

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 FILET OF BEEF CORNISH HEN DUCHESS POTATO SWISS CHARD CORN PUDDING	<h1>LUNCH</h1>				1 FRIED FISH CHICKEN TENDERS CHIPS SALADS	2 CHEESE QUICHE STUFFED PEPPERS RICE SALADS
3 ROASTED CHICKEN SALMON FILLET RICE PILAF PEAS CARROTS	4 BEANS&FRANKS COLD CUT PLATE FRIES COLESLAW DESSERTS	5 GRILLED TURKEY EGG SALAD TOSSED SALAD PRETZELS CARROTS	6 SUPER SUB VEGGIE WRAP CHIPS SOUP SALAD	7 BACON BURGERS CHICKEN BREAST RICE SALAD VEG	8 FRIED SHRIMP MEATBALL SUB FRIES CHEESE SALAD	9 MACARONI/CHEESE FRIED CHICKEN SALAD SOUP
10 HONEY-HAM LEG OF LAMB BAKED POTATO ASPARAGAS GLAZED CARROTS	11 RAVIOLI BURGERS CHIPS SLAW	12 WINGS A PLENTY HAM/CHEESE FRIES SALADS	13 HOT WRAPS TACO CASSEROLE SPANISH RICE PEAS	14 GRILLED CHEESE SAUSAGE SAND PASTA SALAD BROCCOLI	15 SLOPPY JOE TUNA PLATE CHIPS SALADS	16 EGGS TO ORDER BACON POTATOES DANISH JUICE
17 ROAST BEEF CRAB CAKE STUFFED POTATO ASPARAGUS PARSNIPS	18 CHICKEN CAESAR PO-BOY-BEEF CORN CHIPS	19 BBQ TENDERS FRIES SALADS	20 QUICHE-SPINACH DIXIE CHICKEN DIRTY RICE TOSSED GREENS	21 POT PIES PHILLY SAND POTATO SALAD PEAS	22 LASAGNA FRIED FISH BAKED BEANS SLAW	23 BACON BURGER SOUP CHIPS SALADS
24 SWEET BREADS/ WINE REDUCTION CHINESE RIBS STEAMED RICE BROCCOLI	25 PULLED PORK CHICKEN SALAD SLAW FRIES	26 BEEF STEW BREAD BOWL CARROTS SALADS	27 CHICKEN LIVERS PIZZA CARROTS SOUP	28 TENDERS CARBONARA SALAD SOUP	29 VEG LASAGNA FISH STICKS PEAS'CARROTS SALADS	30 PASTRAMI SAUSAGE BAKED BEANS FRIES <sup>1</sup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
CHEFS CHOICE	<h1>DINNER</h1>				BAKED CHICKEN	BACON BURGER
ASST. SANDS					BEEF TIPS	CHIX TENDERS
CHILLED FRUIT					WILD RICE	STEAK FRIES
SALAD					BEETS	CAESAR SALAD
					VEG BLEND	BROCCOLI
3	4	5	6	7	8	9
SALADS	BEEF STEW	CHICKEN/WINE	SEARED COD	GRILLED LIVER	CRAB NEWBERG	VEGGIE LASAGNA
WRAPS	GLAZED PORK	STEAMED TILAPIA	MACARONI/CHEESE	SALISBURY STEAK	SPAGHETTI/SAUCE	STEAK/CHEESE
CHIPS	STEAM RICE	BAKED POTATO	FRIED RICE	GRITS/GRAVY	STEAMED NOODLES	STEAK FRIES
SOUP	PEAS/ONION	BUTTERED CORN	COUNTRY CABBAGE	COUNTRY SPINACH	BRUSSEL SPROUTS	VEG BLEND
	BAKED SQUASH	SIMMERED GREENS	GLAZED CARROTS	ROASTED TOMATO	SIMMERED PARSNIPS	CARROT SALAD
10	11	12	13	14	15	16
CHEFS CHOICE	DANISH MEATBALL	PEPPERED CHICKEN	BRAISED BEEF	PASTA CARBONARA	STIR-FRY PORK	BBQ CHICKEN
SANDS	TURKEY BREAST	HAM CASSEROLE	ROASTED COD	DELMONICO STEAK	ASIAN NOODLE /FRY	STUFFED PEPPERS
FRUIT	MASHED POTATOES	RICE PILAF	FRIED POTATOES	TWICE BAKED POTS	STEAMED RICE	EGG NOODLES
SALADS	BABY CARROTS	STRING BEANS	BABY LIMAS	BROCCOLI	STEAMED VEG MIX	SUCCOTASH
	SUGAR SNAPS	CORN PUDDING	STEWED TOMATOES	VEG BLEND	EGG ROLLS	COUNTRY KALE
17	18	19	20	21	22	23
TUNA PLATE	CHICKEN KIEV	SHEPPARDS PIE	BEEF SHORT RIBS	FRIED SEA TROUT	GLAZED HAM	COCONUT SHRIMP
COTTAGE CHEESE	BLT QUICHE	PORK CHOPS	LASAGNA/SPINACH	BAKED HEN	COUNTRY STEAK	CHINESE RIBS
VEG PLATE	RISSOTTO	CANDIED SWEETS	RICE PILAF	POTATOES OBRIEN	MASHED POTATOES	FRIED RICE
SALADS	STEWED SPINACH	GREEN BEANS	FRIED CABBAGE	SWEET KALE	CANDIED CORN	ASIAN VEGGIES
	TOMATO BAKE	CHILLED BEETS	YELLOW SQUASH	BUTTERED CARROTS	MIXED GREENS	BOC CHOY
24	25	26	27	28	29	30
FRUIT PLATE	PULLED BEEF/ROLL	SAUSAGE/PEPPERS	CHICKEN CURRY	GRILLED HALIBUT	ROAST DUCK	MEATLOAF
CHIX SALAD	FRIED CHICKEN	MEAT LASAGNA	PORK TENDERLOIN	MACARONI	CHEESE/BACON/PIE	PULLED PORK
CHIPS	BAKED POTATO	SEASONED PASTA	RICE PILAF	SCALLOPED POTATO	SWEET POTATO	FRIES
SALAD	FRESH SLAW	BROCCOLI CROWN	SIMMERED BEANS	SAVORY COLLARDS	COUNTRY GREENS	TOMATOES
	VEG BLEND	STEAMED CARROTS	CORN /PEAS	BAKED SQUASH	YELLOW MELON	SWEET PEAS