




MENU February 2, 2019 to February 8, 2019

Saturday 2ND	Sunday 3RD	Monday 4TH	Tuesday 5TH	Wednesday 6TH	Thursday 7TH	Friday 8TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Creamy Chicken Noodle Soup	Baked Ham or Stuffed Pork Loin with Gravy	Cream of Broccoli Soup	Garden Vegetable Soup	Cream of Potato Pesto Soup	Turkey Vegetable Rice Soup	Pea Soup
Lunch						
Cape Breton Meat Pie with Savory Gravy	Scalloped Potatoes, Mixed Vegetable Banana Cream Pie*	BLT with Fries	Chicken Stir fry on Bed of Rice	Cold Plate with Roll	Sheppard's Pie with Gravy	Pizza and Caesar Salad National Pizza Day
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Swiss Steak or Honey Garlic Chicken Breast Mashed Potatoes, Carrots and Peas Rice Pudding*	Tuscan Soup Western Omelet 	Grilled Sole Topped with Tomatoes and Basil or Sweet and Sour Hawaiian Chicken Whipped Potatoes, Beets and Asparagus Carrot Cake with Cream Cheese Frosting*	Braised Chicken Leg in Soy Ginger Lemon Sauce or Zaatar Seasoned Pork Tenderloin Oven Roasted Potatoes, Carrots and Brussel Sprouts Lemon Crumble*	Grilled Filet of Cod with Lemon Wedge or Catalina Cranberry Chicken Breast Basmati Rice , Parsnips and Spinach Trifle*	Beef Bourguignon or Spinach and Feta Stuffed Chicken Baked Potato, Broccoli and Cauliflower Tapioca Pudding*	Lemon Pepper Filet of Salmon or Sliced Turkey with Dressing Whipped Potatoes, Baked Squash and Green Beans Frosted Brownies*
* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.						

MENU February 9, 2019 to February 15, 2019

Saturday 9TH	Sunday 10TH	Monday 11TH	Tuesday 12TH	Wednesday 13TH	Thursday 14TH	Friday 15TH
Soup	Dinner	Soup	Soup	Soup	Soup	Soup
Beef Meatball Soup	 <p>Brunch Don't forget to make Reservations in Advance for Your Guest</p>	Chicken with Noodle Soup	Roasted Sweet Potato and Carrot Soup	Vegetable Barley Soup	Seafood Chowder	Stuffed Pepper Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Ham and Cheese with B&B pickles		Spaghetti with Meat Sauce and Garlic Bread	Pesto Chicken Wrap with Coleslaw	Sausage and Shrimp Jambalaya	Apple and Cheddar Salad with Maple Dressing	Egg Salad on Croissant with Pickled Beets
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Beans, Coleslaw and Brown Bread or Pancakes and Sausage	Cream of Dill Pickle Soup Pear and Blue Cheese Salad 	Lemon Garlic Roast Pork or Baked Honey Mustard Chicken Breast Whipped Potatoes Squash and Pea	Chicken Parmesan or Salisbury Steak Oven Roasted Potatoes, Spinach and Yellow Beans	Italian Chicken Breast or Battered Haddock with Lemon Wedge Mashed Potato, Parsnips and Roasted Yams	Roasted Red Pepper Chicken Breast or Honey Garlic Ribs Fried Rice, Stir Fry Vegetables	Grilled Sole with Bernaise Sauce or Orange Pineapple Chicken Breast Baked Potato, Broccoli and ' Cauliflower
Bread and Butter Pudding*		Black Forest Bake*	Coconut Cream Pie*	Raspberry Buckle*	Pineapple Squares*	Pumpkin Roll*

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