

Monthly Menu October 2017

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
Breakfast Stewed Prunes/Banana Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal Fruit Bread	Breakfast Stewed Prunes/Banana Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Bagel Cream Cheese	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Raisin Toast	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Bacon Whole Wheat Toast Cold Cereal
Lunch Beef Barley Soup Crackers Ravioli with Rose Sauce Garlic Toast Zucchini Parmesan Fruit Cocktail ***** Turkey and Lettuce Sandwich Tossed Salad Pineapple Coconut Custard	Lunch Cream of Tomato Soup Crackers Grilled Cheese Sandwich Cranberry Almond Salad Ice Cream ***** Lentil Casserole Dinner Roll Steamed Asparagus Chilled Diced Peaches	Lunch Split Pea Soup Crackers Cheeseburger Lettuce/Tomato/Onion Onion Rings Pudding Parfait ***** Salmon Salad Sandwich Pickled Beets Strawberries & Whipped Topping	Lunch Cream of Broccoli Soup Crackers Shredded Chicken on a Bun Mixed Green Salad Fresh Watermelon ***** Potato & Leek Quiche Dinner Roll Herbed Green Beans Rice Krispie Square	Lunch Hamburger Soup Crackers Ham & Potato Casserole Dinner Roll Broccoli Florets Chilled Diced Pears ***** French Toast Cottage Cheese Citrus Cake	Lunch Cream of Vegetable Chowder Crackers Peameal Bacon on a Bun Marinated Cucumbers Crème Caramel ***** Vegetarian Baked Beans Corn Muffin Lima Beans Chilled Sweet Cherries	Lunch Beef Vegetable Soup Crackers Fruit Crepe Dinner Roll Tapioca Pudding ***** Fish Cakes Sweet Potato Fries Tomato Aspic Stewed Rhubarb
Dinner Baked Pollock Lemon Wedge Mashed Potatoes Broccoli Spears Apple Crisp ***** Hawaiian Ham Macaroni & Cheese Buttered Corn Mandarin Oranges	Dinner Baked Chicken Thigh Gravy Mashed Potatoes Scandinavian Vegetables Vanilla Caramel Swirl Cake ***** Sliced Egg & Salad Plate Dinner Roll Chilled Apricots	Dinner Lemon Pork Loin Gravy Roasted Potatoes Sliced Carrots Banana Split Dessert ***** Mediterranean Glazed Haddock Lemon Wedge Mashed Potatoes Wax Beans & Peppers Chilled Plums	Dinner Beef Shepherds Pie Gravy California Mixed Vegetables Raspberry Cheesecake ***** BBQ Sausage Au Gratin Potatoes Diced Squash Hot Fruit Compote	Dinner Battered Haddock Tartar Sauce Potato Wedges Pick of the Day Veg Pistachio Dark Chocolate Bar ***** Turkey Meatballs Mushroom & Onion Sauce Fluffy Rice Peas Grapes	Dinner Herb Baked Chicken Legs Chalet Dipping Sauce Mashed Potatoes Sunrise Vegetables Date Pudding Cake ***** Liver & Onions Gravy Boiled Potatoes Peppers & Mushrooms Honeydew Melon	Dinner Pork Roast Gravy Parslied Potatoes Kale Vegetable Blend Boston Cream Pie ***** Spaghetti & Meatsauce Soft Garlic Stick Cauliflower Deluxe Fruit salad

