

		Tue, Oct 01	Wed, Oct 02	Thu, Oct 03	Fri, Oct 04	Sat, Oct 05
		Cream of Tomato Soup Grilled Ham & Cheese on Whole Wheat Head Lettuce with Vegetables Maple Walnut Ice Cream	Beef & Cabbage Soup Cobb Salad w/ Bacon, Chicken, Egg, Cheese, Avocado & Tomato Whole Wheat Dinner Roll Blueberry Cheesecake Mousse	Lemony Orzo Soup Mini Chopped Italian Sub Fries and Sweet Pickles Grapes with Brie Cheese & Crackers	Miso Soup w/ Tofu Baked Chicken Thigh w/ Teriyaki Sauce Stir Fried Noodle w/ Broccoli Tapioca Pudding with Mango Syrup	Mexican Bean Soup Pulled Pork and Shrimp Taco Rice and Condiments Cinnamon Sugared Churro Donuts with Vanilla Ice Cream
		Butternut Squash Salad w/ Balsamic Dressing Chicken and Artichoke Casserole Braised Beef Steak w/ Au Jus Mashed Potato, Roasted Mushroom & Baked Tomato Egg Tart	Macaroni Salad Turkey Bolognese Slow Baked Salmon with Dill Hollandaise Pan Fried Gnocchi, Braised Cabbage & Carrots Nanaimo Bar	Beef Slices with Greens Braised Chicken Thigh with Red Wine Mushroom Sauce Lamb Stew Mashed Potato, Yellow Beans & Carrots Tangerine Mousse with Mandarin Orange	Iceberg Salad with Tomato, Bacon and Blue Cheese Dressing Beef Ragu Sole with Pesto Cream Sauce Buttered Penne, Broccoli & Cauliflower Cherry Filled Mini Donuts	Caesar Salad Oven Fried Chicken w/ Roasted Potato and Gravy Cheese Ravioli w/ Beef Bolognese Zucchini & Bell Peppers Tiramisu Mousse
Sun, Oct 06	Mon, Oct 07	Tue, Oct 08	Wed, Oct 09	Thu, Oct 10	Fri, Oct 11	Sat, Oct 12
Minestrone Ham and Cheese Omelette Baked Beans and Tater Tots Fresh Fruit Salad	Tuscan Navy Bean Soup Salad Nicoise w/ Tuna, Green Beans, Egg, Tomato, Lettuce & Olives Potato Buns Fresh Berry Bavarian Cream Tarts	Chicken & Corn Soup Classic Hot Dog with Condiments Poutine Ambrosia Salad	Curry Coconut Soup Shrimp Salad Roll Potato Chips and Coleslaws Strawberry Jello with Whipped Cream	Mushroom and Barley Soup Roasted Beef Sandwich on Rye Bread Potato Salad and Pickles Two Bites Brownies	Broccoli and Cheese Soup Egg Salad on Croissant Baked Yam Wedges with Smoked Paprika Dip Diced Peach with Yogurt	Hot & Sour Soup Teriyaki Pork Tenderloin Stir-Fry Vegetable Chow Mein Lemon Pudding with Toasted Coconut
Roasted Veg Pasta Salad Roast Beef and Yorkshire Pudding w/ Gravy Snapper w/ Lemon Garlic Cream Sauce Sour Cream Mash, Asparagus & Carrots Coffee Ice Cream	Tomato Bocconcini Salad with Basil Slow Baked Chicken Breast with Creamy Mushroom Sauce Pork Parmesan Warm Couscous Salad, Roasted Zucchini and Peppers Banana Pudding with Chocolate Sauce	Macaroni Salad BBQ Chicken Thigh Roasted Shrimp Skewer with Lemon Wedges Roasted Baby Potato, Brocolini and Roasted Tomato Cookies and Cream Ice Cream	Greek Salads BBQ Pork Ribs Lemon Oregano Chicken Drumsticks with Tzatziki Mashed Yam, Corn on Cobs and Asparagus Sticky Toffee Pudding Cake	Caesar Salad Slow Baked Salmon with Dill Yogurt Sauce Roasted Chicken Thigh w/ White Gravy Roasted Potatoes and Broccolini Red Wine & Vanilla Poached Pear Halves w/ Whipped Cream	Cucumber Dill Salad Fish Cakes w/ Herbed Mayo Balsamic Glazed Chicken Breast Steamed New Potatoes w/ Green Beans and Baked Tomato Apple Crumble with Vanilla Ice Cream	Garden Salad with Vegetables Seafood Cioppino with Garlic Toast Cheese Ravioli with Beef Bolognese Roasted Cauliflower and Broccoli Caramel Cheesecake Mousse
