**August 1**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Veal Scallopini OR Baked Glazed Ham, Baked Potato with Sour Cream & Chives, Baby Carrots, Tapioca Pudding (Dessert)

**August 2**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Pizza Slices with Ranch Dip OR Tossed Chicken Salad with Dinner Roll, Orange Wedges (Dessert)

Dinner: Herb Turkey OR Pork Souvlaki, Baked Squash, Red Potatoes, Sugar Cookies (Dessert)

**August 3**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, Pancakes with Syrup and Sausages, Hash Browns, Sliced Tomatoes, Sliced Melon (Dessert)

Dinner: Sliced Pork Loin with Gravy OR Roast Chicken with Gravy and Dinner Roll, Peas, Mashed Potatoes, Cheesecake & Sauce (Dessert)

**August 4**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Sliced Eggs, Couscous & Asparagus Salad Plate OR Shell Pasta Salad Plate with Raisins & Celery and a Dinner Roll, Butterscotch Pudding with Whipped Topping (Dessert)

Dinner: Beef Bourguignon OR Southwest Style Cod, Basmati Rice, Seasoned Turnip, Apple Betty (Dessert)

**August 5**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Artisan Meat & Cheese Plate, Olives, Sliced Pickles with a Dinner Roll OR Crab Salad with Celery & Onions and a Dinner Roll, Watermelon (Dessert)

Dinner: Roast Chicken with Dijon Cream Sauce OR Seared Pork Chop with Parlsey Potatoes, Savory Carrots, Ambrosia Salad (Dessert)

**August 6**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

**Lunch:** Homemade Soup, Ham & Cheese Croissant, Sliced Cucumbers OR Chicken Strips with Plum Sauce, Baked Potato Wedges, Blueberries (Dessert)

**Dinner:** Jambalaya with Sausages OR Scallops with Cream Sauce, Mashed Potatoes, Succotash, Iced Chocolate Cake (Dessert)

**August 7**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Salmon Salad Sandwiches OR Chicken Caesar Salad with Garlic Toast, Sliced Tomatoes, Papaya (Dessert)

Dinner: Cabbage Rolls OR Turkey a la King on a Puff Shell, Market Vegetables, Rocky Road Bar (Dessert)

**August 8**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Schnitzel OR Rustic Caper & Lemon Haddock, Polenta, Whole Green Beans, Fruit Cocktail (Dessert)

**August 9**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Market Fruit Stuffed Crepes OR Spinach & Feta Triangles, Marinated Vegetables, Honeydew Melon (Dessert)

Dinner: Lamb Roast with Mint Jelly OR Mustard Glazed Corned Beef, Ranch Style Potatoes, Roasted Butternut Squash, Fruit Tart (Dessert)

**August 10**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, French Toast with Syrup and Maple Sausages OR Meat Pot Pie, Arugula Salad, Strawberries (Dessert)

Dinner: Roast Beef with Gravy and Horseradish OR Salmon Loin, Garlicky Mashed Potatoes, Mixed Vegetables, Banana Cream Pie (Dessert)

**August 11**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, BLT Sandwiches OR Smoked Salmon Salad, Marinated Tomato, Celery and Onion Salad, Peach Slices (Dessert)

Dinner: Turkey Cutlets OR Italian Sausage, Oven Roasted Potatoes, Green Beans, Cupcakes (Dessert)

**August 12**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Ham Melt with Provolone Cheese OR Greek Salad with a Bun, Creamy Cucumber Salad, Mango (Dessert)

Dinner: Pollock Bake OR Shepherd’s Pie, Garlic Mashed Potatoes, Harvard Beets, Butter Tarts (Dessert)

**August 13**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, California Chicken with Guacamole OR Pastrami on Rye with Gherkins, Pineapple Tidbits (Dessert)

Dinner: Garlic and Lemon Shrimp OR Mushroom Sauce Chicken Thighs, Couscous, Vegetable Medley, Cherry Crisp (Dessert)

**August 14**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Perogies with Sour Cream, Bacon & Onions OR Crunchy Perch with Tartar Sauce with Potato Patties, Romaine Salad with Dressing, Mixed Fruit (Dessert)

Dinner: Meatloaf OR Pasta Casserole, Potatoes, Seasoned Broccoli, Churros (Dessert)

**August 15**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

**Lunch:** BBQ Day

**Dinner:** Turkey Divan OR Pork Souvlaki with Gravy, Rice, Mashed Turnip, Raspberries **(**Dessert)

**August 16**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

**Lunch:** Homemade Soup, Chicken Pot Pie OR Cheddar Cheese, Fruit & Cranberry Scone Salad Plate, Apple Sauce (Dessert)

**Dinner:** Lemon Rosemary Chicken OR Salmon with Cream Sauce, Sweet Potatoes, Roasted Cauliflower with Cheese Sauce, Nanaimo Bar **(**Dessert)

