











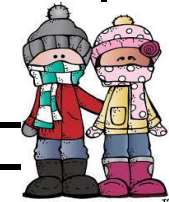
## MENU January 13, 2024 to January 19, 2024

Saturday 13TH	Sunday 14TH	Monday 15TH	Tuesday 16TH	Wednesday 17TH	Thursday 18TH	Friday 19TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Cream of Celery Soup*	Vegetable Barley Soup	Chicken Curry Soup with Apple and Coriander	Cream of Vegetable Soup	Beef Meatball Soup	Cream of Turnip and Carrot Soup	Tomato Soup 
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pasta Salad with Warm Roll	Honey Mustard Meatballs with Fried Rice	Vegetable Lo Mein	Macaroni and Cheese. 	Chicken Melt with Potato 	Potato Ham Bake with a Roll	Broccoli and Cheese Baked Potato
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Stew with Biscuit or Seven Layer Dinner 	Baked Ham or Coq Au Vin  Scalloped Potatoes, Mixed Vegetables Pineapple Squares*	Cod Bites with Tartar Sauce or Pineapple Chicken Skewers Whipped Potatoes, Yams and Asparagus Fresh Fruit*	Apricot Chicken or Greek Marinated Pork Chops Mashed Potatoes, Parsnips and Green Beans Banana Cream Pie*	Teriyaki Chicken Breast or Broiled Tilapia Parmesan Whipped Potatoes, Corn and Carrots Mandarin Cake*	Russian Chicken Breast or Meatloaf with Savory Gravy Mashed Potatoes, PEI Blend Vegetables Blueberry Cheesecake*	Chicken Kiev or Egg Battered Sole  Baked Potato, Spinach and Roasted Squash Ice Cream Sundae*

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

## MENU January 20, 2024 to January 26, 2024

Saturday 20TH	Sunday 21ST	Monday 22ND	Tuesday 23RD	Wednesday 24TH	Thursday 25TH	Friday 26TH
Soup	Soup	Soup	Soup	Soup	Soup	Soup
Chicken Noodle Soup	Cream of Asparagus Soup	Vegetable Soup	Cream of Mushroom Soup	Beef Vegetable Soup	Cream of Potato Soup	Kale and Sausage Soup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sheppard's Pie with Gravy	English Muffin Pizza with Caesar Salad 	Chicken Tetrizzini on Bed of Rice	Grilled Cheese with Veggie Sticks	Spaghetti with Tomato Sauce 	Quiche Lorraine with Carrot Raisin Salad	Greek Salad with Roll
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Fish Cakes with Tartar Sauce or Breaded Chicken Legs 	Baked Ham or Seafood Newburg  Scallop Potatoes, Mixed Vegetables	Lemon Dill Filet of Haddock or Chicken Breast with Saffron Cream  Whipped Potatoes, Peas and Roasted Yams	Pork Curry Honey Garlic Chicken Breast  Mashed Potatoes, Parsnips and Green Beans	Grilled Sole with Lemon Wedge or Chicken Cacciatore  Whipped Potatoes, Corn and Carrots	Beef Liver and Onions or Asian Orange Chicken Breast  Mashed Potatoes, Maple Yams and Yellow Beans	Grilled Salmon with Lemon Wedge or Cantonese Roast Chicken Thighs  Baked Potato, Spinach and Roasted Squash
Fruit Cocktail*	Lemon Meringue Pie*	Banana Cake*	Fruit Turnovers*	Peaches	Pineapple Upside Down Cake*	Lemon Crumble*



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