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Monthly Menu October 2017

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
Breakfast Stewed Prunes/Bananas Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal Fruit Bread	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal French Toast Syrup	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Raisin Toast	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Bacon Choice of Egg Whole Wheat Toast Cold Cereal
Lunch Cream of Spinach Soup Crackers Chicken Wrap Chickpea Salad Butter Tart ***** Wieners & Beans Corn Muffin Broccoli Florets Black Cherry Ice Cream	Lunch Chicken Noodle Soup Crackers Egg Salad Croissant Greek Salad Sliced Strawberries ***** Beef Taco Casserole Pita Chips Sour Cream Lettuce & Tomato Salad Tiramisu Mousse	Lunch Beet Borscht Soup Crackers Cod Nuggets Tartar Sauce Onion Rings PEI Mixed Vegetables Cherry Custard ***** Pastrami Sandwich Tossed Salad Apricots	Lunch Vegetable Barley Soup Crackers Turkey & Lettuce Sandwich Classic Waldorf Salad Pound Cake & Fruit Sauce ***** Perogies & Peameal Bacon Onions Sauerkraut Chilled Diced Peaches	Lunch Cream of Potato & Leek Soup Crackers Fruit Crepe Fruit Whip Orange Sorbet ***** Rib-O-Pork on a Bun Creamed Corn French Cream Cake	Lunch Creamy Tomato & Pepper Soup Crackers Mini Sub Sandwich Caesar Salad Mandarin Oranges ***** Vegetable Quiche Cauliflower & Cheese Lemon Chiffon	Lunch French Onion Soup Crackers Tuna Salad Sandwich Beet & Onion Salad Chilled Diced Pears ***** Country Sausage (Pork) Pancakes Warm Apple Compote Salty Caramel Ice Cream
Dinner Oven Roasted Turkey Cranberry Sauce Mashed Potatoes Stuffing Gravy Baked Squash Pumpkin Pie ***** Sweet n Sour Pork Rice Oriental Mixed Vegetables Sliced Peaches	Dinner Baked Ham Scalloped Potatoes Buttered Corn Brownie ***** Baked Cod Lemon Wedge Mashed Potatoes Peas Diced Pears	Dinner BBQ Chicken Oven Browned Potatoes Parslied Cauliflower Maple Chocolate Mania Cake ***** Devilled Egg & Salad Plate Dinner Roll Fruit Cocktail	Dinner Braised Lamb Chops Mint Jelly Gravy Baked Potato Sour cream Broccoli Florets Tangerine Mousse ***** Beef Cabbage Rolls Pick of the Day Veg Crushed Pineapple	Dinner Battered Pollock Tartar Sauce Lemon Wedge Sweet Potato Fries Broccoli Coleslaw Neapolitan Ice Cream ***** Greek Style Chicken Breast Mashed Potatoes Peas & Carrots Caramel Apple Slices	Dinner Beef Lasagna Garlic Toast Green & Yellow Beans Triple Berry Crumble ***** Turkey Schnitzel Gravy Roasted Potatoes Buttered Brussel Sprouts Fresh Grapes	Dinner Pork Roast Applesauce Whipped Potatoes California Mixed Vegetables Peach Pie ***** Meatloaf Gravy Baked Potato Sour Cream Mashed Parsnips Fresh Watermelon

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Monthly Menu October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16	17	18	19	20	21	22
Breakfast Stewed Prunes/Banana Oatmeal Choice Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Banana Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal English Muffins	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Raisin Toast	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Bacon Whole Wheat Toast Cold Cereal
Lunch Lentil & Roasted Garlic Soup Crackers Four Cheese Pasta Casserole Soft Garlic Stick Seasoned Spinach Orange Sections ***** Sliced Ham Sandwich on Rye Rainbow Coleslaw Vanilla Bean Dream Cake	Lunch Cream Of Cauliflower Soup Crackers Captain Burger Tossed Salad Sliced Pears ***** Turkey Pot Pie Gravy French Cut Green Beans Ice Cream Sandwich	Lunch Minestrone Soup Crackers Chicken Strips Plum Sauce Hot Potato Salad Peas & Pearl Onions Crushed Pineapple ***** Cucumber Cream Cheese Sandwich Rice Salad Lime Jello with Whipped Topping	Lunch Cream of Mushroom Soup Crackers Cottage Cheese & Fruit Plate Fruit Extreme Muffin Chocolate Symphony ***** Western Omelet Whole Wheat Toast Glazed Carrots Fruit Cocktail	Lunch Chicken Rice Soup Crackers Pepperoni Pizza Broccoli Casserole Butterscotch Pudding ***** Chicken Salad Sandwich Spring Salad Mixed Berries	Lunch Beef Vegetable Soup Crackers Pork Hot Dog Diced Onion Potato Salad Diced Peaches ***** Salmon Salad Croissant Mixed Lettuce Sandwich Pound Cake with Fruit Sauce	Lunch Cream of Celery Soup Crackers Chicken Salad Plate Tea Biscuit Chilled Sweet Cherries ***** Cheese Quiche Dinner Roll Peas Frozen Vanilla Yogurt
Dinner Country Style Fried Chicken Oven Browned Potatoes Buttered Corn Chocolate Mousse ***** Salisbury Steak Gravy Mashed Potatoes Key West Vegetables Honeydew Melon	Dinner BBQ Pork Chops Garlic Mashed Potatoes Kale Vegetable Blend Bread Pudding with Raisins ***** Deli Meat Salad Plate Dinner Roll Chilled Diced Peaches	Dinner Mushroom Swiss Beef Burger Onion Rings Broccoli Florets Frosted Eclair ***** Lemon Pepper Sole Mashed Potatoes Scandinavian Vegetables Mango	Dinner Slow Cooked Butter Chicken Basmati Rice Green Beans Chilled Apricots ***** Pork Roast Mashed Potatoes Gravy Seasoned Turnips Cherry Cheesecake	Dinner Battered Blue Cod Tartar Sauce French Fries Dixie Coleslaw Triple Chocolate Fudge Cake ***** Oriental Beef Chow Mein Noodles Thai Stir Fry Vegetables Hot Spiced Apples	Dinner Roast Turkey Savory Sage Dressing Cranberry Sauce Gravy Mashed Potatoes Harvard Beets Tapioca Pudding ***** Spicy Veal Tips Fluffy Rice Italian Mixed Vegetables Fresh Grapes	Dinner Roast Beef Gravy Horseradish Yorkshire Pudding Roasted Potatoes Mexican Mixed Vegetables Coconut Cream Pie ***** Pork Schnitzel Mashed Potatoes Buttered Red Cabbage Sliced Pears

