





MENU September 20, 2025 to September 26, 2025

Saturday 20TH	Sunday 21ST	Monday 22ND	Tuesday 23RD	Wednesday 24TH	Thursday 25TH	Friday 26TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Cream of Broccoli Soup	French Onion Soup	Canadian Minestrone Soup	Cream of Carrot Soup	Vegetable Soup	Beef Barley Soup	Butternut Orange Ginger Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chick Pea Salad with Roll	Spaghetti with Tomato Sauce	Caesar Salad and Garlic Bread	Ham and Cheese Sandwich with Pickles	Sheppard's Pie with Gravy	Mandarin Spinach Salad	Chicken Burger With Potato Salad
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Catalina Cranberry Chicken Breast or Parmesan Sage Pork Chops	Roast Beef with Gravy or Baked Ham	Aloha Chicken Breast or Grilled Tilapia with Lemon Wedge	Cranberry Glazed Pork Tenderloin or Chicken Cacciatore	Rosemary Chicken Thighs or Poached Lemon Pepper Haddock	Beef Strips in Peppers, Onions Gravy or Grilled Caesar Chicken Breast	Hula Huli Chicken Breast or Herb Crusted Cod Loin
Whipped Potatoes, Peas and Carrots	Scalloped Potatoes, Mixed Vegetables	Whipped Potatoes, Carrots and Green Beans	Mashed Potatoes Waxed Beans and Spinach	Oven Roasted Potatoes, Cauliflower and Broccoli	Baked Potato, Parsnips and Squash	Sour Cream and Chive Potatoes, Mixed Vegetables
Chocolate Mousse*	Pumpkin Pie*	Mandarin Oranges*	Lemon Crumble*	Apple Torte*	Frosted Brownies*	National Key Lime Pie* Day

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

MENU September 27, 2025 to October 3, 2025

Saturday 27TH	Sunday 28TH	Monday 29TH	Tuesday 30TH	Wednesday 1ST	Thursday 2ND	Friday 3RD
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Moroccan Chickpea Soup	Creamy Cauliflower and Sweet Potato	Beef Meatball Soup	Chicken and Tortellini Soup	Ham and Potato Cheddar Soup	Turkey with Rice Soup	Tuscan Lentil Soup 
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
English Muffin with Cream Cheese and Spinach Salad	Feta Roasted Red Pepper Salad with Baguette	Chicken Stroganoff on Bed of Noodles	Eggs Benedict	Corn Fritters with Maple Syrup	Vegetable Lo Mein	Pizza Flatbread  
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Pineapple Curry Chicken Thigh or Pork Schnitzel	Baked Ham or Roast Chicken 	Celery and Apple Stuffed Sole or Dijon Chicken with Mushrooms	Lemon Chicken Breast with Spinach or Savory Pot Roast	Lemon Dill Shrimp Skewers or Chicken Breast with Cranberry Sauce	Autumn Spice Ham Steak or Pineapple Chicken Legs	Grilled Haddock w/Lemon Wedge or Chicken Breast with Basil Volute
Whipped Potatoes, Cauliflower and Broccoli	Scalloped Potatoes, Mixed Vegetables	Whipped Potatoes, Asparagus and Yams	Mashed Potatoes, Parsnips and Green Beans	Whipped Potatoes, Corn and Carrots	Mashed Potatoes, PEI Blend Vegetables	Baked Potato, Broccoli and Cauliflower
Chocolate Cake Fudge Frosting*	Banana Cream Pie*	Black Forest Bake*	Ambrosia Squares*	Tapioca Pudding*	Peach Melba*	Oreo Cheesecake*

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