








MENU November 20, 2021 to November 26, 2021

Saturday 20TH	Sunday 21ST	Monday 22ND	Tuesday 23TH	Wednesday 24TH	Thursday 25TH	Friday 26TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Butternut Blue Cheese Soup	Roasted Lamb with Mint Jelly OR Baked Ham	Cream of Mushroom Soup	Pea Soup	Caramelized Onion and Carrot Soup	Vegetable Soup 	Chicken Gnocchi Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Tuna Melts with Potato Salad	Scallop Potatoes, Mixed Vegetables Pecan Pie*	Craisin Spinach Salad with Garlic Baguette	Seafood Salad Bed of Lettuce with Roll	Chicken Divine Casserole	Hawaiian Rice & Ham Casserole	Macaroni and Cheese with Roll 
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Sweet and Sour Pork or Chicken Paprika	Sausage and Bean Soup Hot Hamburger with Gravy and Fries 	Fried Chicken Drumsticks or Poached Haddock with Dill Sauce	Chicken Breast Pierre or Pork Tenderloin with Onion Apple Cream	Pineapple Glazed Chicken Thighs or Marinated Grilled Shrimp	Blue Cheese and Spinach Stuffed Chicken Breast or Salisbury Steak	Grilled Sole with Lemon Wedge or Apricot Chicken Breast
Whipped Potatoes, Carrots and Green Beans		Mashed Potatoes, Roasted Yams and Spinach	Lemon Herb Roasted Potatoes, Carrots and Peas	Whipped Potatoes, Broccoli and Cauliflower	Mashed Potatoes, Mixed Vegetables	Baked Potatoes, Pei Blend Vegetables
Rum and Raisin Rice Pudding*		Apple Roly-Poly*	Pineapple Squares*	Turnover Fruit Logs*	Lemon Crumble*	Maple Custard*

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

MENU November 27, 2021 to December 3, 2021

Saturday 27TH	Sunday 28TH	Monday 29TH	Tuesday 30TH	Wednesday 1ST	Thursday 2ND	Friday 3RD
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Italian Wedding Soup	Savory Chicken with Gravy or Baked Ham Scalloped Potatoes, Mixed Vegetables Gingerbread Cake*	Black Bean Vegetable Soup	Cream of  Tomato Soup	Beef Noodle Soup	Red Pepper Bisque	Turkey Rice Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Honey Mustard Meatballs with Fried Rice		Chicken A La King on Rice	BLT with Caesar Salad	Salmon Loaf with Béarnaise Sauce	Egg Salad Sandwich with B&B Pickles	Chicken Ceasar Salad with Garlic Bread
Dinner	Supper	Dinner 	Dinner	Dinner	Dinner 	Dinner
Chicken Stew with Biscuit or Baked Beans with Weiner, Coleslaw and Brown Bread	French Onion Soup Eggs Benedict 	Lemon Pepper Filet of Sole or Chicken Schnitzel Mashed Potatoes, Squash and Brussel Sprouts Trifle*	Cantonese Roast Chicken Thighs or Peppercorn Pork Tenderloin Oven Roasted Potatoes, Carrots and Peas Carrot Cake with Cream Cheese Frosting	Cod Bites or Grilled Chicken with Cranberry Sauce Baked Potatoes, Green Beans and Parsnips Cherry Slip*	Autumn Spice Ham Steak or Egg Battered Chicken Breast Mashed Potatoes, Roasted Yams and Spinach Ice Cream Sundae*	Lemon Dill Poached Salmon or Aloha Chicken Fried Rice and Mixed Vegetables Tiramisu*

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