

For the week of: Oct 1-7, 2017

Evening meal times:

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

	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
Cycle 1C	Sunday	Mon	Tues	Wed	Thurs	Fri	Sat
Soup	Daily	Daily	B U F F E T N I G H T	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	Prime rib roast & Gravy	Breaded Sole		Veg/cheese omelette	Pork Schnitzel with sauerkraut	Chicken Stroganoff	Greek Ribs & roasted baby potatoes
Entrée 2		Pork Chop		Honey BBQ Meatballs	Lemon Garlic Chicken Stir Fry	Haddock & Herbs	Baked spaghetti & garlic toast
Starch	Mashed Potatoes	Brown Rice		Potatoes au Gratin	Potatoes Lyonnaise	White & Wild Rice	Roasted Baby Potatoes
Vegetables	Parsnips	Creamed Corn		Peas and carrots	Mashed Turnips	Squash	Glazed Sweet Potato & Carrots
Fruit	Diced honeydew & cantaloupe	Grapes		Orange Slices	Pear Halves	Mandarin Oranges	Fruit Salad
Dessert	Trifle	Lemon Pudding (Diabetic Friendly)		Apple Pie	Angel food cake & berries	½ hour pudding	Blueberry Tres Leche cake

For the week of: **Oct 8-14**

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

	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14
Cycle 2C	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Soup	Daily	Daily	B U F F E T N I G H T	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	Roast Pork & Gravy	Turkey & Fixings		Chicken Paprikash	Beef Stroganoff	Baked Ham	Turkey Cutlette & cranberry sauce
Entrée 2		Baked Ham		Quiche Lorraine	Szechuan Stir Fry	Pork Sausage	Herbed BBQ Chicken Breast
Starch	Mashed Potatoes	Potatoes		Rice Pilaf	Buttered Fettucine noodles	Macaroni &Cheese	Baked Potato
Vegetables	Braised Cabbage, Carrots & Celery	Baby carrots		Sunrise Vegetable Mix	Italian Canadian Veg Mix	Peas & Carrots	Montego Blend Vegetables
Fruit	Peaches	Fruit Cocktail		Apricots	Pineapple Tidbits	Berries & Vanilla Sauce	Orange Slices
Dessert	Cookies & Ice Cream	Pumpkin Pie		Bread Pudding	Tiramisu Cake	Sweet potato pie	Coconut cream pudding

For the week of: Oct 15-21, 2017

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

	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21
Cycle 3C	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Daily	Daily	B U F F E T N I G H T	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	Roast Beef & Gravy	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: Oct 22-28, 2017

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

	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28
Cycle 4C	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Daily	Daily	B U F F E T N I G H T	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	Sweet & Sour Ribs	Salmon & Dill		Shepherd's Pie with gravy	Pork Ribette, Baked beans	Veal Cutlet, Gravy & mashed potato	Chicken Parmesan
Entrée 2		Creamy Meatballs & Mushrooms		Vegetable Quiche	Lasagna & garlic toast	Tuna Bake & biscuit	Salisbury Steak & Mushroom Sauce
Starch	Oven Roast Potato	Mashed Potatoes					Baked Potato
Vegetables	Creamed Peas	Broccoli		Beets	Sunrise vegetable	Carrots	Braised Cabbage & red pepper
Fruit	Pineapple Tidbits	Mandarin Oranges		Melon Slices	Grapes	Apricots	Peaches
Dessert	Strawberry Shortcake	Chocolate Pudding (Diabetic friendly)		Cheesecake	Peach Mousse (Diabetic Friendly)	Chocolate cherry cake	Ice Cream & Strawberry Sauce