



Cavell Gardens Monthly Meal Plan

Sun, Nov 01	Mon, Nov 02	Tue, Nov 03	Wed, Nov 04	Thu, Nov 05	Fri, Nov 06	Sat, Nov 07
Turkey Noodle Soup	Borscht Beet&Cabbagewith Fresh Dill	VegetableBeef Barley	Cream TomatoBasil Soup	Split Pea and HamSoup	RoastedCorn Chowder	SpicedLentil Soup
Corn Beef and Potato Hash with Poached Egg and Hollandaise Sauce	Garlic Kielbasa Sausage with Potato & Cheddar Pierogi Sautéed Onions and Sour Cream	Cheddar and Swiss Grilled Cheese Sandwich	Turkey and Provolone on Cranberry Baguette with Lettuce, Tomato and Alfalfa Sprouts	Fish and Chips with Lemon Wedge	Meat Lovers Pizza with Peperoni, Ham and Italian Sausage	Beef Taco Salad
Shredded Hashbrowns and Tomato Wedge	Cream Puffs with Raspberries Sauce	Wedge Cut Fries and Tomato Wedge	Green Bean Salad with Almonds	Coleslaw and Tartar Sauce	Lemon Tossed Greens	Iceberg Lettuce, Sour Cream, Salsa, Cheddar Cheese, Tortilla Chips
Fresh Fruit and Berries	Chopped Romaine with Mixed Vegetables	Peach Jello and Whipped Cream	Carrot Cake with Cream Cheese Frosting	Salt Caramel Ice Cream	Crushed Mandarin Jello with Whipped Cream & Toasted Coconut	Chocolate Almond Pudding with Fresh Berries
Autumn Harvest Salad with Balsamic Dressing	Chicken Parmigiana with Herb Polenta	Spinach & Pear Salad with Poppyseed Dressing	Creamy Dill Potato Salad with Red Onion	Herb Chickpea Salad with Julienne Vegetables, French Vinaigrette	Cucumber Yogurt Raita Salad	Roasted Cauliflower Salad with Cranberries
Chicken and Leak Pot Pie with Fresh Tarragon Jus	Mushroom Ravioli with Blistered Grape Tomato and Wilted Spinach with Truffle Oil	Roasted Salmon with Maple Mustard Glaze	Chicken a la King with Cheddar and Chive Biscuit	Turkey Schnitzel with Apple and Onion Relish	Butter Chicken	Freid Chicken with Maple Dijon
Smoked Ham Steaks with Pineapple Chutney	Focaccia Garlic Bread / Roast Butternut Squash and Broccoli	Lamb Rogan Josh Mild Tomato Indian Curry	Beer Braised Bratwurst Sausage with Crispy Onions	Krispy Pressed Pork Belly with Fennel Onion Relish	Chana Masala (Vegetarian)	Carolina Style BBQ Baby Back Ribs with Carolina Gold Sauce
Onion and Cheddar Scallop Potatoes / Butter Roasted Parsnips and Mixed Pepper	Mulled Wine Poached Pears with Whipped Cream and	Buttermilk Mashed Potato / Roasted Tomato and Yellow Beans	Mashed Sweet Potatoes / Roasted Mushroom and Golden Beets	Roasted Mini Red Potatoes / Cauliflower and Roasted Golden Beets	Basmati Rice and Garlic Naan / Indian-Spiced Bell Peppers and Green Peas	Honey Combread / Green and Yellow Beans with Baby Carrots
Pumpkin CreamPie and Cinnamon Whipped Cream		Vanilla CaramelSwirl	MochaTiramisu Cake	ChocolateBanana BreadPudding	Mango Rabri (Thickened Mango Custard)	BavarianCream& Cherry Tart
Sun, Nov 08	Mon, Nov 09	Tue, Nov 10	Wed, Nov 11	Thu, Nov 12	Fri, Nov 13	Sat, Nov 14
VegetableSoup	Tomato BasilSoup	ParsnipandNutmegSoup	Chicken Noodle Soup	Curried Lentil Soup	Cream of Roasted PepperandTomato soup	Vegetable RiceSoup
