Trinity Village Café & Meals on Wheels May Menu

For One Time Meals on Wheels Services please contact: 519-893-6320 ext. 309

For Scheduling On-Going Meals on Wheels Services please contact: Krista McParland, Nutrition Manager, 519-893-6320 ext. 230 or kmcparland@trinityvillage.com

Sunday 4 Monday 5 Tuesday 6 Wednesday 7 Tuesday 8 Potatos & Hot Veg Agartaria Moncean Trifi Stew W Mashed Potatos & Hot Veg Apple Pio R Fineapple Tribits Sunday 1 Monday 1 Tuesday 6 Presh Cripage Apple Pio R Fineapple Tribits Sunday 1 Monday 1 Tuesday 6 Presh Cripage W Mashed Potatos & Hot Veg Apple Pio R Fineapple Tribits Sunday 1 Monday 1 Tuesday 6 Presh Cripage W Mashed Potatos & Hot Veg Apple Pio R Fineapple Tribits Sunday 1 Monday 1 Tuesday 6 Presh Cripage W Mashed Potatos & Hot Veg W Mashed Potatos & Hot Veg W Mashed Potatos & Hot Veg Apple Pio R Fineapple Tribits Sunday 1 Monday 1 Tuesday 2 Tuesday 3 Tuesday 4 T							
Breaded Haddock Branch B					Thursday 1	Friday 2	Saturday 3
Sunday 4 Monday 5 Taesday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Pears Sunday 4 Monday 5 Taesday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Pears Sunday 4 Monday 5 Taesday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Pears Sunday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Pears Sunday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Pears Sunday 1 Monday 5 Thursday 8 Per Carrot Cake OR Pears Wednesday 6 Wednesday 7 Thursday 8 Per Carrot Cake OR Flow 9 Per Carrot Cake OR Flow					Cheese Cannelloni w/ Hot Veg	Assorted Subs OR	Café Closed
Sunday 4 Monday 5 Tuesday 6 Wednesday 7 Thursday 8 Friday 9 Samuday 10 Carte Loced Carte					OR	Breaded Haddock	Turkey Parmigiana OR
Sanday 4 Sanday 4 Monday 5 Tuesday 6 Monday 5 Tuesday 6 Monday 7 Tuesday 6 Monday 7 Tuesday 6 Monday 8 Carrot Cake OR Pears Third Wag OR Third Wag OR Roast Beef Carrot Cake OR Pears Third Wag OR Third Wag OR Roast Leg of Lamb y Parmesan Postatos & Hot Veg Apple Pie OR Pincapple Tichits Sunday 1 Monday 12 Tuesday 13 Washed Postatos & Hot Veg OR Roast Leg of Lamb y Parmesan Postatos & Hot Veg Apple Pie OR Pincapple Tichits Sunday 1 Monday 12 Tuesday 13 Washed Postatos & Hot Veg OR Roasted Vegetable Lasagna Washed Postatos & Hot Veg CR Roasted Vegetable Lasagna Washed Postatos & Hot Veg CR Macaroni & Beef Carrot Cake OR Pears Third Wag OR Roast Leg of Lamb y Parmesan Postatos & Hot Veg Apple Pie OR Pincapple Tichits Tresh Grapes Tresh Grapes Third Use of Licken Tights Washed Postatos Boston Cream Pie OR Pincapple Tichits Tresh Grapes Boston Cream Pie OR Pincapple Tichits Sunday 11 Monday 12 Tuesday 13 Washed Postatos And Postatos					Fried Bologna w/ Garlic Mashed	OR	Shrimp Scampi w/ Buttered Egg
Sunday 4 Cafe Closed Roas I Seef Apple Pie OR Pineapple Tichits Sunday 1 Monday 12 Monday 12 Monday 12 Monday 12 Monday 12 Monday 12 Monday 19 OR Macientic Head Black Furest Cake OR Riewed Rhubarh Postate Seef Hot Veg Coranges Apple Pie OR Pineapple Tichits Sunday 1 Monday 19 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 3 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 3 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 4 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 4 Monday 19 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 3 Tuesday 4 Tuesday 4 Tuesday 5 Tuesday 6 Tuesday 13 Tuesday 15 Tuesday					Potatoes & Hot Veg	Honey Roasted Pork Chop w/	Noodles & Hot Veg
