





## MENU May 20, 2023 to May 26, 2023

Saturday 20TH	Sunday 21ST	Monday 22ND	Tuesday 23RD	Wednesday 24TH	Thursday 25TH	Friday 26TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Cream of Vegetable Soup 	Chicken with Rice Soup	Cream of Fiddlehead Soup	Ham and Corn Chowder	Cream of Carrot Soup	Beef Barley Soup	Cream of Mushroom Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti and Tomato Sauce	Sheppard's Pie with Gravy	Western Omelet	BLT Sandwich with Pasta Salad	Sunshine Salad with Roll	Vegetable Strata 	Harvest Turkey Melt with Coleslaw
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Beans, Coleslaw & Brown Bread or Breaded Haddock with Fries  	Coq au Vin or Baked Ham   Scalloped Potatoes, Mixed Vegetables	Sole Florentine or Chicken Kabobs with Asian Marinade  Whipped Potatoes, Fiddleheads and Roasted Yams	Meatloaf and Gravy or Onion Chicken in Balsamic Sauce  Baby Potatoes, Yellow Beans and Broccoli	Sweet and Sour Chicken or Poached Cod with Béarnaise Sauce  Mashed Potatoes Corn and Carrots	Chicken Breast Pierre or Roasted Pork Tenderloin with Savory Gravy  Whipped Potatoes Beets and Spinach	Marinated Shrimp Skewers or Maple Roast Chicken Thighs  Baked Potato, Carrots and Fiddleheads
Banana Cake with Frosting*	Blueberry Pie*	Orange Tapioca Pudding*	Rice Crispy Squares*	Banana Split*	Black Forest Bake*	Dark Chocolate Cake with Frosting*

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

## MENU May 27, 2023 to June 2, 2023

Saturday 27TH	Sunday 28TH	Monday 29TH	Tuesday 30TH	Wednesday 31ST	Thursday 1ST	Friday 2ND
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Hearty Lentil, and Cauliflower soup Soup	Cheddar-Potato Broccoli Soup*	Black Bean Vegetable Soup	Mushroom & Dill Soup	Tarragon Chicken and Rice Soup	Canadian  Minestrone Soup	Loaded Baked Potato Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Divine Casserole	Tossed Salad  Topped with Grilled Chicken and Baked Baguette	Beef Sliders with Coleslaw	Macaroni and Cheese with Roll	Quiche Lorraine with Pickled Beets	Mini Assorted Deli Meat Sub with Dill Pickle Spear	Honey Garlic Meatballs with Rice
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Chicken Paprika or Pork Schnitzel  Whipped Potatoes, Cauliflower and Green Beans Stewed Rhubarb Over Ice cream*	Seafood Newburg In Puffed Pastry or Baked Ham  Scalloped Potatoes, Mixed Vegetables  Apple Pie*	Grilled Chicken with Basil Volute or Grilled Sole with Lemon Wedge  Oven Roasted Potatoes, Corn Yams  Carrot Cake Cream Cheese Frosting	Curry Mango Chicken Thighs or Wine and Dijon Marinated Pork Loin  Whipped Potatoes, Parsnips and Carrots  Fruit Turnovers*	Grilled Cod with Lemon Wedge or Honey Garlic Chicken Breast  Rice Pilaf with Mixed Vegetables  Fresh Fruit*	Baked Chicken Leg Quarter or Beef Burgundy  Mashed Potatoes, Roasted Beets and Yellow Beans  Mandarin Cake*	Maple-Balsamic Salmon Fillet or Pineapple Chicken Skewers  Baked Potato, Fiddleheads and Roasted Squash  Strawberry Cheesecake*

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