



MENU January 20, 2018 to January 26, 2018

Saturday 20TH	Sunday 21ST	Monday 22ND	Tuesday 23RD	Wednesday 24TH	Thursday 25TH	Friday 26TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Tomato Soup	 Don't forget to make Reservations in Advance for Your Guest	Mulligatawny Soup	Cabbage Soup	Corn Chowder	Beef Barley Soup	Cream of Vegetable Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Ham Cheese with Dill Pickle Spear		Poutine (Fries, Cheese and Gravy) Maritime Favorite	Quiche with Tossed Salad	Grilled Sausage with Potato Salad	Greek Salad with Garlic Cheese Bread Sticks	Hamburger Macaroni Casserole with Roll
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Meatloaf with Savory Gravy or Chicken with Red Wine Sauce Whipped Potatoes, Squash and Peas Banana Cake with Frosting*	Chicken Vegetable Soup Ham and Cheese Omelet 	Pesto Chicken Thighs or Multigrain Filet of Tilapia Mashed Potatoes, Asparagus and Carrots Arrowroot Squares*	Pork Chops with Apple Sauce or Sweet Mexican Chicken Breast Baked Potato, Broccoli, Cauliflower with Cheese Sauce Apple Torte*	Cranberry Maple Chicken Breast or Grilled Pollock with Hollandaise Sauce Whipped Potatoes, Peas and Harvard Beets Banana Cream Pie*	Chicken Parmesan or Beef Liver and Onions Mashed Potato, Squash and Parsnips Fruit Turnovers*	Poached Salmon with Béarnaise Sauce or Cordon Blue Chicken Oven Roasted Potatoes, Spinach and Yellow Beans Black Forest Bake*

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

MENU January 27, 2018 to February 2, 2018

Saturday 27TH	Sunday 28TH	Monday 29TH	Tuesday 30TH	Wednesday 31ST	Thursday 1ST	Friday 2ND
Soup	Dinner	Soup	Soup	Soup	Soup	
Vegetable Soup	Roast Chicken Dinner or Baked Ham Scalloped Potatoes, PEI Blend Vegetables Lemon Meringue Pie*	Black Bean Vegetable Soup	Coconut Thai Soup	Chicken Vegetable Rice Soup	Clam Soup	Italian Wedding Soup
Lunch		Lunch	Lunch	Lunch	Lunch	
Honey Mustard Meatballs and Fried Rice		Sheppard's Pie with Gravy	Egg Salad on Croissant with Pickled Beets	Cold Plate with Roll	Philly Cheese Sandwich with Dill Pickle Spear	Mandarin Spinach Salad with Garlic Baguette
Dinner	Dinner	Dinner	Dinner			
Baked Beans, Coleslaw and Brown Bread or Breaded Chicken Bites and Fries	Loaded Potato Soup Eggs Benedict 	Coconut Curry Chicken or Bacon-Bacon Sugar Pork Tenderloin Whipped Potatoes, Brussel Spouts and Carrots Butterscotch Pie*	Lemon Butter Baked Cod or Bacon and Tomato Baked Chicken Baked Potatoes, Broccoli, Cauliflower with Cheese Sauce Meta's Apple Danish Cake*	Beef Tips with Peppers and Mushrooms or Pineapple Chicken Mashed Potatoes Squash and Peas Chocolate Mousse*	Smothered Pork Chops or Apricot Chicken Breast Whipped Potatoes, Spinach and Yellow Beans Fresh Fruit	Shrimp Skewers or Teriyaki Chicken Thighs Rice Pilaf, Mixed Vegetables Oreo Cheesecake*

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