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Monthly Menu October 2017

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
Breakfast Stewed Prunes/Banana Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal Fruit Bread	Breakfast Stewed Prunes/Banana Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Bagel Cream Cheese	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Raisin Toast	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Bacon Whole Wheat Toast Cold Cereal
Lunch Beef Barley Soup Crackers Ravioli with Rose Sauce Garlic Toast Zucchini Parmesan Fruit Cocktail ***** Turkey and Lettuce Sandwich Tossed Salad Pineapple Coconut Custard	Lunch Cream of Tomato Soup Crackers Grilled Cheese Sandwich Cranberry Almond Salad Ice Cream ***** Lentil Casserole Dinner Roll Steamed Asparagus Chilled Diced Peaches	Lunch Split Pea Soup Crackers Cheeseburger Lettuce/Tomato/Onion Onion Rings Pudding Parfait ***** Salmon Salad Sandwich Pickled Beets Strawberries & Whipped Topping	Lunch Cream of Broccoli Soup Crackers Shredded Chicken on a Bun Mixed Green Salad Fresh Watermelon ***** Potato & Leek Quiche Dinner Roll Herbed Green Beans Rice Krispie Square	Lunch Hamburger Soup Crackers Ham & Potato Casserole Dinner Roll Broccoli Florets Chilled Diced Pears ***** French Toast Cottage Cheese Citrus Cake	Lunch Cream of Vegetable Chowder Crackers Peameal Bacon on a Bun Marinated Cucumbers Crème Caramel ***** Vegetarian Baked Beans Corn Muffin Lima Beans Chilled Sweet Cherries	Lunch Beef Vegetable Soup Crackers Dinner Crepe Dinner Roll Tapioca Pudding ***** Fish Cakes Sweet Potato Fries Tomato Aspïc Stewed Rhubarb
Dinner Baked Pollock Lemon Wedge Mashed Potatoes Broccoli Spears Apple Crisp ***** Hawaiian Ham Macaroni & Cheese Buttered Corn Mandarin Oranges	Dinner Baked Chicken Thigh Gravy Mashed Potatoes Scandinavian Vegetables Vanilla Caramel Swirl Cake ***** Sliced Egg & Salad Plate Dinner Roll Chilled Apricots	Dinner Lemon Pork Loin Gravy Roasted Potatoes Sliced Carrots Banana Split Dessert ***** Mediterranean Glazed Haddock Lemon Wedge Mashed Potatoes Wax Beans & Peppers Chilled Plums	Dinner Beef Shepherds Pie Gravy California Mixed Vegetables Raspberry Cheesecake ***** BBQ Sausage Au Gratin Potatoes Diced Squash Hot Fruit Compote	Dinner Battered Haddock Tartar Sauce Potato Wedges Pick of the Day Veg Pistachio Dark Chocolate Bar ***** Turkey Meatballs Mushroom & Onion Sauce Fluffy Rice Peas Grapes	Dinner Herb Baked Chicken Legs Chalet Dipping Sauce Mashed Potatoes Sunrise Vegetables Date Pudding Cake ***** Liver & Onions Gravy Boiled Potatoes Peppers & Mushrooms Honeydew Melon	Dinner Pork Roast Gravy Parslied Potatoes Kale Vegetable Blend Boston Cream Pie ***** Spaghetti & Meatsauce Soft Garlic Stick Cauliflower Deluxe Fruit salad