Sun, Oct 13	Mon, Oct 14	Tue, Oct 15	Wed, Oct 16	Thu, Oct 17	Fri, Oct 18	Sat, Oct 19
Spring Vegetable Chowder Corned Beef Hash Poached Eggs Fresh Fruit Salad	Bean and Tomato Soup BBQ Pulled Pork Macaroni and Cheese with Broccoli Green Salad Mandarin Orange Cream Tart	Caramelized Onion Soup Chicken Caesar Salad Garlic Toast and Parmesan Cheese Chocolate Ice Cream	Cream of Mushroom Soup Reuben Sandwich Potato Salad & Gherkins Vanilla Pudding with Chocolate Sauce	Butternut Squash Soup Lobster and Crab Roll French Fries Raspberry Jello with Whipped Cream	Curried Cauliflower Soup Garlic Soy Glazed Chicken Wings Asian Coleslaw Yogurt Fruit Salad	Beef and Vegetable Soup Cheese Perogies w/ Sausage & Sautéed Onion Sour Cream and Green Onion Cream Filled Donut
Broccoli Salad w/ Sunflower Seeds & Raisins Honey Baked Ham w/ Dijon Pineapple Sauce Roasted Chicken Breast with White Wine Jus Scalloped Potato, Provencal Ratatouille Strawberry Ice Cream	Watermelon and Feta Soy Braised Chicken Drumsticks with Scallion Beef Hamburger Steak w/ Mushroom Sauce & Crisp Onion Rice Pilaf, Carrots and Cauliflower German Chocolate Cake	Mixed Greens with Grape Tomato, Cucumbers and Carrots Duck Sausage with Mustard Gravy Roasted Pork Loin with Peach BBQ Sauce Mashed Potato, Broccoli & Sautéed Mushroom Vanilla Swirl Cake	Marinated Tomato with Balsamic Butter Chicken with Raita and Naan Bread Shrimp Skewers with Lemon Butter Sauce Basmati Rice, Sautéed Pepper & Zucchini Boston Cream Pie	Asian Slaw Salad with Sesame Dressing Sweet & Sour Pork with Pineapples Beef Curry Steamed Noodles, Vegetable Stir Fry Peach Crumble with Vanilla Ice Cream	Creamy Cucumber Salad Beef Goulash with Sour Cream Slow Baked Salmon with Citrus Hollandaise Roasted Potatoes, Green Beans & Baked Tomato Orange Citrus Cake	Caesar Salad Creamy Chicken Alfredo with Garlic Bread Classic Beef Bolognese with Garlic Bread Buttered Pasta, Broccolini & Carrot Carrot Cake
Sun, Oct 20	Mon, Oct 21	Tue, Oct 22	Wed, Oct 23	Thu, Oct 24	Fri, Oct 25	Sat, Oct 26
Potato Cheddar Soup Buttermilk Pancake w/ Fruit Compote Breakfast Sausage, Sliced Tomato Fruit Salad	Hearty Vegetable Chicken Salad Club Sandwich On Cranberry Sourdough Wedged Yam Fries Blueberry Yogurt Parfait	Roasted Pepper and Garlic Hamburger with Swiss Cheese Fries and Pickles Vanilla Ice Cream with Strawberry Sauce and Wafer	Shrimp & Corn Soup BBQ Chicken Pizza Green Salad with Ranch Butter Tart Bar	Egg Drop General Tso's Beef w/ Broccoli Vegetable Fried Rice Jello w/ Vanilla Yogurt	Beef & Vegetable Fish & Chips w/ Tartare Sauce Coleslaw and Lemon Wedges Donut Hole w/ Icing	Cabbage & Tomato Loaded Baked Potato w/ Pulled Pork, Broccoli, Green Onion & Cheese Sauce Sour Cream, Tomato Wedge, Pickles & Greens Butterscotch Pudding
