







# MENU September 11, 2021 to September 17, 2021

Saturday 11TH	Sunday 12TH	Monday 13TH	Tuesday 14TH	Wednesday 15TH	Thursday 16TH	Friday 17TH
<b>Soup</b>	<b>Sunday Dinner</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>	<b>Soup</b>
Corn Chowder	Roast Beef with Au Jus or Baked Ham	Kale and Sausage Soup	Cream of Carrot and Ginger Soup	Chicken with Rice Soup	Coconut Thai Soup	Beef Meatball Soup
<b>Lunch</b>		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken Caesar Salad with Garlic Bread	Scalloped Potatoes, Mixed Vegetables  Coconut Cream Pie*	Sheppard's Pie with Gravy	Egg Salad Sandwich With Zucchini Slaw	Greek Salad with Garlic Roll	Ham and Swiss Croissant with Pickled Beets	Macaroni and Cheese with Roll
<b>Dinner</b>	<b>Supper</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Baked Beans Coleslaw and Brown Bread or Lasagna with Garlic Baguette  Banana Cake* <b>National Banana Day!!</b>  	Vegetable Soup  Cold Plate with Roll  	Cod Florentine or Grilled Caesar Chicken Breast  Baby Potatoes, Carrots and Green Beans  Tapioca Pudding*	Greek Marinated Pork Tenderloin or Shang Hai Chicken  Baked Potato, Fresh Spinach and Parsnips  Pineapple Upside Down Cake*	Poached Lemon Pepper Haddock or Honey Ginger Chicken Bites  Whipped Potatoes, Cauliflower and Broccoli  Maple Butter Tarts*	Meatloaf with Gravy or Chicken Breast with Basil Volute  Mashed Potatoes, Mixed Vegetables  Rhubarb Coffee Cake*	Egg Battered Sole or Sweet and Sour Chicken  Fried Rice and Oriental Vegetables  Ambrosia Squares*
* This symbol is a friendly reminder that foods high in sugar, starch or fat may not be appropriate for diabetics.						

## MENU September 18, 2021 to September 24, 2021

Saturday 18TH	Sunday 19TH	Monday 20TH	Tuesday 21ST	Wednesday 22ND	Thursday 23RD	Friday 24TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Cream of Broccoli Soup	Coq au Vin or Baked Ham	Mulligatawny Soup	Tomato  Soup	Beef Noodle Soup	Cauliflower Vegetable Soup with Feta	Chicken Vegetable Soup
Lunch	Scalloped Potatoes, Mixed Vegetables	Lunch	Lunch	Lunch	Lunch	Lunch
<b>National Cheeseburger Day!</b> Cheeseburger with Fries 		Frittata  with Tossed Salad	Grilled Cheese with Bread and Butter Pickles	Sunshine Salad with Roll	Chicken Stir-fry with Rice	Tuna Melts with Coleslaw
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Roast Pork Medallions with Red Wine Jus or Honey Garlic Chicken Breast  Mashed Potatoes, Asparagus and Yellow Beans  Blueberry Whip Up*	Vegetable Soup  Eggs Benedict  	Broiled Tilapia Parmesan or Baked Apple Chicken Breast  Sour Cream and Chive Potatoes, Peas Yams  Lemon Meringue Pie*	Chicken A La Meunière or Pork Curry  Oven Roasted Potatoes, Turnip and Beets  Maple Custard*	Mussels in White Wine or Grilled Chicken with Cranberry Sauce  Whipped Potatoes Yellow Beans and Carrots  Fresh Fruit*	Baked Butter Chicken Breast or Beef Tips with Mushroom Cream Sauce  New Potatoes, Corn and Green Beans  Apple Pie*	Grilled Salmon with Lemon Wedge or Stuffed Chicken Thighs with Gravy  Whipped Potatoes, Spinach and Squash  Cherry Slip*

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