


MENU September 1, 2019 to September 7 August 23, 2019

Saturday 1ST	Sunday 2ND	Monday 3RD	Tuesday 4TH	Wednesday 5TH	Thursday 6TH	Friday 7TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Quinoa Vegetable Soup	Baked Ham or Roast Chicken	Beef Barley Soup	Loaded Potato Soup	Five Bean Soup	Carrot Ginger Soup	Zucchini and Pork Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Feta and Roasted Red Pepper Salad with Baguette		Scalloped Potatoes, Mixed Vegetables Coconut Cream Pie*	Quiche with Tossed Salad	Mini Turkey Sub with Tomato, Lettuce and Cheese with Potato Salad	Hamburger Macaroni Casserole with Roll 	Greek Salad with Garlic Bread
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Beans, Coleslaw and Brown Bread or Turkey Pot Pie with Gravy	Chicken Noodle Soup Toasted Westerns with Mustard Pickles	Orange Pineapple Honey Chicken or Grilled Haddock with Lemon Wedge Tri-Colored Mini Potatoes with Fresh Beets and Peas	Spinach Chicken Parmesan or Beef Burgundy Mashed Potatoes, Sauté Zucchini and Carrots	Grilled Sole with Bearnaise Sauce or Curried Pineapple Chicken Thighs Baked Potato, Mixed Beans	Pork Tenderloin in Creamy Mushroom Sauce or Fried Chicken Whipped Potatoes, Asparagus and Maple Yams	Lemon Pepper Cod Loin or Mediterranean Mozza Chicken Oven Roasted Potatoes, Broccoli and Parsnips
Blueberry Streusel Coffee Cake*		Apple Torte*	Pear Cake*	Boston Cream Pie*	Ice Cream Sundae*	Zucchini Bread*
* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.						

MENU September 8, 2019 to September 14, 2019

Saturday 8TH	Sunday 9TH	Monday 10TH	Tuesday 11TH	Wednesday 12TH	Thursday 13TH	Friday 14TH
Soup	Dinner	Soup	Soup	Soup	Soup	Soup
Mulligatawny Soup	Seafood Newburg or Baked Ham	Pea Soup	Couscous Chicken Soup	Salmon Chowder	Beef Noodle Soup	Spiced Pumpkin and Bacon Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Cape Breton Meat Pie with Gravy	Scalloped Potatoes, Mixed Vegetables Apple Pie*	Chicken Parmesan Melt with Dill Pickle	Oktoberfest Sausage with Sauerkraut and Potato Salad	Ham Cakes with Garlic Aioli	Caesar Salad with Garlic Roll	Beef Melt with Mustard Pickles
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Lemon Chicken with Mushroom Sauce or Roasted Cinnamon Pork Loin Mashed Potatoes, Cauliflower and Carrots Banana Cake with Frosting*	Mushroom Barley Soup Honey Mustard Meatballs on Bed of Fried Rice	Poached Pollock with an Egg Sauce or Honey Garlic Chicken Leg Boiled Potatoes, Yellow Beans and Spinach Arrowroot Squares*	Swiss Steak or Egg Battered Chicken Breast Whipped Potatoes, Green Beans and Squash Pumpkin Pie*	Cod Florentine or Chicken Chardon Oven Roasted Potatoes, Creamed Turnip and Peas Bread and Butter Pudding*	Autumn Spice Ham Steak or Chicken Paprikash Mashed Potatoes, Beets and Baby Carrots Apple Fruit Sticks*	Grilled Salmon with Lemon Wedge or Chicken Cordon Blue Baked Potato Oven Roasted Mixed Vegetables Pineapple Squares*

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