

Monday October 5	Tuesday October 6	Wednesday October 7	Thursday October 8	Friday October 9	Saturday October 10	Sunday October 11
Breakfast						
Oatmeal/Red River Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Pancakes Poached Eggs	Oatmeal/Cream of Wheat Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Open Faced Egg, Cheese, Sausage McMuffin	Oatmeal/Red River Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Poached Egg Scone	Oatmeal/Cream of Wheat Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Scrambled Eggs	Oatmeal/Red River Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese French Toast Bacon	Oatmeal/Cream of Wheat Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Poached Eggs Bagels & Cream Cheese	Oatmeal/Red River Assorted Cold Cereal Fresh Fruit/Yogurt Assorted Muffins Toast/Jam Cheese Raisin Bread Chefs Choice for Egg
Lunch						
Corned Beef Sandwich on Rye Bread or Turkey Cranberry Sandwich Both Served with Broccoli Salad Mini Cinnamon Bun or Mandarin Oranges	Tuna Salad Sandwich or Chicken Fingers/Plum Sauce Both Served with Macaroni Salad & Creamy Coleslaw Greek Yogurt Parfait or Crushed Pineapple	Fruit, Cheese Plate: Seasonal Fruit, Cottage Cheese & Sliced Cheese Tea Biscuit or BBQ Pulled Pork on a Bun Served with Fresh Sliced Tomatoes Iced Brownie or Banana	Mandarin Chicken Walnut Salad Served with Dinner Roll or Lemon Pepper Pollock Served with Potato Puffs Ketchup, Tartar Sauce, Carrots Ice Cream Treat or Strawberries/Whipped Topping	Hot Dog on a Bun Served with Condiments, Apple Coleslaw or Egg Salad Sandwich Served with Pickled Beets Cherry Pie or Diced Melons	Assorted Sandwiches Iced Banana Cake or Diced Pears	Ham Salad Plate: Served with Rye Bread or Coconut Shrimp/Sauce Both Served with Potato Salad Vegetable & Dip Chocolate Torte Cake or Fruit
Dinner						
Butter Chicken or Greek Pork Tenderloin Both Served with Herbed Brown Rice Choice of: Creamed Spinach or Sliced Carrots Butter Tart Bar or Fresh Mixed Berries	Tangy Citrus Meatballs Served with Mashed Sweet Potatoes Choice of: Broccoli or Mixed Vegetables or Vegetable Quiche Served with Romaine/Kale Salad Peach Pie or Applesauce	Herbed Baked Tilapia/Tartar Sauce or Turkey Cacciatore Both Served with Mashed Potatoes Choice of: Braised Red Cabbage or Corn on the Cob(Seasonal) Vanilla Pudding or Fruit Cocktail	Beef and Vegetable Stew or Pork Loin Both Served with Mashed Potatoes Choice of: Squash or Green Beans Caramel Cake or Peaches	Lemon Rosemary Chicken Breasts or Lamb Chops/Mint Sauce Both Served with Mashed Potatoes Choice of: Asparagus or Herbed Parsnips Berry Crisp or Fruit Salad	Beer Battered Haddock/Tartar Sauce/Lemon Wedge or Homemade Beef Burger Lettuce, Tomato, Onion & Condiments Both Served with Onion Rings 7-Layer Salad Strawberry Shortcake or Plums	Carved Beef Tenderloin Gravy Mashed Potatoes Fresh Sliced Carrots or Mixed Vegetables Lemon Meringue Pie or Fresh Fruit

Carrots, celery, cauliflower available daily. Soup and Salad offered daily. Chicken, fish, vegetarian and gluten free options available upon request with notice. Juice, coffee and tea available at each meal.

