



2022 Regular 6-Week Menu

***Please note that the menu is subject to change! All menu items are cardiac and diabetic friendly. ***

	Mondays	Tuesdays	Wednesdays	Thursday	Fridays
	<i>Pasta</i>	<i>Traditional</i>	<i>Wild</i>	<i>Cold</i>	<i>Fish</i>
Week 1	Spaghetti & Meatballs Salad Garlic Bread	Baked Chicken Scalloped Potato Vegetable Medley	Shepherd's Pie Vegetable Medley Soup	Chicken Cold Plate Bread Roll	Haddock Aux Gratin Potato Vegetable Medley
Week 2	Baked Mac n' Cheese Salad Garlic Bread	Beef Stew Garden Salad Tea Biscuit	Ground Beef Patty Potato Vegetable Medley	BLTC Sandwich Soup	Fishcakes, Beans, Coleslaw Carrot and Turnip
Week 3	Lasagna Salad Garlic Bread	Roasted Chicken Baked Potato Vegetable Medley	Chicken Souvlaki Lemon Potato Greek Salad	Roast beef and Swiss Soup	Baked Haddock Potato Vegetable Medley
Week 4	Chicken & Broccoli Alfredo Salad Garlic Bread	Roast Pork Potato Vegetable Medley	Corned Beef Boiled Potato Cabbage and Veg	Vegetable Quiche Potato Salad Soup	Crusted Haddock Potato Vegetable Medley
Week 5	Goulash Salad Garlic Bread	Roast Turkey Dinner Potato Vegetable Medley	Cabbage Rolls Potato Vegetable Medley	Chicken Salad Sandwich Soup	Seafood Chowder Salad Bread Roll
Week 6	Chicken Parmesan Salad Garlic Bread	Roast Beef Potato Vegetable Medley	Liver & Onions Potato Vegetable Medley	Ham Cold Plate Bread Roll	Haddock Loin in Sauce Potato Vegetable Medley