

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cold Meal		1 Soup: Tomato Tarragon Entrée: Curry Fish Entrée: Chicken Fundido Veg: Mushroom Quiche Basmati Rice Mixed Vegetable Brownie Square	2 Soup: Cabbage Soup Entrée: Swiss Steak Entrée: Italian White Fish Veg: Mushroom Stroganoff Epicure Rice PEI Vegetable Lemon Mousse	3Soup: Chic Pea Entrée: Sweet Chili Chicken. Entrée: Teriyaki Glazed Meatballs Fish: Battered Pollock Veg: Quiche—Mushroom Homefries , Mixed Veg. Tropical Colada	4 Soup: Tomato Roast pepper Entrée: Basa Veracruz Entrée: Chicken Rustic - Tomato sauce Veg: Mushroom Stroganoff Golden Rice , PEI style Veg. Peaches & Cream	
6	7 Closed For Labour Day	8 Soup: Mushroom Entrée: Pepper Steak Entrée: Honey Garlic Chicken Fish: Battered Haddock Veg: Veg. Patty Fried Peppers Mashed Potato , Glazed Carrots Mini muffins	9Soup: Vegetable Entrée: Swedish Meatballs Entrée: Chicken Breast In Pesto cream sauce Fish: Curry fish Veg: Garden Meat sauce Epicure Rice, Calif. Veg. Marble Cake	10Soup: Mushroom Entrée: Basa Cheddar Broccoli Sauce Entrée: Orange Ginger Chicken Veg: Quiche –Mushroom Parsley Potato PEI style veg. Butterscotch Pudding	11Soup: Tumeric Cabbage Entrée: Butter Chicken Entrée: BBQ Meatballs Fish: Filet of Sole Veg: Vegetable Arayes Basmati Rice Peas&Carrots Banana Dream	12
13	14 Soup: Carrot Cilantro Entrée: Coconut Pork Entrée: Chicken Fiesta Fish: Boston Blue Veg: Black Bean Patty - Salsa Creama Rice , 4 Way Veg. Mixed Fruit Crumble	15 Soup: Farmers Soup Entrée: BBQ Glazed Chicken Entrée: White Fish W/ Pepper-Pine nuts Veg: Vegetable Stir Fry Mashed Potato Beans and Carrots Brownie Square	16 Soup: Potato Dill Pickle Entrée: Pulled Pork Entrée: Sweet Chili Chicken Veg: Ratatouille Mashed Pot. Three way Mini Cinnamon bun	17 Soup: Chic Pea Entrée: Hamburger Steak w/ Onion Sauce Entrée: Basa Sweet Chili Sauce Veg: Veggie meatballs Mashed Potato Calif. Style Veg. Peach Crumble	18Soup: Italian Chicken Entrée: Chicken Cacciatore Entrée: Spanish Pollock Veg: Channa Masala Potato Wedges Italian Style Veg. Mandarin Magic	19
20	21 Soup: Cr. Of Vegetable Entrée: Spanish Style Basa Entrée: Sweet Chili Chicken Veg: Mushroom Wellington Lemon Rice PEI Veg. Vanilla Pudding	22Soup: Veg. Noodle Entrée: Sweet Sour Chicken Entrée: Basa Tomato cream Veg: Broccoli Fritters Homefries Corn & Carrots Pineapple Peach Passion	23Soup: Tomato Entrée: Hot hamburger w/ Onion Sauce Entrée: Garlic chicken Bites Fish: Battered Pollock Veg: California Patty Mashed Pot.— Three Way Veg. French Vanilla Pudding	24 Soup: Italian Vegetable Entrée: White Fish Marinara Entrée: Chicken Divan Veg: Zucchini Pasta Parsley Potato PEI Style Veg. Chocolate Mousse	25 Soup Cheddar: Broccoli Entrée: Boneless Pork Chop Entrée: Black Pepper Chicken Fish: Boston Blue Fish Veg: Cauliflower Bites Mashed Potato Three way Veg. Pineapple Mandarin Mango	26
27	28 Soup: Potato Dill Entrée: Honey Garlic Chicken Entrée: Curry Fish Veg: Roasted Eggplant w/ Romesco sauce Home fries Calif. Style Veg Pound Cake	29 Soup: Country Veg. Entrée: BBQ Meatballs Entrée: Basa Shanghi Veg: Channa Masala Mashed Potato PEI Veg. Cream Jelly Roll	30Soup: Chicken Noodle Entrée: Tropical Pollock Entrée: Pineapple Curry Chick. Veg: Four Pepper Burrito Epicure Rice Beans Carrots Chocolate Cake			Due to unavailability Of certain items Appropriate Substitutions may be used