

January



Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Baked Ham Crazy Good Casserole	1 Seafood Newburg <u>or</u> Chicken Kiev Vegetable Frittata	2 Parmesan and Paprika Haddock Chicken Strips with Fries <u>or</u> Liver	3 Oven Baked BBQ Pork Chops Hamburger Soup with a Roll	4 Corned Beef and Cabbage Pancakes with Sausage <u>or</u> Bacon	5 Creamed Cod Assorted Sandwiches with Broccoli Salad	6 Shake 'n Bake Chicken Tuna Melt and Tossed Salad
7 Stuffed Pork Loin Scrambled Eggs with Toast and Bacon	8 Salmon with Egg Sauce Corned Beef Hash	9 Shepherd's Pie Ham and Cheese Casserole	10 Tomato Baked Haddock Sweet Potato Soup and Egg Salad Sandwich	11 Creamy Honey Mustard Chicken Cheesy Burger with German Potato Salad	12 Fish Cakes Chicken Fried Rice and Eggroll	13 Octoberfest Sausages with Sauerkraut Creamy Ground Beef and Rice Casserole
14 Roast Beef Pasta Primavera	15 Marry Me Chicken Chili and a Roll	16 Baked Salmon with Herb and Garlic Cream Sauce Old Fashioned Chicken Burger and Dressing	17 Hamburger Gravy Poached Eggs with Toast and Fruit	18 Pork and Peppers Stir Fry Beef Barley Soup with a Biscuit	19 Haddock Bubbly Bake Baked Italian Sandwich	20 Sweet and Sour Meatballs Apple Pie French Toast with Bacon <u>or</u> Sausage
21 Ribs Veggie Egg Muffin Cups with Hash Browns	22 Crusted Cod Waldorf Chicken Sandwich	23 Beef Stew Pasta Cobb Salad	24 Italian Roasted Salmon Sausage and Peppers Potato Bake	25 Chicken Parmesan Beef Hash	26 Butter Baked Haddock Turkey Meatball Casserole	27 Meatloaf Creamy Chicken Vegetable Soup
28 Roast Chicken Cauliflower Soup with a Ham Sandwich	29 Pork Chops with Mushrooms and Onions Vegetable Quiche	30 Creamed Cod Chicken Fettuccine Alfredo with Salad	31 Lasagna Wings with Fries and Coleslaw	1 Chicken Broccoli Casserole Cream Peas on Toast <u>or</u> Hash Brown Casserole	2 Roasted Salmon with Yogurt Chutney Sauce Veggie Greek Pizza with Caesar Salad	3 Saturday Brunch Baked Beans <u>or</u> Fish Chowder

May



Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Roast Beef Assorted Sandwiches	1 Chicken Broccoli Casserole Beef Vegetable Soup	2 Creamy Dill Salmon Pancakes with Bacon <u>or</u> Sausages	3 Barbecue Sauce Pork Chops Cold Plate	4 Shepherd's Pot Pie BBQ Hot Dogs with Tossed Salad	5 Fish Cakes Pizza with the Works and Garlic Fingers	6 Shake and Bake Chicken Old Fashioned Macaroni and Cheese
7 Glazed Ham Omelette	8 Pork Chops in Mushroom Sauce Split Pea Soup with a Roll	9 Simple Broiled Haddock Tuna Melt with Carrot Raisin Salad	10 Sweet and Sour Meatballs Western Sandwich with Fries	11 Teriyaki Chicken with Pineapple Goulash with Roasted Broccoli and Garlic	12 Salmon Loaf Corned Beef Hash	13 Octoberfest Sausages with Sauerkraut Baked Beans <u>or</u> Fish Chowder
14 Mother's Day Lobster Roll <u>or</u> Chicken Cordon Bleu Quiche with Toast	15 Honey Mustard Chicken Cauliflower Corn Chowder	16 Crusted Cod Eggroll in a Bowl	17 Hamburger Gravy Cream of Broccoli Soup with a Sandwich	18 Sweet and Sour Pork Chops Subs	19 Butter Baked Haddock Vegetable Lasagna	20 Meatloaf French Toast with Bacon
21 Roast Pork BLT with Fries	22 Beef Stew Chicken Alfredo Bake with Garlic Bread	23 Poached Salmon French Onion Soup	24 Pork Chops with Apple Sauce Fish and Chips	25 Marry Me Chicken Sloppy Joes	26 Tomato Basil Cod Farmer's Casserole	27 Italian Meatballs Baked Beans <u>or</u> Corn Chowder
28 Chicken Pot Pie Breakfast Sandwich	29 Creamy Garlic Pork Chops Beef Stroganoff	30 Oven Baked Haddock Ham and Cheese Sliders	31 Chinese Dinner Quiche with Toast	1 Salisbury Steak Chicken Strips with Fries	2 Creamy Garlic Butter Salmon Grilled Cheese with Tomato Soup	3 Saturday Brunch Tuna Casserole with Tossed Salad