Sunday 4 Monday 5 Tuesday 6 Wednesday 7 Tuesday 8 Friday 9 Saturday 10 Cafe Closed Roast Beef Roast Beef Roast Beef Taco Casserole or Spiced Windshed Potatoes & Hot Veg Apple Pie OR Pimeapple Tubbits Sunday 1 Monday 12 Sunday 11 Sunday 12 Cafe Closed Roast Eef Closed Roast Eef Closed Roast Eef Closed Roast Eef Closed Turbic with Replace of Close Control Relation of Close Pasts Bake with Potatoes & Hot Veg Apple Pie OR Pimeapple Tubbits Sunday 11 Sunday 12 Cafe Closed Roast Eef Closed Roast Eef Windshed Potatoes & Hot Veg OR Roast Leef Brownin of Close Pasts Bake with Potatoes A Hot Veg OR Roast Leef Brownin of Close Pasts Bake with Potatoes A Hot Veg Cherry Cisip OR Pears Cherry Cisip OR Pears Cherry Cisip OR Pears OR Animated Potatoes A Hot Veg OR Roast Leef Brownin or Nation Winspeel Potatoes & Hot Veg OR Roast Leef Brownin or Nation Winspeel OR Roast Leef Windshed Potatoes & Hot Veg OR Roast Leef Brownin or Nation Winspeel OR Roast Leef Closed Condendary 12 Sunday 18 Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Turkey windshed Potatoes & Hot Veg OR Cafe Closed Roast Tur							
Sunday 4 Monday 5 Tuesday 6 Wednesday 7 Thursday 8 Friday 9 Satunday 10 Cafe Closed Rousal Beef OR Rousal Beef OR Chicken Thigh w/ Rice Pilaf & Hot Veg OR Apple Pie OR Pineapple Tidhits Sunday 11 Sunday 11 Sunday 11 Monday 12 Monday 12 Monday 12 OR OR Rousal Beef Water Pilaf & Hot Veg OR Rousal Graph Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR OR Apple Pic OR Chicken Breast of Rousal Or Rousal Vegetable Lasagna w Portations & Hot Veg OR OR Apple Pic OR Chicken Breast of Rousal Or Rousal Vegetable Lasagna w Portations & Hot Veg OR					Carrot Cake OR Pears	Č	Vanilla Chocolate Ice Cream Bar or
Sunday 4 Monday 5 Tuesday 6 Wednesday 7 Thursday 8 Friday 9 Satunday 10 Cafe Closed Rousal Beef OR Rousal Beef OR Chicken Thigh w/ Rice Pilaf & Hot Veg OR Apple Pie OR Pineapple Tidhits Sunday 11 Sunday 11 Sunday 11 Monday 12 Monday 12 Monday 12 OR OR Rousal Beef Water Pilaf & Hot Veg OR Rousal Graph Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR Rousal Vegetable Lasagna w Portations & Hot Veg OR OR Apple Pic OR Chicken Breast of Rousal Or Rousal Vegetable Lasagna w Portations & Hot Veg OR OR Apple Pic OR Chicken Breast of Rousal Or Rousal Vegetable Lasagna w Portations & Hot Veg OR						Triple Chocolate Fudge Cake or	Mixed Berries
Carle Closed Roast Beef OR Vegerarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 11 Sunday, 12 Carle Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 12 Carle Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 13 Carle Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 14 Carle Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 14 Carle Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 14 Carle Closed Roast Beef Macaroni Casernele & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 14 Carle Closed Roast Beef Macaroni Casernele & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 15 Carle Closed Roast Beef Macaroni Casernele & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 14 Chicken Forest Age of Served Roast Beef w/ Mashed Potatoes & Hot Veg Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 15 Carle Closed Roast Beef Macaroni Casernele & Hot Veg Apple Pie OR Pineapple Tidbits Sunday, 16 Chicken Forest Age of Served Roast Beef w/ Mashed Potatoes & Hot Veg Roast Beef Singanel & Chicken Breast OR Roast Bee							