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16	Saturday October 17	Sunday October 18
Breakfast						
Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Fried Eggs Bacon	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Omelets	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Raisin Bread Breakfast Sausage/Scrambled Egg	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Chef's Choice of Egg	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese French Toast with Syrup	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Fried Eggs and Back Bacon
Lunch						
Roast Beef Sandwich Served with Vegies & Dip or Chicken Leek Pot Pie Gravy Served with Peas & Carrots Tapioca Pudding or Mandarin Oranges	Salmon Salad on a Croissant or BBQ Pork Ribette on a Bun Both Served with Asian Coleslaw Ice Cream Sundae or Fresh Fruit	Salad Plate: Potato Salad, Sliced Tomato, Summer Sausage, Quinoa, Dinner Roll or Ham Salad Sandwich Served with Mixed Pickles Jell-O/Whipped Topping or Bing Cherries	Fish Burger/Tartar Sauce Lettuce /Tomato or Egg Salad Sandwich Both Served with Spinach Salad Chocolate Pudding or Fresh Fruit	Chef's Salad Plate or Cabbage Rolls Both Served with Whole Wheat Bread Nanaimo Bar or Blueberries	Assorted Sandwiches Frozen Yogurt or Peaches	Macaroni & Cheese Served with Stewed Tomatoes or Chicken Salad Sandwich & Cranberry Coleslaw Butter Tarts or Tropical Fruit
Dinner						
Oktoberfest Sausage Mustard/Sauerkraut or Maple Walnut Chicken Thighs Both Served with Mashed Potatoes Choice of: Italian Mixed Vegetables or Corn on the Cob(Seasonal) Sherbet or Applesauce	Beef Lasagna Served with Caesar Salad, Garlic Bread or Buttered Sole & Lemons Served with Vegetable Rice and Yellow & Green Beans Date Square or Peaches	Meatloaf/Gravy or Turkey Cutlet/Cranberry Sauce Both Served with Mashed Potatoes Choice of: Glazed Carrots or Mix of Celery, Red Onion, Zucchini Boston Cream Cake or Fresh Pineapple	Herbed Roast Pork/Gravy or Liver & Onions/Gravy Both Served with Mashed Potatoes Choice of: Broccoli/Cauliflower or Peas & Carrots Carrot Cake or Apricots	Orange Ginger Salmon or Roast Lamb/Mint Gravy Both Served with Mini Red Potatoes Choice of: Asparagus or Roasted Beets Chocolate Sensation Bar or Grapes	Stir Fry Dinner Choice of: Sweet & Sour Chicken or Teriyaki Beef Both Served with Fried Rice, Stir-Fried Vegetables, Egg Roll/Plum Sauce, Fortune Cookie Lemon Torte Cake or Mandarin Oranges	Roast Turkey Gravy/Cranberry Sauce Mashed Potatoes Stuffing Choice of PEI Vegetables or Squash Chocolate Cream Pie or Plums

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Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23	Saturday October 24	Sunday October 25
Breakfast						
Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Pancakes and Syrup	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Scrambled Eggs Fried Ham	Oatmeal/ Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Toads in a Hole	Oatmeal/ Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs Bagels & Cream Cheese	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Fried Eggs & Bacon
Lunch						
Open-Faced Hot Beef Sandwich with Gravy & Garden Blend Vegetables or Shrimp & Fruit Summer Salad and a Tea Biscuit Greek Yogurt Parfait or Watermelon	Toasted Turkey Clubhouse Sandwich, Dill Pickles or Baked Beans and Wieners, Dinner Roll Pudding or Peaches	Salad Plate: Cottage Cheese/Cheddar Cheese/Waffle/Syrup Blueberries/Strawberries or Ham, Swiss Cheese, Lettuce Sandwich with a Cucumber Salad Coffee Cake or Banana	Beef Chili, served with Garlic Bread or Egg Salad Sandwich and Pickled Beets Lemon Square or Pears	Chicken Caesar Salad with a Slice of Brown Bread or Ham & Basil Cheese Melt and Mixed Vegetables Ice Cream Drumstick or Fruit Cocktail	Assorted Sandwiches Chocolate Éclairs or Mixed Fruit	Cheese/Tomato/Lettuce Sandwich or Spinach & Cheese Quiche Both Served with Marinated Broccoli Salad Macaroon Bars or Bing Cherries
Dinner						
Chicken Parmesan or Baked Fish Both Served with Oven Roasted Potatoes Choice of: Broccoli/Cauliflower or Sliced Carrots Ice Cream Sandwich or Fruit Cup	Apple Braised Pork Roast and Mashed Potatoes or Shepherd's Pie Choice of: Roasted Peppers/Onions/ Mushrooms or Green Peas Coconut Cream Pie or Apricots	Herbed Basa or Roast Turkey Breast/Gravy Both Served with Mashed Potatoes Choice of: Mashed Turnip or Green & Yellow Beans Chocolate Cheesecake or Seasonal Fresh Fruit	Apricot Curry Chicken and Homemade Coleslaw or Marinated Beef Tips and Mixed Carrots/Cauliflower/Red Peppers Both Served with Potato Wedges/Ketchup Caramel Skor Brownie or Fresh Pineapple	Maple Glazed Salmon/ Lemons or Meatballs with Creamy Mushroom Sauce Both Served with Wild Rice Choice of: Green & Yellow Zucchini or Herbed Baked Tomato Orange Citrus Cake or Plum	Lime House Chicken Thighs and Mashed Potato or Crunchy Perch/Tartar Sauce and French Fries Choice of: Farm Blend Vegetables or Asparagus Iced Cupcake or Applesauce	Bone-In Carved Ham Served with Scalloped Potatoes Baked Brown Beans Garden Blend Vegetables Fruit Flan or Tropical Fruit

