b>Main</b> Quesadilla	<b>Main</b> Egg Salad Sandwich	<b>Main</b> Spinach Frittata	<b>Main</b> Peameal Bacon on a Bun	<b>Main</b> Pizza
	<b>Side</b> Beet, Corn & Cilantro Salad	<b>Side</b> Coleslaw	<b>Side</b> Garden Salad	<b>Side</b> Carrot & Celery Sticks	<b>Side</b> Buttered Toast & Veg Salad	<b>Side</b> Asian Salad with Dressing	<b>Side</b> Caesar Salad
	<b>Dessert</b> Vanilla Pudding	<b>Dessert</b> Apricots	<b>Dessert</b> Fruit	<b>Dessert</b> Lemon Squares	<b>Dessert</b> Pear	<b>Dessert</b> Jello	<b>Dessert</b> Date Squares
Snack	Muffins	Cookies	Chips	Muffins	Leftover Snack Day	Cheese & Crackers	Popcorn
Dinner	<b>Main</b> Pork Chops w/ Rosemary	<b>Main</b> Perogies w/ Meat & Potato Bake	<b>Main</b> Apricot Curry Chicken	<b>Main</b> Ham	<b>Main</b> Toscana Chicken	<b>Main</b> BBQ Beef Brisket	<b>Main</b> Roast Veal w/ Beef Gravy
	<b>Starch &amp; Veg</b> Quinoa and Sauteed Peppers	<b>Starch &amp; Veg</b> Mixed Veg	<b>Starch &amp; Veg</b> Mashed Pots & Green Beans	<b>Starch &amp; Veg</b> Scalloped Pots & Cabbage	<b>Starch &amp; Veg</b> Roasted Baby Pots & Mixed Veg	<b>Starch &amp; Veg</b> Roasted Pots & Acorn Squash	<b>Starch &amp; Veg</b> Garlic Mashed & Cauliflower
	<b>Dessert</b> Rhubarb Crisp	<b>Dessert</b> Caramel Bread Pudding	<b>Dessert</b> Apple Strudel	<b>Dessert</b> Key Lime Greek Yogurt Cheesecake	<b>Dessert</b> Ice Cream	<b>Dessert</b> Butter Pecan Fudge Cake	<b>Dessert</b> Blueberry Pie





# Week 5 Menu

Meal	Date						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	<b>Soup</b> Butternut Squash w/ Ginger	<b>Soup</b> Tomato	<b>Soup</b> Tomato Basil	<b>Soup</b> Parsnip, Leek & Apple	<b>Soup</b> Vegetable Soup	<b>Soup</b> Minestrone	<b>Soup</b> Vegetable Pesto
	<b>Main</b> Tortellini w/ Alfredo Sauce	<b>Main</b> Cod Nuggets w/ Tartar Sauce	<b>Main</b> Chicken Salad Sandwich	<b>Main</b> Mexican Frittata	<b>Main</b> Salmon Burger	<b>Main</b> Quiche - ham, mushroom, green pepper	<b>Main</b> Ravioli
	<b>Side</b> Fresh Bun & Peas	<b>Side</b> Potato Salad	<b>Side</b> Caesar Salad	<b>Side</b> Buttered Toast & Garden Salad	<b>Side</b> Coleslaw	<b>Side</b> Broccoli Salad & Fresh Bun	<b>Side</b> Garlic Stick
	<b>Dessert</b> Butterscot Pudding	<b>Dessert</b> Peaches	<b>Dessert</b> Fruit	<b>Dessert</b> Raspberry Mouse	<b>Dessert</b> Pineapple	<b>Dessert</b> Jello	<b>Dessert</b> Fruit
Snack	Muffins	Cookies	Pretzles	Muffins	Leftover Snack Day	Cheese & Crackers	Apples & PB
Dinner	<b>Main</b> Sweet Sesame Soy Chicken	<b>Main</b> Veal w/ Honey & Curry	<b>Main</b> Cod	<b>Main</b> Pork Normandy	<b>Main</b> Meatballs in Mushroom Sauce	<b>Main</b> Pork Chops	<b>Main</b> Roast Turkey w/ Gravy Mashed
	<b>Starch &amp; Veg</b> Rice & Honey Glazed Carrots	<b>Starch &amp; Veg</b> Mashed & Broccoli	<b>Starch &amp; Veg</b> Rice & Veg	<b>Starch &amp; Veg</b> Rosted Pots & Green Beans	<b>Starch &amp; Veg</b> Egg Noodles & Veg	<b>Starch &amp; Veg</b> Mashed & Tomatoes	<b>Starch &amp; Veg</b> Stuffing & Brussel Sprouts
	<b>Dessert</b> Coconut Cream Cupcakes	<b>Dessert</b> Chocolate Bread Pudding	<b>Dessert</b> Strawberry Shortcake	<b>Dessert</b> Cherry Crisp	<b>Dessert</b> Ice Cream	<b>Dessert</b> Red Velvet Cake	<b>Dessert</b> Lemon Meringue Pie