Cafe Closed Roast Beef OR OR Vegetarian Moroccuan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I1 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I1 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I1 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I1 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I1 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I2 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I2 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I2 Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg Apple Pie OR Pincapple Tidbits Sunday I3 Chicken Drumsticks of Thighs OR Roast Leg of Lamb w/ Parmssan Brotatoes & Hot Veg Veg Vanilla Caramel Swirt Cake OR Chep W/ Mashed Potatoes & Hot Veg Veg Vanilla Caramel Swirt Cake OR Tronpical Finit Trunsday I5 Friday I6 Chicken Drumsticks of Thighs OR Roast Leg of Lamb w/ Parmsean Brotatoes & Hot Veg Veg Vanilla Caramel Swirt Cake OR Trunsday I3 Wednesday I4 Trunsday I3 Wednesday I4 Trunsday I4 Chicken Soulals in Rice & Salad OR Apple Pie OR Cantal Chicken Casars Salad & Garlie Bread OR Amarinated Port Low Whisped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Wall Chicken Fires & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Caramel Swirt Cake OR Hove Gorlie W-Scalloped Potatoes & Hot Veg Wall Chicken Scall Collection w/ Wall Chicken Scall Chicken W/Scalloped Potatoes & Hot Veg Wall Chicken Scall Chicken Scall Chicken W/Scalloped Po	Sunday 4	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
Roust Beef OR	Cafe Closed	Chicken Fingers & Fries OR	Pork Roast w/Gravv	Roasted Chicken w/ Potato & Hot	Chicken Drumsticks & Thighs	Beef Macaroni Casserole & Hot	Cafe Closed
OR Vegetarian Moroccan Tofu Stew W Mashed Potatoes & Hot Veg W Mashed Potatoes & Hot Veg W Mashed Potatoes & Hot Veg Defense Register W Hot Veg Defense Register Register W Hot Veg Defense Register Register W Hot Veg Defense Register Register Register W Hot Veg Defense Register Regi	Roast Beef			Veg OR			Lemon Pepper Cod OR
Veg with Mashed Potatoes & Hot Veg OR Mashed Potatoes & Hot Veg	OR	Chicken Thigh w/ Rice Pilaf & Hot	Baked Tilapia w/ Sweet Potato	Meatloaf w/ Whipped Potatoes &	Roast Leg of Lamb w/ Parmesan	Broccoli Cheese Pasta Bake with	Beef Stroganoff w/ Mashed
Apple Pie OR Pineapple Tidbits Apple Pie OR Pineapple Tidbits Sunday 11 Cafe Closed Roast Beef w/ Mashed Potatoes & K Hot Veg OR Roasted Vegetable Lasagna w/ Caeser Salad & Garlie Bread Wainnated Pork Loin w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Caserole Black Forest Cake OR Stewed Robust 18 Cafe Closed Robust Fries & Hot Veg OR Roasted Vegetable Caserole Robust Fries & Hot Veg OR Roasted Vegetable Caserole All Beef Hot Dog on a Bun w/ Caeser Salad & Garlie Bread OR Sunday 18 Cafe Closed Robust Fries & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR OR OR Cafe Closed Robust Turkey w/ Mashed Potatoes & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Mandarin Oranges Manday 25 Strawberry Shortcake OR Manday 26 Turkey w/ Mashed OR Citrus Orange Cake OR Mango Comed Beef Orange Cake OR Mango Comed Beef Orange Cake OR Mango Citrus Orange Cake	Vegetarian Moroccan Tofu Stew						Potatoes & Hot Veg