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Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30	Saturday October 31	Sunday November 1
Breakfast						
Oatmeal /Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Scrambled Eggs	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Banana Bread Scrambled Eggs	Oatmeal/Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Fried Eggs Breakfast Sausage	Oatmeal /Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Soft Boiled Eggs	Oatmeal/ Red River Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Poached Eggs	Oatmeal/Cream of Wheat Assorted Cold Cereals Fresh Fruit, Yogurt Assorted Muffins Toast & Jam Cheese Eggs Benedict
Lunch						
BBQ Chicken Breast with Macaroni Salad, and Carrot & Raisin Salad or Montreal Smoked Meat Sandwich on Marble Rye Bread Served with Mixed Pickles Strawberry Cheesecake or Peaches (Seasonal)	Grilled Cheese Sandwich & Ketchup and a Green Salad or Smoked Salmon Salad Plate: Smoked Salmon Baby Spinach, Grape Tomatoes, Goat Cheese, Pecans Frozen Yogurt or Diced Melons	Pizza Served with Greek Romaine Salad or Crispy Chicken Greek Salad and Garlic Cheese Sticks Peach Mousse or Fruit Cup	Reuben Sandwich and Dill Pickles or Pear and Almond Salad Served with a Scone Chocolate Cake or Mandarin Oranges	Cheese &Fruit Salad Plate: Cheese, Cantaloupe, Watermelon, Oranges, Grapes, and a Carrot & Pineapple Loaf or Turkey Salad Sandwich and Raw Veggies/Dip Raspberry Coconut Tarts or Fresh Berries	Assorted Sandwich Platter Pecan Walnut/Caramel Brownie or Tropical Fruit	Perogies/Fried Onions/Bacon or Cheeseburger/Lettuce Tomato/Onion Both Served with French Fries/Ketchup Ice Cream or Crushed Pineapple
Dinner						
Roast Beef/Gravy or Cider Honey Pork Both Served with Mashed Potatoes Choice of: Carrots or Peas & Pearl Onions Apple Pie/Sliced Cheese or Pears	Salisbury Steakette & Mushroom Gravy or Roast Lamb/Mint Sauce Both Served with Served with Mashed Potatoes Choice of: P.E.I Vegetables or Mixed Squash/Parsnips Pecan Flan or Banana	Honey Garlic Chicken Breast or Beef Brisket/Gravy Both Served with Mashed Potatoes Choice of: Sweet & Savory Cabbage or Mixed Vegetables Black Forest Cake or Apricots	Baked Ham with Pineapple Sauce or Stuffed Sole Both Served with Baked Potato/Sour Cream/Chives Choice of: Farm Blend Vegetables or Rainbow Peppers Coconut Ambrosia or Mixed Fruit	Fried Chicken and Mashed Potatoes or Beef Stroganoff with Buttered Egg Noodles Choice of: Baby Carrots or Roasted Onions, Celery, Zucchini Butterscotch Pudding or Applesauce	Cold Dinner Plate: Choice of: Deli Meat or Shrimp/Sauce Both Served with Potato Salad Devilled Eggs Tomato/Cucumber Slices Dinner Roll Red Velvet Cake or Peaches	Stuffed Pork loin Mashed Potatoes Tea Biscuit Choice of: Mixed Green Beans/Celery/ Cauliflower or Mashed Turnip Apple Pie or Plums

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