


MENU October 10, 2020 to October 16, 2020

Saturday 10TH	Sunday 11TH	Monday 12TH	Tuesday 13TH	Wednesday 14TH	Thursday 15TH	Friday 16TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Vegetable Soup	Roast Pork with Gravy or Pineapple Glazed Ham	Chicken Noodle Soup	Butternut Orange Ginger Soup	Cream of Tomato Soup	Goulash Soup	Turkey with Rice Soup
Lunch	Scalloped Potatoes, Mixed Vegetables Walnut Pear Crisp*	Lunch	Lunch	Lunch	Lunch	Lunch
Monte Christo with Potato Salad		Asian Chopped Salad	Macaroni and Cheese.	Mini Turkey Sub with Tomato, Lettuce and Cheese	Chicken a la King on Bed of Rice	Seafood Salad on Lettuce with Roll
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Lemon Roasted Molasses Glazed Chicken Thighs Parmesan Sage Pork Chops Whipped Potatoes, Asparagus and Cauliflower Berry Trifle*	Cabbage Soup Beef Stew with Biscuit 	Turkey Dinner with Gravy or Grilled Haddock with Lemon Wedge Whipped Potatoes Carrots and Sweet Yam Casserole Pumpkin Pie*	Meatloaf with Savory Gravy or Baked Honey Mustard Chicken Breast Mashed Potatoes, Parsnips and Green Beans Cranberry Bread*	Creamy Parmesan Carbonara Chicken or Cod Nuggets with Tartar Sauce Boiled Potatoes, Fresh Corn and Carrots Black Forest Bake*	Cranberry Glazed Pork Tenderloin or Lemon Pepper Chicken Breast Baby Red Potatoes, Harvard Beets and Yellow Beans Banana Cream Pie*	Tangy Chicken Breast or Grilled Sole with Bearnaise Sauce Baked Potato, Spinach and Roasted Squash Lemon Delight*
* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.						

MENU October 17, 2020 to October 23, 2020

Saturday 17TH	Sunday 18TH	Monday 19TH	Tuesday 20TH	Wednesday 21ST	Thursday 22ND	Friday 23RD
Soup	Dinner	Soup	Soup	Soup	Soup	Soup
Cream of Squash Soup	Coq Au Vin or Baked Ham	Tarragon Chicken and Rice Soup	Ham and Corn Chowder	Beef Vegetable Soup	Fish and Spinach Soup	Italian Wedding Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Bacon Omelette Roll with Salsa	Scalloped Potatoes, Mixed Vegetables Oreo Cheesecake	Sheppard's Pie with Gravy	BLT sandwich with Potato Salad	Vegetable Lo Mein	Cold Plate with Roll	Baked Penne with Roasted Vegetables
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Curried Pineapple Chicken Thighs or Ham and Pineapple Skewers Mashed Potato, Mixed Mashed of Turnip and Carrot Blueberry Streusel Coffee Cake*	Beet Soup Vegetable Strata with Roll 	Lemon Butter Baked Cod or Shai Hai Chicken Beast Boiled Potatoes, Peas and Yellow Beans Apple Roly Poly*	Cranberry Stuffed Feta Pork Tenderloin or Breaded Chicken Leg Oven Roasted Potatoes, Corn Beets Fresh Fruit	Bistro Chicken Breast or Sole Italian Whipped Potatoes, Parsnips and Green Beans Jelly Roll*	Liver and Onions or Chicken Princess with Volute Sauce Baked Potato, Maple Yams and Spinach. Fruit Jell-O*	Grilled Salmon with Béarnaise Sauce or Broccoli Cheddar Stuffed Chicken Breast Rice Pilaf with Mixed Vegetables Lemon Tarts*

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