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Monthly Menu October/November 2017

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
Breakfast Stewed Prunes/Bananas Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal Fruit Bread	Breakfast Stewed Prunes/Banana Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal French Toast Syrup	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold cereal	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Eggs Whole Wheat Toast Cold Cereal Raisin Toast	Breakfast Stewed Prunes/Bananas Oatmeal Choice of Egg Whole Wheat Toast Cold Cereal	Breakfast Stewed Prunes/Bananas Oatmeal Bacon Choice of Egg Whole Wheat Toast Cold Cereal
Lunch Cream of Spinach Soup Crackers Chick Wrap Chickpea Salad Butter Tart ***** Wieners & Beans Corn Muffin Broccoli Florets Black Cherry Ice Cream	Lunch Chicken Noodle Soup Crackers Egg Salad Croissant Greek Salad Sliced Strawberries ***** Beef Taco Casserole Pita Chips Sour Cream Lettuce & Tomato Salad Tiramisu Mousse	Lunch Beet Borscht Soup Crackers Cod Nuggets Tartar Sauce Onion Rings PEI Mixed Vegetables Cherry Custard ***** Pastrami Sandwich Tossed Salad Apricots	Lunch Vegetable Barley Soup Crackers Turkey & Lettuce Sandwich Classic Waldorf Salad Pound Cake & Fruit Sauce ***** Perogies & Peameal Bacon Onions Sauerkraut Chilled Diced Peaches	Lunch Cream of Potato & Leek Soup Crackers Fruit Crepe Fruit Whip Orange Sorbet ***** Rib-O-Pork on a Bun Creamed Corn French Cream Cake	Lunch Creamy Tomato & Pepper Soup Crackers Mini Sub Sandwich Caesar Salad Mandarin Oranges ***** Vegetable Quiche Cauliflower & Cheese Lemon Chiffon	Lunch French Onion Soup Crackers Tuna Salad Sandwich Beet & Onion Salad Chilled Diced Pears ***** Country Sausage (Pork) Pancakes Warm Apple Compote Salty Caramel Ice Cream
Dinner Sweet & Spiced Ham Scalloped Potatoes Buttered Corn Brownie ***** Baked Cod Lemon Wedge Mashed Potatoes Green Peas Chilled Diced Pears	Dinner French Onion Turkey Steakette Gravy Mashed Potatoes Butternut Squash Lemon Pudding Cake ***** Sweet n Sour Pork Rice Oriental Vegetables Cantaloupe Chunks	Dinner BBQ Chicken Oven Brownd Potatoes Parslied Cauliflower Maple Chocolate Mania Cake ***** Devilled Egg & Salad Plate Dinner Roll Fruit Cocktail	Dinner Braised Lamb Chops Mint Jelly Gravy Baked Potato Sour cream Broccoli Florets Tangerine Mousse ***** Beef Cabbage Rolls Pick of the Day Veg Crushed Pineapple	Dinner Battered Pollock Tartar Sauce Lemon Wedge Sweet Potato Fries Broccoli Coleslaw Neapolitan Ice Cream ***** Greek Style Chicken Breast Mashed Potatoes Peas & Carrots Caramel Apple Slices	Dinner Beef Lasagna Garlic Toast Green & Yellow Beans Triple Berry Crumble ***** Turkey Schnitzel Gravy Roasted Potatoes Buttered Brussel Sprouts Fresh Grapes	Dinner Pork Roast Applesauce Whipped Potatoes California Mixed Vegetables Peach Pie ***** Meatloaf Gravy Baked Potato Sour Cream Mashed Parsnips Fresh Watermelon

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