**August 17**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

**Lunch:** Homemade Soup, Waffles with Syrup, Bacon & Whipping Cream, Sliced Tomatoes, Twist Orange Slices, Cantaloupe (Dessert)

**Dinner:** Roast Turkey Breast with Pan Gravy OR Roasted Ham, Garlic Mashed Potatoes, Baked Acorn Squash, Cake (Dessert)

**August 18**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Eggs Benedict with Dill Pickles OR Tossed Chicken Salad with a Dinner Roll, Mousse (Dessert)

Dinner: Seared Chicken Breast with Gravy OR Lamb Shoulder, Mashed Potatoes, Seasoned Carrots, Lemonious Bar (Dessert)

**August 19**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Greek Flatbread OR Ham Salad Sandwiches, Salad with Dressing, Jello (Dessert)

Dinner: Ribs OR Beef Bourguignon Stew, Buttered Rice, Mashed Squash, Apple Turnover (Dessert)

**August 20**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, Cold Cuts, Potato Salad & Four Bean Salad Plate OR Tuna Tossed Salad, Bananas (Dessert)

Dinner: Turkey Fettuccine OR Pork Stew, Butterfly Noodles, Roasted Fall Vegetables, Butter Tart (Dessert)

**August 21**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Oven Baked Chicken Wings with Fries and Celery Sticks OR Loaded Tossed Salad with a Bun, Cantaloupe (Dessert)

Dinner: Salisbury Steak OR Tarragon Chicken Thighs, Diced Sweet Potatoes, Green Peas, Tiger Brownies (Dessert)

**August 22**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Veal Scallopini OR Bake Trout, Rosemary Roasted Red Potatoes, Zesty Beans, Jelly Cream Roll (Dessert)

**August 23**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Chef Salad OR Alfredo Cheese Cannelloni, Tossed Salad with Dressing, Vanilla Mousse (Dessert)

Dinner: Cottage Roll OR Meat Lasagna, Boiled Potatoes, Caesar Salad, Oatmeal Cookies (Dessert)

**August 24**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, Egg Salad Sandwiches OR Spinach Greens with Red Onion and Raspberry Dressing, Grapes (Dessert)

Dinner: Horseradish & Pepper Crusted Beef Roast OR Pork Stew with Gravy, Mashed Potatoes, Seasoned Corn with Red Peppers, Peach Pie (Dessert)

**August 25**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Raisin Toast

Lunch: Homemade Soup, Penne with Tomatoes and Cream Sauce & Garlic Toast Points OR Greens with Dressing and a Bun, Fresh Pears (Dessert)

Dinner: Crusted Chicken OR Beef Liver with Onions, Risotto, Brussels Sprouts, Pudding (Dessert)

**August 26**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Scrambled Eggs

Lunch: Homemade Soup, Mac N’ Cheese Topped with Bacon Crumble OR Shrimp Plate, Apricot Pieces (Dessert)

Dinner: Sweet and Sour Meatballs OR Apple Honey BBQ Pork, Country Cut Fries, Peas, Golden Cake (Dessert)

**August 27**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Muffins

Lunch: Homemade Soup, Fish & Chips with Coleslaw & Tartar Sauce OR Tossed Ham Salad with a Roll, Jello with Fruit (Dessert)

Dinner: Sliced Roasted Turkey OR Montreal Baked Salmon, Herbed Rice, Green Beans, Macaroons Dessert)

**August 28**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Yogurts

Lunch: Homemade Soup, Cobb Salad with Cheese Biscuit OR Tossed House Salad, Mousse (Dessert)

Dinner: Baked Tilapia, Paprika Seasoned Potatoes OR Veggie Lasagna with Garlic Bread, Caesar Salad, Berry Crumble (Dessert)

**August 29**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Soft Boiled Eggs

Lunch: BBQ Day

Dinner: Veal Scallopini OR Baked Glazed Ham, Baked Potato with Sour Cream & Chives, Baby Carrots, Tapioca Pudding (Dessert)

**August 30**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Buttered English Muffin

Lunch: Homemade Soup, Pizza Slices with Ranch Dip OR Tossed Chicken Salad with Dinner Roll, Orange Wedges (Dessert)

Dinner: Herb Turkey OR Pork Souvlaki, Baked Squash, Red Potatoes, Sugar Cookies (Dessert)

**August 31**

**Breakfast:** Hot and Cold Cereal, Toast, Jams, Juice, Fruit and Homemade Loaf

Lunch: Homemade Soup, Pancakes with Syrup and Sausages, Hash Browns, Sliced Tomatoes, Sliced Melon (Dessert)

Dinner: Sliced Pork Loin with Gravy OR Roast Chicken with Gravy and Dinner Roll, Peas, Mashed Potatoes, Cheesecake & Sauce (Dessert)