Apple Pie OR Pineapple Tidbits Apple Pie OR Pineapple Tidbits Sunday 11 Cafe Closed Roast Beef w/ Mashed Potatoes & K Hot Veg OR Roasted Vegetable Lasagna w/ Caeser Salad & Garlie Bread Wainnated Pork Loin w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Caserole Black Forest Cake OR Stewed Robust 18 Cafe Closed Robust Fries & Hot Veg OR Roasted Vegetable Caserole Robust Fries & Hot Veg OR Roasted Vegetable Caserole All Beef Hot Dog on a Bun w/ Caeser Salad & Garlie Bread OR Sunday 18 Cafe Closed Robust Fries & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR OR OR Cafe Closed Robust Turkey w/ Mashed Potatoes & Hot Veg OR Potatoes & Hot Veg OR Strawberry Shortcake OR Mandarin Oranges Manday 25 Strawberry Shortcake OR Manday 26 Turkey w/ Mashed OR Citrus Orange Cake OR Mango Comed Beef Orange Cake OR Mango Comed Beef Orange Cake OR Mango Citrus Orange Cake	w/ Mashed Potatoes & Hot Veg			Parmesan w/ Hot Veg & Garlic		Chop w/ Mashed Potatoes & Hot	
Sunday 11 Monday 12 Tuesday 13 Wednesday 14 Thursday 15 Friday 16 Saturday 17 Cafe Closed Roast Beef W Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread Marinated Fork Loin w/ Mashed Potatoes & Hot Veg OR Macaroni & Black Forest Cake OR Stewed Roast Intervent W Mashed Potatoes & Hot Veg OR Macaroni & Black Forest Cake OR Stewed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread W Cormflake Crusted Chicken w/ Savoury Diced Potatoes & Hot Veg Bead Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Beadstick W Hot Veg & Beadstick W Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Strawberry Rhubarb Pie OR W Watermelon Maple Chocolate Mania Cake OR Apricots OR Rotini Bread Grave W Hot Veg & Salmonday Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Strawberry Rhubarb Pie OR Greef Edsead OR Crief Closed OR Creafe Closed		Boston Cream Pie OR Pineapple	Orange Dream Shortcake OR		Iced Brownie OR Apricot		Apple Pie OR Cantaloupe
Sunday 11 Monday 12 Tuesday 13 Wednesday 14 Thursday 15 Friday 16 Saturday 17 Cafe Closed Roast Beef W Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread Marinated Fork Loin w/ Mashed Potatoes & Hot Veg OR Macaroni & Black Forest Cake OR Stewed Roast Intervent W Mashed Potatoes & Hot Veg OR Macaroni & Black Forest Cake OR Stewed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread W Cormflake Crusted Chicken w/ Savoury Diced Potatoes & Hot Veg Bead Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Beadstick W Hot Veg & Beadstick W Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Baed Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Strawberry Rhubarb Pie OR W Watermelon Maple Chocolate Mania Cake OR Apricots OR Rotini Bread Grave W Hot Veg & Salmonday Drumsticks w/ Lyonnaise Potatoes & Hot Veg & Strawberry Rhubarb Pie OR Greef Edsead OR Crief Closed OR Creafe Closed	Apple Pie OR Pineapple Tidbits	Tidbits	Fresh Grapes	Cherry Crisp OR Pears		Vanilla Caramel Swirl Cake OR	
