

For the week of: January 7 – 13, 2018

Evening meal times:  
 First sitting 4:45 pm    Second sitting 6:00 pm

	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13
Cycle 3C	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Daily	Daily	<b>B U F F E T  N I G H T</b>	Daily	Daily	Daily	Daily
Salad	Tossed/Chef's Choice	Tossed/Chef's Choice		Tossed/ Chef's Choice	Tossed/ Chef's Choice	Tossed/ Chef's Choice	Tossed/ Chef's Choice
Entrée 1	Turkey & all the fixings	Crunchy Perch		Salmon Loaf with smashed cauliflower	Meatloaf	Baked Lemon Dill Pollock	Beef Stew & dumplings
Entrée 2		Mild Curry Chicken		Chicken Pot Pie	Stuffed Pork loin & gravy	Liver & Onions & Gravy	Baked Chicken Thighs
Starch	Mashed Potatoes	Santa Fe Rice			Steamed potatoes	Mashed Potatoes	Scalloped Sweet Potatoes
Vegetables	Rutabaga	Roasted Beets & carrots		PEI veg mix	Corn	Italian Vegetable Mix	Mixed Vegetables
Fruit	Apricots	Peaches		Fruit Cocktail	Fruit Salad	Pears	Grapes
Dessert	Tapioca Pudding	Butterscotch Sundae		Upside Down Cake	Pumpkin Dessert	Ice Cream & Chocolate Sauce	Rice Pudding

For the week of: January 14 -20 , 2018

Evening meal times:

First sitting 4:45 pm    Second sitting 6:00 pm

	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
Cycle 4C	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Soup</b>	<b>Daily</b>	<b>Daily</b>	<b>B U F F E T  N I G H T</b>	<b>Daily</b>	<b>Daily</b>	<b>Daily</b>	<b>Daily</b>
<b>Salad</b>	<b>Tossed/ Chef's Choice</b>	<b>Tossed/Chef's Choice</b>		<b>Tossed/ Chef's Choice</b>	<b>Tossed/ Chef's Choice</b>	<b>Tossed/ Chef's Choice</b>	<b>Tossed/ Chef's Choice</b>
<b>Entrée 1</b>	<b>Sweet &amp; Sour Ribs</b>	<b>Salmon &amp; Dill</b>		<b>Shepherd's Pie with gravy</b>	<b>Pork Ribette, Baked beans</b>	<b>Veal Cutlet, Gravy &amp; mashed potato</b>	<b>Chicken Parmesan</b>
<b>Entrée 2</b>		<b>Creamy Meatballs &amp; Mushrooms</b>		<b>Vegetable Quiche</b>	<b>Lasagna &amp; garlic toast</b>	<b>Tuna Bake &amp; biscuit</b>	<b>Salisbury Steak &amp; Mushroom Sauce</b>
<b>Starch</b>	<b>Oven Roast Potato</b>	<b>Brown Rice</b>					<b>Baked Potato</b>
<b>Vegetables</b>	<b>Creamed Peas</b>	<b>Broccoli</b>		<b>Beets</b>	<b>Sunrise vegetable</b>	<b>Carrots</b>	<b>Braised Cabbage &amp; red pepper</b>
<b>Fruit</b>	<b>Pineapple Tidbits</b>	<b>Mandarin Oranges</b>		<b>Melon Slices</b>	<b>Grapes</b>	<b>Apricots</b>	<b>Peaches</b>
<b>Dessert</b>	<b>Strawberry Shortcake</b>	<b>Chocolate Pudding (Diabetic friendly)</b>		<b>Cheesecake</b>	<b>Peach Mousse (Diabetic Friendly)</b>	<b>Chocolate cherry cake</b>	<b>Ice Cream &amp; Strawberry Sauce</b>