

Winter Menu 2018 - 2019

Week 1

Monday	Wednesday	Friday
Honey Garlic Diced Beef Rice Steamed Potatoes Macedonia Mix Dessert: Mandarin Oranges	Roast Pork & Mushroom Gravy Whipped Potatoes Turnip Green Beans Applesauce Dessert: Fresh Fruit	Steamed Salmon Steamed Potatoes Carrots Spinach Dessert: Pudding & Whip

Week 2

Monday	Wednesday	Friday
Roast Pork and Gravy Mashed Potatoes Mashed Turnip Yellow Beans Applesauce Dessert: Mandarin Oranges	Meatloaf Mashed Potatoes Fresh Carrots Brussel Sprouts Dessert: Diced Peaches	Breaded Haddock Tartar Sauce Boiled Potatoes PEI Medley Dessert: Tropical Fruit Salad

Week 3

Monday	Wednesday	Friday
Salisbury Steak & Onions Baked/Steamed Potatoes PEI Medley Pickles Dessert: Marshmallow Fruit Cocktail	Beef Stew Dumplings Chow Dessert: Pineapple & Whip	Baked Haddock with Cheese Crust Boiled Potato Macedoine Vegetables Dessert: Diced Pears

Winter Menu 2018 - 2019

Week 4

Monday	Wednesday	Friday
Seasoned Boneless Porkchops Mashed Potatoes Mixed Vegetables Applesauce Dessert: Vanilla and Mandarin Pudding	Chicken Pot Pie Roll Cranberries Dessert: Diced Peaches	Alaskan Baked Pollock with Cheese Crust Boiled Potato Corn Green Beans Dessert: Mousse and Whip

Week 5

Monday	Wednesday	Friday
Beef Pot Pie Pickles Dessert: Mandarin Oranges	Roast Beef & Gravy Whipped Potatoes Fresh Carrots Brussel Sprouts Dessert: Pudding and Whip	Baked Cod with Cheese Crust Steamed Potatoes PEI Medley Dessert: Blueberries / milk and sugar

Operation Department

Please Note: Menu's may change without notice