Sunday 11 Cate Closed Roast Beef w Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Gartic Bread Black Forest Cake OR Stewed Rhubarb Date Square OR Watermelon Baked Foliced Roast Beef w Mashed Potatoes & Hot Veg Black Forest Cake OR Stewed Rhubarb Date Square OR Watermelon Cheises Frittata w/ Hot Veg Strawberry Shortcake OR Strawberry Shortcake OR Strawberry Shortcake OR Strawberry Shortcake OR Mandarin Oranges Baked Hami n Pineapple Sauce OR Monday 25 Cafe Closed OR Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR Sobe Florentine w/ Scalloped OR Cornflake Crusted Cikicken w/ Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR Sole Florentine w/ Scalloped OR OR Cornflake Crusted Cikicken w/ Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR Sole Florentine w/ Scalloped OR OR Cornflake Crusted Cikicken w/ Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR OR OR Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR Sole Florentine w/ Scalloped OR OR OR Cornflake Crusted Cikicken w/ Savury Diced Potatoes & Hot Veg OR Sole Florentine w/ Scalloped OR	11		1	, 1		Tropical Fruit	
Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlie Bread Black Forest Cake OR Stewed Rhubarb Date Square OR Watermelon Sunday 18 Cafe Closed Roast Hot Veg OR Monday 19 Potatoes & Hot Veg Strawberry Shortcake OR Potatoes & Hot Veg Strawberry Shortcake OR Maninaria Oranges Monday 25 Monday 26 OR Cormflake Crusted Chicken w/ Savoury Diced Potatoes & Hot Veg Strawberry Rhubarb Potatoes & Hot Veg OR Spinach & Cheese Cannelloni w/ Bread Stick Watermelon Maple Chockhen Breast OR Roasted Vegetable Lasagna w/ Hot Veg & Breadstick Strawberry Rhubarb Pie OR Watermelon Maple Chocolate Mania Cake OR Apricots Maple Chocolate Mania Cake OR Apricots Apricots Apricots Maple Chocolate Mania Cake OR Apricots Ap	Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
Roast Beef w/ Mashed Potatoes & Hot Veg CR Marinated Pork Loin w/ Mashed Pork Loin w/ Mashed OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread W/ Caesar Salad & Garlic Salad & Hot Veg OR Collado Salad & Hot Veg OR Salado W/ Caesar Salad & Hot Veg OR Salado W/ Caesar Salad & Hot Veg OR Collado Salad & Hot Veg OR Caesar OR Mango Salad & Hot Veg OR Caesar OR Mang	Cafe Closed		Baked Pollock	Chicken Souvlaki w/ Rice & Salad	Honey Garlic w/ Scalloped Potatoes	BLT Sandwich & Soup	
Marinated Pork Loin w Mashed OR Roasted Vegetable Lasagna w // Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb Sunday 18 Monday 19 Cafe Closed Cheese Frittata w/Hot Veg Strawberry Shortcake OR Mandarin Oranges Black Forest Tart OR Fresh Grapes Monday 25 Monday 26 Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Maple Chocolate Mania Cake OR Apricots Oranges Saturday 24 Turmeric Chicken w/ Chalet Sauce OR Wegetarian Chili w/ Hot Veg & Baked Chicken Write Assume Oranges Monday 25 Monday 25 Monday 25 Monday 26 Monday 25 Monday 25 Monday 26 Monday 27 Monday 27 Monday 27 Monday 28 Monday 29	Roast Beef w/ Mashed Potatoes		OR				Pork Chop & Mushroom Sauce w/
OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread W/ Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb Black Forest Cake OR Stewed Rhubarb Sunday 18 Cafe Closed Potatoes & Hot Veg OR Broccoli Cheese Firitata w/ Hot Veg OR Breach Sitck French Fries & Hot Veg Monday 25 Monday 25 Monday 26 Monday 25 Monday 25 Monday 26 Monday 27 Monday 27 Monday 28 Monday 29 Monday 29 Monday 29 Monday 29 Monday 19 Monday 19 More Fried Solick Bread Stick Berries Pecan Streusel Cake OR Pineapple Tidbits More Mednesday 21 More Mayle Chocolate Mania Cake OR Apricots Oranges Turneric Chicken w/Rice & Salad OR Bed Stew / Mashed Potatoes & Hot Veg Monday 25 Monday 26 Monday 26 Monday 26 Monday 26 Monday 26 Monday 27 Monday 26 Monday 27 Monday 28 Monday 29 Monday 26 Monday 26 Monday 26 Monday 26 Monday 27 Monday 26 Monday 27 Monday 27 Monday 28 Monday 29 Monday 26 Monday 26 Monday 26 Monday 26 Monday 27 Monday 26 Monday 27 Monday 27 Monday 28 Monday 28 Monday 29 Monday 29 Monday 26 Monday 26 Monday 26 Monday 26 Monday 27 Monday 26 Monday 27 Monday 28 Monday 29 Monday 29 Monday 26 Monday 26 Monday 26 Monday 27 Monday 27 Monday 28 Monday 29 Monday 39 Monday 40 Monday 40 Monday 40 Monday 40 More Mednesday 28						_	Parslied Noodles & Hot Veg OR