Old English Breakfast	BBQ Chicken Burger with Lettuce, Tomato and Cheese	Beer Battered Fish Tacos	Smoked Salmon, Spinach and Dill Quiche	Grilled Chicken Salad with Potato Roll	Sloppy Joe on a Toasted Potato Bun	Chicken Strips with Plum Sauce
Scrambled Eggs, Baked Beans, Sausages, Roasted Roma Tomato and Buttered Rolls	Yam Fries and Lemon Garlic Aioli	Shredded Cabbage Pico de Gallo, Sour Cream and Pickled Red Onions	Tossed Green Salad with Cucumber and Ranch Dressing	Iceberg Lettuce, Tomato, Cucumber, Red Onion, and Blue Cheese Dressing	Buttered Corn and Coleslaw	Potato Wedge and Slice Tomato
Fresh Cut Fruit Salad	Blueberry Lemon Yogurt Parfait	Cinnamon Sugar Mini Churro Bites with Caramel Sauce	Warm Apple Crumble with Vanilla Ice Cream	S'More Ice Cream with Graham Wafer	Butterscotch Pudding	Nutella Filled Crepe with Whipped Cream
White Bean & Winter Vegetable Salad	Cucumber and Dill Salad	Curried Carrot Raisin Salad	Bocconcini And Tomato Salad with Basil Pesto	Mixed Golden and Red Beets with Goat Cheese	Mixed Greens with Apples and Radish, White Balsamic Dressing	Rocket and Parmesan Salad with Lemon and Almond
White and Dark Turkey with Cranberry and Thyme Gravy	Baked Cod with Tomato Olive Relish	Four Cheese Vegetarian Lasagna with Tomato Basil	Chicken Tikka Masala with Mini Pita Bread	Turkey Thigh and Barley Stew with Mushrooms and Onions, Dinner Roll	Chicken Coq au vin - Classic Chicken Stew	Spinach Pumpkin and Ricotta Lasagna with Garlic Toast
Braised Beef Brisket with Ale Onion Gravy	Seared Pork Chop With Dijon Mustard Sauce	Lamb Sheppard Pie with Mint Gravy	Slow Braised Pork Shoulder with Soy and Ginger	Lobster and Crab Stuffed Ravioli topped with Seared Scallops and Toasted Almonds	Homemade Veal Meatballs with Rosemary Gravy	Beef Sausage Roll with Grainy Mustard Sauce and Potato Salad
Garlic Sour Cream Mashed Potato, Mixed Root Vegetables	Herb Sweet Potato / Braised Fennel, Orange Glaze Red	Green Peas and Yellow Beans	Basmati Rice / Green Cabbage and Baby Carrots	Broccoli and Blisted Grape Tomato	Creamy Mashed Potatoes / Honey Glazed Carrots and Roasted Mushrooms	Garlic Bread / Lemon Broccolini and Parsnips
Lemon Meringue Pie	Beets	WarmTapioca Pudding	Cinnamon RaisinRice Pudding	Whole WheatBanana Cake	Portuguese Egg Tart	Sticky Toffee Pudding withButterscotch Sauce
Sun, Nov 15	Mon, Nov 16	Tue, Nov 17	Wed, Nov 18	Thu, Nov 19	Fri, Nov 20	Sat, Nov 21
Cream of Mushroom Soup	Nutella Filled Cream Pie with Strawberry and Bananas	HeartyVegetable Soup	Apple CinnamonSquash Soup	MexicanBlackBeans Soup	Curried CauliflowerSoup	Loaded BakedPotatoSoup
Cinnamon French Toast with Warm Berries Compote and Icing Sugar	Grilled Reuben Sandwich with Corned Beef, Sauerkraut and Swiss on Rye Bread	BBQ Chicken Wings with Flats and Drums	Creamy Spinach Mac & Cheese with Butter Panko and Jumbo Prawn	Southwest Beef Taco Salad with Sour Cream, Salsa and Crushed Nacho Chips	Hawaiian Flat Breads with Mozzarella, Pineapple and Ham	Fish and Chips with Caper Tarter Sauce
