

MENU September 2, 2017 to September 8, 2017

Saturday 2ND	Sunday 3RD	Monday 4TH	Tuesday 5TH	Wednesday 6TH	Thursday 7TH	Friday 8TH
Soup	Sunday Dinner	Soup	Soup	Soup	Soup	Soup
Potato and Pesto Soup	Baked Ham or Stuffed Porkloin with Gravy Scalloped Potatoes, Mixed Vegetables Lemon Crumble*	Cream of Florentine Soup	Black Bean Vegetable Soup	Clam Chowder	Sweet Potato, Carrot, Apple and Red Lentil Soup	Cabbage Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
Toasted Tomato Sandwich with Potato Salad		Sausage and Shrimp Jambalaya	Greek Salad with Garlic Baguette	Turkey Salad on Bed of Lettuce	Chinese Combo Plate	Pulled Pork on Fresh Baked Roll with Vinaigrette Coleslaw
Dinner	Supper	Dinner	Dinner	Dinner	Dinner	Dinner
Beef Stroganoff or Sweet Mexican Chicken Breast Mashed Potatoes, Beets and Green Beans Rice Pudding*	Cream of Celery Soup Macaroni and Cheese with Roll 	Herb Marinated Chicken Breast or Country Fried Pork Chops Mashed Potatoes, Yellow Beans and Brussel Sprouts Pineapple Upside Down Cake*	Meatloaf with Savory Gravy or Tangy Chicken Breast Oven Roasted Potatoes, Spinach and Corn Rice Crispy Squares*	Blue Cheese and Spinach Stuffed Chicken Breast or Fish Cakes Baked Potato, Broccoli and Turnip Pumpkin Pie*	Chicken Schnitzel or Grilled Chicken with Cranberry Sauce New Potatoes, Cauliflower and Squash Chocolate Cake with Frosting*	Poached Haddock with Benaise Sauce or Chicken Korma Mashed Potatoes, Sauté Celery and Carrots Very Berry Cobbler*

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

MENU September 9, 2017 to September 15, 2017

Saturday 9TH	Sunday 10TH	Monday 11TH	Tuesday 12TH	Wednesday 13TH	Thursday 14TH	Friday 15TH
Soup	Dinner	Soup	Soup	Soup	Soup	Soup
Beef with Rice Soup	Baked Ham or Roasted Chicken	Italian Wedding Soup	Cream of Vegetable Soup	Chicken Noodle Soup	Sweet Potato and Coconut Soup	Five Bean Soup
Lunch		Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Hotdog with Coleslaw	Scalloped Potatoes, PEI Blend Vegetables Cherry Cheesecake*	Potato Bannock with Smoked Salmon	Chicken Caesar Salad with Garlic Bread	Grilled Sausage with Warm Potato salad	Feta and Roasted Red Pepper Salad with Baguette	Chicken Parmesan Melt with Dill Pickle
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Baked Beans, Wiener Brown Bread and Coleslaw or Chicken Divan with Rice Pilaf	Cream of Cauliflower Soup Corn Fritters with Maple Syrup 	Breaded Chicken Filet or Cranberry Stuffed Feta Pork Tenderloin Whipped Potatoes, Roasted Yams and Peas	Grilled Sole with Lemon Wedge or Chicken Breast Princess Oven Roasted, Spinach and Carrots	Grilled Pork Chops or Butter Chicken Breast Mashed Potatoes, Broccoli and Cauliflower	Chicken Cordon Swiss or Beef Bourguignon New Potatoes, Fresh Corn and Green Beans	Minty Yogurt Chicken or Grilled Salmon with Béarnaise Sauce Baked Potato, Yams and Asparagus
Apple Pie*		Ice Cream Sundae*	Carrot Cake with Cream Cheese Frosting*	Cheddar Apple Crisp*	Tapioca Pudding*	Gingerbread Cake*

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