W/Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb Date Square OR Watermelon Date Square OR			Sayoury Diced Potatoes & Hot				Chili Con Carne w/ Hot Veg &
Black Forest Cake OR Stewed Rhubarb Bunday 18 Sunday 18 Sunday 18 Sunday 18 Sunday 18 Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Mandarin Oranges Bread Stick Strawberry Rhubarb Pie OR Watermelon Maple Chocolate Mania Cake OR Apricots Oranges Saturday 24 Saturday 24 Turmeric Chicken w/Rice & Salad OR OR Crispy Baked Shrimp OR OP Hot Hamburger Sandwich w French Fries & Hot Veg Mandarin Oranges Black Forest Tart OR Fresh Grapes Monday 25 Monday 26 Baked Chicken Presh oranges OR Black Forest Cake OR Pineapple Tidbits Sweet & OR Pecan Streusel Cake OR Pineapple Turmeric Chicken w/Rice & Salad OR OR Baked Chicken w/ Chalet Sauce OR Beef Hot Dog on a Bun w/ OR Baked Chicken Work orange Cake OR Mango Creole Baked Fish w/ Rice Pilaf & Hot Veg Carrot Cake OR Banana & Buttertart Square OR Peaches OR OR Description or Apricots Oranges Sweet & Sour Pork OR OR OR Baked Chicken Work orange Cake OR Mango Creole Baked Fish w/ Rice Pilaf & Hot Veg Carrot Cake OR Banana & Buttertart Square OR Peaches OR OR Description or Apricotal Cake OR Apricots Oranges Sweet & Sour Pork OR OR OR Hot Veg OR Salisbury Steak & Gravy w/ Mashed potatoes & Hot Veg OR Salisbury Steak & Gravy w/ Mashed potatoes & Hot Veg OR OR Description or Apricotal Cake OR Bulberry Crisp OR Creole Baked Fish w/ Rice Pilaf & Hot Veg Carrot Cake OR Banana & Buttertart Square OR Peaches Nonalman Bar OR Cinnamon Pears Pineapple Bulberry Crisp OR Creole Cannelloni w/ Hot Veg OR			1				
Black Forest Cake OR Stewed Rhubarb Date Square OR Watermelon Iced Banana Cake OR Mixed Berries Pecan Streusel Cake OR Pineapple Tidibits Pecan Streusel Cake OR Pineapple Sweet & Sour Pork OR OR		8			Strawberry Rhubarb Pie OR		
Rhubarb Rhubarb Rhubarb Rhubarb Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Mandarin Oranges Roadarin Oranges Roadarin Oranges Berries Roadarin Oranges Roadarin Oranges Black Forest Tart OR Fresh Grapes Monday 25 Monday 25 Monday 26 Roast Turkey w/ Mashed Potatoes & Hot Veg Mash	Black Forest Cake OR Stewed	Date Square OR Watermelon	Iced Banana Cake OR Mixed			Maple Chocolate Mania Cake OR	Lemon Meringue Pie OR Mandarin
Sunday 18 Monday 19 Tuesday 20 Wednesday 21 Thursday 22 Friday 23 Saturday 24 Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Monday 26 Cafe Closed Baked Chicken Fries Baked Chicken Breast on a Bun w/ OR Tursday 20 All Beef Hot Dog on a Bun w/ German Potato Salad & Hot Veg OR Baked Chicken w/ Chalet Sauce OPR Baked Chicken Stirr fty OPR Baked Chicken Breast on a Bun w/ OPR Baked Chick	Rhubarb	•	Berries	Pecan Streusel Cake OR Pineapple		Apricots	Oranges
Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Baked Hom in Pineapple Sauce OR Baked Chicken Breast on a Bun w/ OR Cafe Closed OR Cafe Closed OR Baked Chicken w/ Roast OR Monday 25 Baked Hot Nog Baked Shrim Pineapple Sauce OR Baked Chicken Breast on a Bun w/ OR Cafe Closed OR Baked Chicken w/ Roast OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Roast OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Roast OR Baked Chicken w/ Roast OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Roast OR Baked Chicken w/ Chalet Sauce OR Baked Chicken w/ Roast OR Baked Chicken Stir-fry OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Baked Chicken Breast on a Bun w/ Baked Chicken Stir-fry OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Stir-fry OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Stir-fry OR Baked Chicken Stir-fry OR Baked Chicken Breast on a Bun w/ Potatoes & Hot Veg OR Baked Chicken Stir-fry OR Baked Chicken Stir-fry OR Baked Chicken Stir-fry OR						1	e e
Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Monday 25 Baked Ham in Pineapple Sauce OR OR OR OR OR OR OR Crispy Baked Shrimp OR OPen Hot Hamburger Sandwich w Fish & Fires Black Forest Tart OR OR OR OR Crispy Baked Shrimp OR OPen Hot Hamburger Sandwich w French Fries & Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Monday 26 Baked Ham in Pineapple Sauce OR OR OR OR OR Baked Chicken Breast on a Bun w/ Fish & Fires Sor Baked Chicken w/ Chalet Sauce OR Beef Stew / Mashed Potatoes & Hot Veg Carrot Cake OR Banana & Cafe Closed Baked Ham in Pineapple Sauce OR	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Baked Hom in Pineapple Sauce OR Baked Chicken Breast on a Bun w/ Baked Hot OR	Cafe Closed	Café Closed	All Beef Hot Dog on a Bun w/	Turmeric Chicken w/Rice & Salad	Sweet & Sour Pork	Oktoberfest Sausage on a Bun &	Cafe Closed
Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Baked Ham in Pineapple Sauce OR	Roast Turkey w/ Mashed	OR			OR		Beef Patty on Bun w/ Hot Veg OR
Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges Monday 25 Baked Ham in Pineapple Sauce OR	Potatoes & Hot Veg OR Broccoli	Crispy Baked Shrimp OR	Veg OR	Baked Chicken w/ Chalet Sauce	Creole Baked Fish w/ Rice Pilaf &	Rotini Primavera w/ Alfredo Sauce	Red Pepper & Basil Frittata w/
Strawberry Shortcake OR Mandarin Oranges Monday 25 Monday 25 Monday 26 Baked Ham in Pineapple Sauce OR OR OR OR OR Sole Florentinie w/ Scalloped Monday 25 OR OR Date of Cornet Gase or Banana or Citrus Orange Cake OR Mango OR OR Sole Florentine w/ Scalloped French Fries & Hot Veg Carrot Cake OR Banana & Buttertart Square OR Peaches Chocolate Sauce Nanaimo Bar OR Cinnamon Pears Pineapple Cheese Cannelloni w/ Hot Veg OR Cheese Cannelloni w/ Hot Veg OR OR Baked Chicken Breast on a Bun w/ Fried Bologna w/ Garlic Mashed Haddock Shrimp Scampi w/ Butter Noodles & Hot Veg OR Noodles & Hot				OR Beef Stew / Mashed Potatoes &			Parmesan Cheese w/ Mashed
Strawberry Shortcake OR Mandarin Oranges Black Forest Tart OR Fresh Grapes Citrus Orange Cake OR Mango Coarrot Cake OR Banana & Buttertart Square OR Peaches Nanaimo Bar OR Cinnamon Pears Pineapple Thursday 29 Blueberry Crisp OR Cr Nanaimo Bar OR Cinnamon Pears Pineapple Thursday 30 Saturday 31 Cafe Closed Baked Ham in Pineapple Sauce OR OR OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Blueberry Crisp OR Cr Nanaimo Bar OR Cinnamon Pears Pineapple Cheese Cannelloni w/ Hot Veg OR OR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR Potatoes & Hot Veg OR Noodles & Hot Veg				Hot Veg			Potatoes & Hot Veg