July



Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Chicken Pot Pie	3 Creamy Garlic Pork Chops	4 Poached Salmon with Egg Sauce	5 Chicken Quesadillas	6 Meatloaf	7 Creamed Cod	8 Saturday Brunch
Breakfast Sandwich	Beef Stroganoff	Ham and Cheese on a Croissant Roll and Chips	Quiche with Toast	Chicken Strips with Fries	Grilled Cheese with Homemade Tomato Soup	Baked Beans <u>or</u> Fish Chowder
9 Roast Beef	10 Chicken Broccoli Casserole	11 Tomato Baked Haddock	12 Barbecue Sauce Pork Chops	13 Lasagna	14 Salmon Patties with Dill Caper Sauce	15 Pineapple Chicken
Garden Filled Sandwich with Ranch Dressing	Cream of Potato Soup with French Onion Toast	Pancakes with Bacon <u>or</u> Sausages	Old Fashioned Macaroni and Cheese	BBQ Hot Dogs with 3-Bean Salad	Pizza with the Works and Garlic Fingers	Tuna Melt with a Green Salad
16 Glazed Ham	17 Grilled Pork Chops	18 Fish Cakes	19 Ground Hawaiian Beef	20 Shake and Bake Chicken	21 Haddock Bubbly Bake	22 Octoberfest Sausages with Sauerkraut
Deviled Eggs Pasta Salad	Strawberry Cucumber Spinach Salad with Chicken	Cold Plate	Garden Veggie Frittata	Goulash with a Biscuit	"Pub Night" - All Residents Welcome	Baked Beans <u>or</u> Seafood Chowder
23 Roast Turkey	24 Mongolian Beef	25 Salmon Loaf	26 Marry Me Chicken	27 Sweet and Sour Pork Chops	28 Garlic Butter Cod Fillets	29 Beef Tips with Gravy
Veggie Pasta Salad	Eggroll in a Bowl with Rice	Turkey Sandwich with Cranberry Bacon Spread	Texas Breakfast Tacos	BBQ Hamburgers with a Chopped Salad	Vegetable Lasagna and Garlic Bread	Assorted Sandwiches

October





Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Roast Beef	2 Marry Me Chicken	3 Poached Salmon with Egg Sauce	4 Hamburger Gravy	5 Pork and Peppers Stir Fry	6 Panko Crusted Hake with Tomato, Parm and Basil	7 Cottage Pie
Pasta Primavera	Chili and a Roll	Old Fashioned Chicken Burger and Dressing	Poached Eggs with Toast and Fruit	Beef Barley Soup with a Biscuit	Baked Italian Sandwich	Apple Pie French Toast with Bacon or Sausage
8 Thanksgiving Dinner	9 Fish Cakes	10 Beef Stew	11 Salmon Patties with Dill Sauce	12 Chicken Parmesan	13 Haddock Bubbly Bake	14 Meatloaf
Veggie Egg Muffin Cups with Hash Browns	Waldorf Chicken Sandwich	Pasta Cobb Salad	Eggs Benedict	Sausage and Potato Hash	Cheeseburger Quesadillas	Roasted Red Pepper Soup and Grilled Cheese
15 Roast Chicken	16 Pork Tenderloin with Cabbage	17 Creamed Cod	18 Sweet and Sour Meatballs	19 Chicken Broccoli Casserole	20 Baked Salmon with Lemon Butter Cream Sauce	21 Saturday Brunch
Quiche Lorraine	Burger in a Bowl	Vegetable Soup with a Ham Sandwich	Wings with Bacon Ranch Pasta Salad	Cream Peas on Toast <u>or</u> Hash Brown Casserole	Pizza with the Works and Caesar Salad	Baked Beans <u>or</u> Fish Chowder
22 Baked Ham	23 Honey Mustard Chicken	24 Tomato Baked Haddock	25 Oven Baked BBQ Pork Chops	26 Corned Beef and Cabbage	27 Crusted Cod	28 Shake 'n Bake Chicken
Crazy Good Casserole	Vegetable Frittata	Chicken Strips with Fries <u>or</u> Liver	Hamburger Soup with a Roll	Pancakes with Sausage <u>or</u> Bacon	Assorted Sandwiches with Broccoli Salad	Tuna Melt with Tossed Salad

December



Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Stuffed Pork Loin	4 Salmon with Herb and Garlic Sauce	5 Shepherd's Pie	6 Butter Baked Haddock	7 Oven Fried Chicken	8 Fish Cakes	9 Octoberfest Sausages with Sauerkraut
Scrambled Eggs with Toast and Bacon	Corned Beef Hash	Ham and Cheese Casserole	Sweet Potato Soup and Egg Salad Sandwich	Cheesy Burger with German Potato Salad	Chicken Fried Rice and Eggroll	Creamy Ground Beef and Rice Casserole
10 Roast Beef	11 Marry Me Chicken	12 Baked Salmon with Lemon Butter	13 Hamburger Gravy	14 Pork and Peppers Stir Fry	15 Tomato Baked Haddock	16 Christmas Meatballs
Pasta Primavera	Chili and a Roll	Old Fashioned Chicken Burger and Dressing	Poached Eggs with Toast and Fruit	Beef Barley Soup with a Biscuit	Baked Italian Sandwich	Apple Pie French Toast with Bacon or Sausage
17 Ribs	18 Crusted Cod	19 Beef Stew	20 Creamy Dill Salmon	21 Chicken Parmesan	22 Haddock Bubbly Bake	23 Meatloaf
Veggie Egg Muffin Cups with Hash Browns	Waldorf Chicken Sandwich	Pasta Cobb Salad	Mix & Mingle & Music - festive beverages and hors d'oeuvres FOR ALL 	Sausage and Peppers Potato Bake	Turkey Meatball Casserole	Creamy Chicken Vegetable Soup
24 Brunch for Lunch	25 CHRISTMAS DINNER 	26 Creamed Cod	27 Lasagna	28 Chicken Broccoli Casserole	29 Italian Roasted Salmon	30 Mushroom Smothered Beef Patties
Cauliflower Soup with a Ham Sandwich	Turkey Soup	Vegetable Quiche	Wings with Fries and Coleslaw	Cream Peas on Toast or Hash Brown Casserole	Veggie Greek Pizza with Caesar Salad	Baked Beans or Fish Chowder