

MENU January 10, 2026 to January 16, 2026

Saturday 24TH	Sunday 25TH	Monday 26TH	Tuesday 27TH	Wednesday 28TH	Thursday 29TH	Friday 30TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Vegetable Couscous Soup	Smokey Lentil Soup	Italian Chicken with Gnocchi	Loaded Potato Soup	Lobster Bisque	Vegetable Soup	Cream of Tomato Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Belgium Waffles With Warm Blueberry Sauce	Tofu, Feta & Roasted Vinaigrette Red Pepper Salad	Cornbread Chili Casserole	Winter Salad	Potato Bannock with Coleslaw	Honey Mustard Meatballs with Fried Rice	Grilled Ham and Cheese Sandwich with Dill Pickles
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pineapple Curry Chicken or Stuffed Porkchop with Gravy	Roasted Chicken Dinner or Baked Ham	Egg Battered Sole or Butter Chicken	Lemon Garlic Pork Chops or Oven Fried Chicken Breast	 	Hasselback Chicken Cordon Bleu or Pork Schnitzel	Battered Haddock with Tartar Sauce or Chicken Strips
Mashed Potatoes, PEI Blend Vegetables	Scalloped Potatoes, Mixed Vegetables	Whipped Potatoes, Carrots and Turnip	Mashed Potatoes Asparagus and Squash		Whipped Potatoes, Broccoli and Cauliflower with Cheese Sauce Banana Bread*	French Fries, Peas and Carrots
Fruit Cocktail	Pineapple Squares*	Lemon Crumble*	Ice Cream Sundae*			Blueberry Pie*

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

MENU January 31, 2026 to February 6, 2026

Saturday 31ST	Sunday 1ST	Monday 2ND	Tuesday 3RD	Wednesday 4TH	Thursday 5TH	Friday 6TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Creamy Broccoli Cheddar Soup	Chicken with Rice Soup	Sausage and Kale Soup	Wonton Soup	Butternut Squash Bisque	Black Bean Soup	Mulligatawny Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Tetrazzini on Bed of Rice	Twice Baked Potato with Sour Cream and Bacon	Chicken Spaghetti with Garlic Baguette	Omelet with Toast Points	Pizza with  Caesar Salad	Corn Fritters with Syrup	Shrimp Roll with Coleslaw
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Teriyaki Chicken Breast or Liver and Onions	Chicken Cacciatore or Baked Ham 	Grilled Lemon Pepper Sole or Grilled Chicken with Cranberry Sauce	Lamb Curry or Chicken Breast with Basil Volute	Cod Loins with Hollandaise Sauce or Aloha Chicken Breast	Meatloaf with Savory Gravy or Russian Chicken  Breast	Lemon Pepper Filet of Salmon or Creamy Mushroom Parmesan Herb Chicken
Mashed Potatoes, Carrots and Beets	Scalloped Potatoes, Mixed Vegetables	Mashed Potatoes, Squash and Cauliflower	Oven Roasted Potatoes, Mashed Carrots and Turnip	Mashed Potatoes, Yams and Green Beans	Whipped Potatoes Broccoli and Cauliflower with Cheese Sauce	Whipped Potatoes, Yellow Beans and Fresh Beets
Peaches	Cherry Cheesecake*	Mandarin Mousse*	Dark Chocolate Cake with Frosting*	Lemon Meringue Pie*	Pumpkin Cholate Cookies*	Apple Torte*

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