Mandarin OrangesBlack Forest Tart OR Fresh GrapesCitrus Orange Cake OR MangoChocolate SauceNanaimo Bar OR Cinnamon PearsPineappleMonday 25Monday 26Tuesday 27Wednesday 28Thursday 29Friday 30Saturday 31Cafe Closed Baked Ham in Pineapple Sauce ORFish & Fires ORCorned Beef ORChicken Stir-fry ORCheese Cannelloni w/ Hot Veg ORChicken Wings w/Potato Wedges ORCafé Closed OROR Sole Florentine w/ ScallopedBaked Chicken Breast on a Bun w/ Hot Veg OR Cottage Cheese & FruitTurkey a la King w/ Mashed Potatoes & Hot VegTuna Noodle Casserole w/ Hot Veg ORFried Bologna w/ Garlic Mashed Potatoes & Hot VegHaddock ORShrimp Scampi w/ Butter OR	Strawberry Shortcake OR	e			Buttertart Square OR Peaches		Blueberry Crisp OR Crushed
Cafe Closed Baked Ham in Pineapple Sauce OR OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Baked How You are the fires OR Sole Florentine w/ Scalloped Baked Closed OR DR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR Potatoes & Hot Veg OR OR Chéese Cannelloni w/ Hot Veg OR OR OR Fried Bologna w/ Garlic Mashed Potatoes & Hot Veg OR OR Noodles & Hot Veg OR Noodles & Hot Veg OR OR Noodles & Hot Veg OR OR Noodles & Hot Veg OR OR OR Noodles & Hot Veg	Mandarin Oranges	Black Forest Tart OR Fresh Grapes	Citrus Orange Cake OR Mango	Chocolate Sauce		Nanaimo Bar OR Cinnamon Pears	Pineapple
Cafe Closed Baked Ham in Pineapple Sauce OR OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Baked How Year OR Corned Beef OR OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped OR OR OR DR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR OR OR Tuna Noodle Casserole w/ Hot Veg OR OR Potatoes & Hot Veg OR OR OR OR Fried Bologna w/ Garlic Mashed Haddock Shrimp Scampi w/ Butter OR Noodles & Hot Veg	Monday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	
Baked Ham in Pineapple Sauce OR OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped OR Hot Veg OR Cottage Cheese & Fruit Potatoes & Hot Veg OR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR Turkey a la King w/ Mashed Potatoes & Hot Veg OR OR Fried Bologna w/ Garlic Mashed Potatoes & Hot Veg OR OR Noodles & Hot Veg OR Noodles & Hot Veg	Cafe Closed	Fish & Fires	Corned Beef	Chicken Stir-fry	Cheese Cannelloni w/ Hot Veg	Chicken Wings w/Potato Wedges	Café Closed
OR Baked Chicken Breast on a Bun w/ Sole Florentine w/ Scalloped Hot Veg OR Cottage Cheese & Fruit Potatoes & Hot Veg OR Cottage Cheese & Hot Veg OR Cottage Chees	Baked Ham in Pineapple Sauce		OR		OR		Turkey Parmigiana OR
Sole Florentine w/ Scalloped Hot Veg OR Cottage Cheese & Fruit Potatoes & Hot Veg OR Potatoes & Hot Veg OR Noodles & Hot Veg		Baked Chicken Breast on a Bun w/	Turkey a la King w/ Mashed	Tuna Noodle Casserole w/ Hot Veg	Fried Bologna w/ Garlic Mashed	Haddock	Shrimp Scampi w/ Buttered Egg
	Sole Florentine w/ Scalloped	Hot Veg OR Cottage Cheese & Fruit				OR	Noodles & Hot Veg
	Potato & Hot Veg	Plate w/ Mini Croissant		Santa Fe Chicken Thighs w/			
			Buttertart Square OR Crushed		Carrot Cake OR Pears		Vanilla Chocolate Ice Cream Bar or
Luscious Lemon Square OR Banana Cream Pie OR Pears Pineapple Mixed Berries	Luscious Lemon Square OR	Banana Cream Pie OR Pears		5			Mixed Berries
Tropical Fruit Lime Meringue Pie OR Fruit Triple Chocolate Fudge Cake or			11	Lime Meringue Pie OR Fruit		Triple Chocolate Fudge Cake or	
Cocktail Stewed Rhubarb	<u> </u>			C			