

| Monday  | Tuesday | Wednesday  | Thursday  | Friday  | Saturday   | Sunday   |   |  |
|---|---------|--|---|---|--|--|---|--|
| <p><b>Lunch (red) includes soup of the day or salad &amp; Desert</b><br/> <b>\$8 Senior Portion (\$10 Larger Portion)</b><br/> <b>SW Sandwich</b></p> |         | <p><b>1</b> BBQ Hamburger</p> <p>Roast Chicken <i>or</i><br/>Sweet &amp; Sour Pork</p>   | <p><b>2</b> Bean Burrito <i>or</i><br/>Chicken Caesar Wrap</p> <p>Baked Cod <i>or</i><br/>Meat Loaf</p>                   | <p><b>3</b> Tuna Melt <i>or</i><br/>Ham Salad SW</p> <p>Fish N Chips <i>or</i><br/>Chicken Pot Pie</p>                                | <p><b>4</b> Hot Turkey SW <i>or</i><br/>Chef's Choice SW</p> <p>Liver &amp; Onions <i>or</i><br/>Coconut Crusted Tilapia</p>         | <p><b>5</b> Scrambled Eggs &amp; Bacon <i>or</i><br/>Waffles/Fruit/Whip Cream</p> <p>Salmon <i>or</i><br/>Roast Turkey</p>     |   |  |
|   |         | <p><b>6</b> Ham Salad SW <i>or</i><br/>Teriyaki Chicken Wings</p> <p>Cod Cakes W Tartar Sauce <i>or</i><br/>Chicken Stew &amp; Dumplings</p> | <p><b>7</b> Hot Turkey SW <i>or</i><br/>Turkey &amp; Cranberry SW</p> <p>Lamb Curry <i>or</i><br/>Italian Baked Fish</p>  | <p><b>8</b> Breaded Shrimp <i>or</i><br/>Chicken Salad SW</p> <p>Meat Loaf <i>or</i><br/>Poached Salmon W Lemon</p>                   | <p><b>9</b> Tuna Salad SW <i>or</i><br/>Cottage Cheese Fruit &amp; Scone</p> <p>Beef Stew <i>or</i><br/>Turkey a la King</p>         | <p><b>10</b> Quiche <i>or</i><br/>Egg Salad SW</p> <p>Fish N Chips <i>or</i><br/>Pasta Primavera</p>                           | <p><b>11</b> Casserole <i>or</i><br/>Chef's Choice SW</p> <p>Shepherd's Pie <i>or</i><br/>Roasted Chicken Leg</p>   | <p><b>12</b> Pancakes W Syrup <i>or</i><br/>Baked Omelet &amp; Sausages</p> <p><b>MOTHER'S DAY</b><br/>Roast Beef with Yorkshire<br/>&amp; all the Trimmings</p> |
|   |         | <p><b>13</b> Egg Salad SW <i>or</i><br/>Cottage Cheese Fruit Plate</p> <p>Garlic Prawns <i>or</i><br/>Pork Chops W Apple Gravy</p>           | <p><b>14</b> Ham Salad SW <i>or</i><br/>Cheese Omelette</p> <p>Baked Salmon <i>or</i><br/>Swiss Pepper Steak</p>          | <p><b>15</b> Tuna Salad SW <i>or</i><br/>Beans &amp; Wieners</p> <p>Coconut Curry Chicken <i>or</i><br/>Poached Cod Mexican Style</p> | <p><b>16</b> Roast Beef SW <i>or</i><br/>Chicken Caesar Salad</p> <p>Lasagna <i>or</i><br/>Seared Snapper</p>                        | <p><b>17</b> Cod Cakes <i>or</i><br/>Grilled Cheese SW</p> <p>Fish n Chips <i>or</i><br/>Chicken Stew</p>                      | <p><b>18</b> Beef Pot Pie <i>or</i><br/>Chef's Choice SW</p> <p>Pork Chops <i>or</i><br/>Cabbage Rolls</p>  | <p><b>19</b> Waffles/Strawberries <i>or</i><br/>Scramble Eggs/bacon</p> <p>Poached Lemon Basa <i>or</i><br/>Roast Pork W Apple Sauce</p>                         |
|   |         | <p><b>20</b> Shrimp Salad SW <i>or</i><br/>Cchicken Wings W Plum Sauce</p> <p>Baked haddock <i>or</i><br/>Herb Baked Chicken Leg</p>         | <p><b>21</b> Tuna SW <i>or</i><br/>Hot Turkey SW</p> <p>Braised Lamb in Gravy <i>or</i><br/>Cod Cakes W Tartar Sauce</p>  | <p><b>22</b> Quiche <i>or</i><br/>Chicken Salad SW</p> <p>BBQ Chicken <i>or</i><br/>Meatballs in Tomato Sauce</p>                     | <p><b>23</b> Grilled Fish Burger <i>or</i><br/>Turkey &amp; Cranberry SW</p> <p>Beef Stroganoff <i>or</i><br/>Italian Baked Fish</p> | <p><b>24</b> Cheese &amp; Lettuce SW <i>or</i><br/>Chicken Caesar Salad</p> <p>Fish N Chips <i>or</i><br/>Chicken Stir Fry</p> | <p><b>25</b> Chicken Pot Pie <i>or</i><br/>Chef's Choice SW</p> <p>Garlic Prawns <i>or</i><br/>Cheese Tortellini</p>  | <p><b>26</b> Pancakes W Syrup <i>or</i><br/>Poached Eggs &amp; Bacon</p> <p>Poached Cod <i>or</i><br/>Baked Ham</p>  |
|   |         | <p><b>27</b> Shrimp Salad SW <i>or</i><br/>Cottage Cheese W Fruit &amp; Muffin</p> <p>Salmon <i>or</i><br/>Pork Chops</p>                    | <p><b>28</b> Beans &amp; Wieners <i>or</i><br/>Chicken Caesar Salad</p> <p>Greek Chicken <i>or</i><br/>Shepherd's Pie</p> | <p><b>29</b> Egg Salad SW<br/>Macaroni &amp; Cheese</p> <p>Roast Chicken <i>or</i><br/>Sweet &amp; Sour Pork</p>                      | <p><b>30</b> Bean Burrito <i>or</i><br/>Chicken Caesar Wrap</p> <p>Baked Cod <i>or</i><br/>Meat Loaf</p>                             | <p><b>31</b> Tuna Melt SW <i>or</i><br/>Ham Salad SW</p> <p>Fish &amp; Chips <i>or</i><br/>Chicken Pot Pie</p>                 | <p><b>Dinner (black) includes potato/rice/pasta,<br/>Vegetable &amp; Desert</b><br/> <b>\$11 Senior Portion (\$15 Larger Portion)</b><br/> <i>*menu subject to change</i></p> |  |