Maple Glaze Turkey Sausage	Potato Chips and Pickle Wedges	Carrot, Celery, Cucumber Stick with Ranch Dressing	Garlic Bread	Copped Romain and Iceberg Lettuce	Mixed Greens Salad with Julienne Vegetables	Wedge Cut Fries and Lemon Wedge
Fresh Fruit Salad	Orange Sorbet	Grape Jello with Whipping Cream	Orange Chocolate Pudding with Shaved Chocolate Iceberg Lettuce, Grape Tomatoes, Carrots and Red Onions with Balsamic Dressing	Cinamon Churros Donut	Tapioca Pudding with Cinnamon	Vanilla Yogurt with Stewed Strawberries
Carrot and Orange Slaw with Citrus Vinaigrette	Greek Salad with Tomatoes, Cucumbers, Red Onions, Feta Cheese and Kalamata Olives	Tossed Caesar Salad with Garlic Croutons and Parmesan Cheese	Turkey Meatballs with Cranberry Herb Sauce	Asian Coleslaw with Sesame Holsan Dressing	Mixed Salad with Candied Walnuts and Shaved Radish, Poppyseed Vinaigrette	Marinated Beet and Onion Salad with Dill
Herb Crusted Salmon with Creamy Leek Sauce and Lemon Wedge	Garlic Herbs & Lemon Roasted Chicken Thighs with Lemon Butter	Spinach and Ricotta Mannacoti with Rose Sauce	Beef Liver with Crispy Bacon Crumble and Caramelized Onion Gravy	Chicken Stroganoff with Mushrooms, Pearl Onions topped with Sour Cream and Fresh Dill	Blackened Cod with Mild Cajun Cream and Fresh Fennel Slaw	Chicken Meatloaf with Apple Sage Gravy
AAA Roast Beef with Yorkshire Pudding and Red Wine Jus	Slow Braised Lamb Stew with Winter Vegetable and Potato Roll	Hungarian Pork Goulash Topped with Sour Cream on Buttered Egg Noodles	Creamy Mashed Potato / Green Beans and Roasted Cauliflower	Chinese Style BBQ Pork Char Siu	Confit Duck Leg with Apple Cider Jus	Breaded Veal Outlet with Tomato Basil Sauce
Garlic Mashed Potato / Green Peas and Baby Carrots	Lemon Scented Rice / Roasted Zucchini and Golden Wedged Beets	Broccoli and Roasted Parsnips		Steamed Rice / Roasted Mixed Peppers and Braised Green Cabbage	Herbed White Bean Cassoulet / Roasted Brussels Sprouts and Glazed Carrots	Steam Parsley Potato / Yellow Beans and Roasted Mushrooms
Warm Apple Pie withWhipped Cream	Maple Cranberry Bread Puddingwith Caramel	Mango MousseCake	Bananas Foster CrepewithCaramel	Warm Pear and Ginger CrispwithVanilla Ice Cream	Maple ChocolateCake	House Cheesecakewith Spiced Cranberry Compote
Sun, Nov 22	Mon, Nov 23	Tue, Nov 24	Wed, Nov 25	Thu, Nov 26	Fri, Nov 27	Sat, Nov 28
ChickenVegetable Soup	Broccoli Cheddar Soup	Tomato,Cabbage & Beans Soups	MisoSoupwith Scallions	CarrotGinger Soup	Hearty Winter Vegetable Soup	TomatoBasil Bisque
Creamy Scrambled Eggs with Chives	Chicken Fingers with Plums Sauce	Turkey Monte Cristo with Mixed Pickels	Jumbo Shrimp Fried Rice	Baked Egg Shakshuka With Pita Bread	All Beef Classic Hot Dog with Ketchup Mustard Relish and Fried Onions	Homemade Crab & Potato Cakes with a Tarragon Remoulade
