






MENU October 9, 2021 to October 15, 2021

Saturday 9TH	Sunday 10TH	Monday 11TH	Tuesday 12TH	Wednesday 13TH	Thursday 14TH	Friday 15TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Cream of Potato Soup	Seafood Newburg on a Vol au Vent or Baked Ham	Cream of Carrot Soup	Beet Soup	Cream of Asparagus Soup	Vegetable Soup	Cream of Chicken Soup
Lunch	Scalloped Potatoes, Mixed Vegetables Apple Pie*	Lunch	Lunch	Lunch	Lunch	Lunch
Asian Chopped Salad		Bacon Omelette Roll with Salsa 	Hot Turkey Sandwich with Gravy and Peas	Cold Plate with Roll 	Turkey Sheppard's Pie with Gravy	BLT sandwich with Coleslaw
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Lemon Roasted Molasses Glazed Chicken Thighs or Parmesan Sage Pork Chops Whipped Potatoes, Asparagus and Cauliflower Mandarin Cake*	Turkey with Rice Soup Caesar Salad with Garlic Bread 	Roast Turkey Dinner or Grilled Haddock with Lemon Wedge Mashed Potatoes, Squash and Brussel Sprouts Pumpkin Pie*	Cranberry Glazed Pork Tenderloin or Sweet and Sour Chicken Oven Roasted Potatoes, Mashed Carrots and Turnip Walnut Pear Crisp*	Rosemary Chicken Thighs or Lemon Butter Baked Cod Sour Cream and Chive Whipped Potatoes, Yellow Beans and Fresh Beets Apple Roly Poly*	Salisbury Steak with Gravy or Sweet and Sour Chicken Mashed Potatoes, Cauliflower and Green Beans Chocolate Cake*	Chicken Cordon Swiss or Lemon Pepper Grilled Salmon Baked Potatoes Carrots and Corn Fresh Fruit

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

MENU October 16, 2021 to October 22, 2021

Saturday 16TH	Sunday 17TH	Monday 18TH	Tuesday 19TH	Wednesday 20TH	Thursday 21ST	Friday 22ND
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Chicken Noodle Soup	Roast Pork with Gravy or Baked Ham	Vegetable Barley Soup	Mulligatawny Soup	Beef Vegetable Soup	Salmon Chowder	Minestrone Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Hamburger Macaroni Casserole with Roll	Scalloped Potatoes, Mixed Vegetables Banana Cream Pie*	Chicken a la King on Bed of Rice	Toasted Western with B&B Pickles	Jambalaya with Roll 	English Muffin with Cream Cheese and Spinach Salad	Bratwurst with Sauerkraut and Warm Potato Salad
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Battered Fish or Breaded Chicken Strips Fries and Coleslaw  Very Berry Cobbler*	Tomato Soup Corn Fritters with Maple Syrup 	Aloha Chicken or Multi Grain Filet of Tilapia Oven Roasted Potatoes, Broccoli and Yellow Beans Oreo Cheesecake	Rosemary Ranch Chicken Kabobs or Peppercorn Pork Tenderloin Boiled Potatoes, Mixed Vegetables Rice and Raisin Pudding*	Celery and Apple Stuffed Sole or Honey Ginger Chicken Bites Whipped Potatoes, Peas and Roasted Yams Apple Torte*	Russian Chicken Breast or Meatloaf with Savory Gravy Whipped Potatoes, Corn and Carrots Orange Creamsicle Poke Cake*	Cod Nuggets with Tartar Sauce or Huli Huli Chicken Breast Baked Potato, Squash and Cauliflower Cherry Slip*

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