Pickled Beet with Buttermilk Dressing & Walnut Roasted Lamb Leg with Mint Chutney Herb Roasted Turkey Breast with Gravy Garlic Mash, Asparagus & Cauliflower Maple Walnut Ice Cream	Summer Vegetable Salad w/ Feta Meat Lasagna Creamy Seafood Linguini Roasted Zucchini & Red Peppers Lemon Meringue Pie	Spinach Salad w/ Oranges & Red Onion Beef Shepherd's Pie Pork Tenderloin with Marbella Sauce Mashed Potato, Pea & Carrots Layered Chocolate Cake	Coleslaw w/ Raisin Japanese Style Chicken Curry Mongolian Beef w/ Pepper & Onion Garlic Rice, Green Beans & Cauliflower Blueberry Bliss Ice Cream	Cucumber and Dill Salad Maple Soy Glazed Salmon Slow Braised Pork Shoulder Steak w/ Brown Gravy Roasted Potato and Broccolini Tiramisu Mousse	Head Lettuce with Julienne Vegetables Chicken Parmigiana with Sweet Basil and Tomato Sauce Beef Stroganoff with Sour Cream Egg Noodle, Pearl Onion & Carrots Vanilla Cream Tart with Maraschino Cherry	Mixed Greens w/ Vegetables Butternut Squash Ravioli with Prawns, Brown Butter Sauce Rosemary Roasted Leg of Lamb with Au Jus and Mashed Potato Asparagus & Roasted Tomato Black Forest Cake
Sun, Oct 27	Mon, Oct 28	Tue, Oct 29	Wed, Oct 30	Thu, Oct 31		
Potato Cheddar Cheesy Scrambled Eggs and Sausage Baked Beans and Tater Tots Fresh Fruit Salad	Split Pea and Ham Soup Chicken Tender with Honey Mustard Dip Coleslaw and Fries Chocolate Mousse w/ Vanilla Wafer	Cream of Cauliflower Soup Balsamic Chicken Salad w/ Watermelon, Goat Cheese & Greens Garlic Toast Mango Yogurt	Vegetable Noodle Soup Turkey & Brie Sandwich on Cranberry Walnut Bread Yam Wedges Raspberry Sorbet	Cream of Mushroom Soup Beef Taco Bowl with Beans, Iceberg Lettuce, Wild Rice, Guacamole, Cilantro and Tortilla Chips Salsa, Sour Cream and Lime Matcha Cheesecake Mousse w/ Berries		
Waldorf Salad Roasted Beef Striploin w/ Yorkshire Pudding & Jus Brown Sugar Glazed Ham with Dijon Gravy Mashed Potato, Creamed Spinach & Mushroom Cherry Crumble with Vanilla Ice Cream	Tossed Greens w/ Julienne Vegetables Roasted Salmon with Caper Olive Tomato Sauce Lemon & Parsley Chicken Breast with Sundried Tomato Cream Sauce Lemon Risotto, Green Beans & Cauliflower Mint Chocolate Ice Cream	Broccoli Slaw w/ Raisin Turkey and Bean Cassoulet w/ Whole Wheat Dinner Roll Lamb Kofta with Yogurt Sauce and Naan Bread Roasted Zucchini & Red Peppers Peach Cobbler with Vanilla Ice Cream	Cucumber and Dill Salad Honey Garlic Chicken Thigh Beef Meatloaf w/ Brown Gravy Mashed Potato, Broccoli & Carrot Strawberry Short Cake	Green Salad w/ Sesame Dressing Roasted Pork Loin with Jus Tandoori Chicken Leg Tomato Onion Basmati Rice & Corn Succotash Chocolate Ice Cream with Cherry		