Hashbrown, Maple Chicken Sausage and Orange Wedge	Mixed Green Salad with Julienne Vegetables and	Wedged Cut Fries with Ketchup	Vegetable Spring Rolls and Plum Sauce	Cucumber, Tomato and Red Onion Salad	Iceberg Salad with Julienne Vegetable	Fresh Green Salad with Tomato and Bell Pepper
Fruit Salad with Fresh Berries	Balsamic Dressing	Mandarin Orange Jell-O	Mango Ice Cream	Nutella Crepe with Whipped Cream and Strawberries	Vanilla Pudding with Shaved Chocolate	Coconut Nanaimo Bar
Baby Spinach Salad, Red Onions, Crumbled Egg and Balsamic Dressing	Two Bite Brownies with Whipped Cream	Seven Beans and Vegetable Salad	Macaroni Salad with Diced Vegetables and Herbs	Pickled and Shredded Beets Salad on Arugula with Goat Cheese and Walnuts	Watermelon and Feta Salas with Fresh Mint	German Potato Salad with Grainy Mustard
Lemongrass and Herb Roasted Turkey Breast with Natural Jus	Mighty Caesar Salad with Garlic Croutons	Chicken Fricassee - Creamy French Chicken Stew with Chive Biscuit	Turkey Schnitzel with Cranberry Orange Relish	Mild Jerk Chicken Leg with Ranch Sauce	Black Tea Salmon with Cilantro and Lemon	BBQ Glazed Chicken Thighs
Double Smoked Virginia Ham with Apple Cinnamon Sauce	Cheesy Root Vegetable and White Bean Casserole	Dijon Herb Crusted Pork Loin with Apple-Cranberry Compote	Salisbury Steak with Mushroom Gravy	Soy Braised Baby Back Pork Ribs with Cilantro	Bangers and Mashed with Caramelized Onion Gravy	Moroccan Style Beef Stew with Vegetable and Toasted Chickpeas
Onion and Cheese Scallop Potato / Charred Roma Tomatoes and Green Beans	Classic Beef Lasagne with Basil Oil	Creamy Polenta / Roasted Parsnips and Buttered Green Peas	Mashed Potato / Roasted Root Vegetable Medley	Steamed Rice / Zucchini and Roasted Eggplant	Sour Cream Mashed Potato / Asparagus Braised Red Cabbage	Saffron Rice Pilaf / Roasted Butternut Squash and Pearl Onions
BananaCream Pie	Garlic Bread with Mixed Peppers and Broccoli	Upside-Down Pineapple Cake	Lemon Streusel Cake	Pumpkin Cream Layer Cake	Warm Apple Cobbler with Vanilla Ice Cream	Bavarian Cream Tart with Spiced Pear
Sun, Nov 29	Mon, Nov 30					
Pumpkinand Apple Bisque	Smoked Salmon Chowder					
Buttermilk Pancakes with Mixed Berries Compote and Icing Sugar	Spanish Style Frittata with Potato, Onion and Peppers					
Maple Pork Sausage	Tomato and Cucumber Salad					
Fresh Fruit Salad with Fresh Berries	Maple Walnut Ice Cream					
Pear & Arugula Salad with Candied Walnuts and Balsamic Vinaigrette	Broccoli and Grape Salad with Bacon Bits					
Maple Butter Roasted Turkey Thighs with Apple and Sage Compote	Chicken Piccata with Caper Butter Parsley Sauce					
Slow Roasted Rosemary Lamb with Mint Jus	Homemade Meatballs with a Rich Tomato Basil Sauce					
Creamy Mash Potato / Cauliflower and Honey Glazed Carrots	Creamy Orzo / Roast Zucchini and Red Beet					
Chocolate Cream Pie	Dusted Lemon Squares					