

Winter Menu 2019 - 2020

Week 1

Monday	Wednesday	Friday
Honey Garlic Diced Beef Rice Steamed Potatoes Yellow Beans Broccoli Dessert: Diced Peaches	Chicken Stew Dumplings Cranberries Dessert: Fresh Fruit	Steamed Salmon Steamed Potatoes Carrots Spinach Dessert: Pudding & Whip

Week 2

Monday	Wednesday	Friday
Beef Pot Pie Mixed Vegetables Chow Dessert: Mandarin Oranges	Meatloaf Mashed Potatoes Fresh Carrots Brussel Sprouts Dessert: Diced Peaches	Breaded Haddock Tartar Sauce Boiled Potatoes French Green Beans Baby Carrots Dessert: Tropical Fruit Salad

Week 3

Monday	Wednesday	Friday
Chicken / Spinich Lasagna Garlic Bread Dessert: Marshmallow Fruit Cocktail	Boiled Ham Dinner Potato Turnip Carrots Cabbage Dessert: Pineapple & Whip	Baked Haddock with Cheese Crust Boiled Potato Macedoine Vegetables Dessert: Diced Pears

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Week 4

Monday	Wednesday	Friday
BBQ Boneless Porkchops Mashed Potatoes Mixed Vegetables Applesauce Dessert: Vanilla and Mandarin Pudding	Roasted Chicken Thighs & Gravy Mashed Potatoes Spinich Carrots & Cranberries Dessert: Diced Peaches	Breaded Haddock Potato Wedges PEI Medley Tartar Sauce Dessert: Mousse and Whip

Week 5

Monday	Wednesday	Friday
Chicken Breast with Gravy Mashed Potatoes Southwest Vegetables Cranberries Dessert: Mandarin Oranges	Roast Beef & Gravy Whipped Potatoes Fresh Carrots Brussel Sprouts Dessert: Pudding and Whip	Lemon Peppered Cod Boiled Potatoes Broccoli Yellow Beans Dessert: Blueberries & Whip

Operation Department

Please Note: Menu's may change without notice



