

Our menu operates on 6 week cycle. Every 6 weeks our Wednesday dishes change, to offer our clients a little more variety.

	Pasta MONDAYS	Traditional TUESDAYS	Wild WEDNESDAYS	Cold THURSDAYS	Fish FRIDAYS
Week 1	Spaghetti & Meatballs Salad Garlic Bread	Baked Chicken Roasted Potato Veggies	Vegetable Stir-Fry Rice Soup	Chicken Cold Plate Bread Roll	Cod Aux Gratin Mashed Potatoes Veggies
Week 2	Baked Mac n' Cheese Salad Garlic Bread	Beef Stew Garden Salad Tea Biscuit	Hamburger Steak & Onions Mashed Potato Veggies	BLTC Sandwich Soup	Baked Haddock Mashed Potato Veggies
Week 3	Lasagna Salad Garlic Bread	Baked Chicken Scalloped Potato Veggies	Chicken Souvlaki Lemon Potato Greek Salad	Roast Beef & Swiss Soup	Fishcakes, Beans, Coleslaw Carrot and Turnip
Week 4	Chicken & Broccoli Alfredo Salad Garlic Bread	Roast Pork Sweet Potato Mash Veggies	Corned Beef Boiled Potato Cabbage Veggies	Vegetable Quiche Potato Salad Soup	Seafood Chowder Salad Bread Roll
Week 5	Goulash Salad Garlic Bread	Roast Turkey Dinner Mashed Potato Veggies	Cabbage Rolls Mashed Potato Veggies	Chicken Salad Sandwich Soup	Crusted Haddock Sweet Potato Mashed Veggies
Week 6	Veggie Pesto Penne Salad Garlic Bread	Roast Beef Baked Potato Veggies	Turkey Pot Pie Veggies Soup	Ham Cold Plate Bread Roll	Shrimp Stir-Fry Rice Soup