










MENU November 18, 2023 to November 24, 2023

Saturday 18TH	Sunday 19TH	Monday 20TH	Tuesday 21ST	Wednesday 22ND	Thursday 23RD	Friday 24TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Beef Noodle Soup	Ham and Corn Chowder	Vegetable Lentil Soup	Cream of Cauliflower Soup	Italian Wedding Soup	Cream of Leek Soup	Tomato Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Greek Salad with Baguette	Harvest Turkey Melt with Coleslaw	Chicken Stew with Biscuit 	Crasin Spinach Salad with Garlic Baguette	Philly Cheesesteak on Flatbread	Hawaiian Rice & Ham Casserole	Eggs Benedict 
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Beans, Wiener Brown Bread and Coleslaw or Chicken Basil Lasagna 	Roast Beef with Gravy or Baked Ham Scalloped Potatoes, Mixed Vegetables	Lamb Curry or Honey Garlic Chicken Thighs Whipped Potatoes, Yams and Asparagus	Chicken Breast Pierre or Pork Tenderloin with Onion Apple Cream Mashed Potatoes, Parsnips and Green Beans	Fried Chicken Drumsticks or Poached Haddock with Dill Sauce Whipped Potatoes, Corn and Carrots	Blue Cheese and Spinach Stuffed Chicken Breast or Salisbury Steak Mashed Potatoes, Harvard Beets and Yellow Beans	Pineapple Chicken Skewers or Marinated Grilled Shrimp Baked Potato, Spinach and Roasted Squash
Banana Split*	Apple Pie*	Maple Custard*	Lemon Meringue Pie*	Banana Cake with Frosting*	Fruit Pastry Logs*	Strawberry Mousse

* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.

MENU November 25, 2023 to December 1, 2023

Saturday 25TH	Sunday 26TH	Monday 27TH	Tuesday 28TH	Wednesday 29TH	Thursday 30TH	Friday 1ST
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Cream of Celery Soup	Mulligatawny Soup	Cream of Potato Soup	Sausage and Kale Soup	Cock a Leekie Soup	Goulash Soup	Vegetable Soup 
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Caesar Pasta Salad with Garlic Bread	Chicken Parmesan Melt with Dill Pickle 	Cape Breton Meat Pie with Gravy	Chicken Salad Sandwich with B&B Pickles	Belgian Waffles with Warm Blueberry Sauce	Macaroni and Cheese with Roll	Honey Mustard Meatballs with Fried Rice
Dinner	Dinner	Dinner	Dinner 	Dinner	Dinner	Dinner
Sweet and Sour Pork or Roasted Pineapple BBQ Chicken	Seafood Newberg on Vol vent or Baked Ham 	Spinach Chicken Parmesan or Creamy Pesto Sole 	Roasted Pork Tenderloin with Savory Gravy or Chicken Schnitzel	Filet of Pollock with Béarnaise Sauce or Chicken Paprika Thighs	Autumn Spice Ham Steak or Egg Battered Chicken Breast	Lemon Dill Poached Salmon or Aloha Chicken 
Sour Cream and Chive Potatoes, Carrots and Green Beans Oreo Cheesecake*	Scallop Potatoes, Mixed Vegetables Banana Cream Pie*	Whipped Potatoes, Peas and Roasted Yams Tapioca Pudding*	Mashed Potatoes, Parsnips and Green Beans Frosted Brownies*	Whipped Potatoes, Corn and Carrots Macaroons*	Mashed Potatoes, Harvard Beets and Yellow Beans Black Forest Bake*	Baked Potato, Spinach and Roasted Squash Jelly Roll*

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