**October 1**

**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)

**October 2**

**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)

**October 3**

**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)

**October 4**

**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)

**October 5**

**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)

**October 6**

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

Lunch: Homemade Soup, Pasta with Spinach and Tomato & Garlic Bread OR Pull Pork on a Kaiser, Tossed Salad, Fruit Cocktail (Dessert)

Dinner: Chicken Breast with Chasseur Sauce OR Liver and Onion Gravy, Mashed Potato, Parsnip, Cinnamon Fruit Compote (Dessert)

**October 7**

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

Lunch: Homemade Soup, Pigs in a Blanket OR Chicken Pot Pie, Barley Salad, Apricot Halves (Dessert)

Dinner: Sweet and Sour Pork OR Lemon Pepper Sole, Fried Rice, Peas, Maple Cake (Dessert)

**October 8**

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

Lunch: Homemade Soup, Julienne Salad with a Biscuit OR Hot Turkey Sandwich, Fries, Tropical Fruit Salad (Dessert)

Dinner: Zucchini Casserole OR Beef Stew, Roasted Potato, Carrots, Pumpkin Cheesecake (Dessert)

**October 9**

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

Lunch: Homemade Soup, Perogies with Bacon, Onion & Sour Cream OR Roasted Red Pepper Frittata, Sliced Cucumber, Crushed Pineapple (Dessert)

Dinner: Meat Lasagna with Garlic Bread OR Brown Sugar Glazed Ham, Baked Potato, Broccoli, Berry Crumble (Dessert)

**October 10**

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

**Lunch:** Homemade Soup, Chili with Toast OR Smoke Turkey Club Sandwich, Tossed Salad, Strawberry Ice Cream (Dessert)

**Dinner:** Tuna Casserole OR Cheese Burger and Fries, Sliced Tomato, Macaroons **(**Dessert)

**October 11**

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

**Lunch:** Homemade Soup, Broccoli and Cheese Quiche OR Devilled Eggs, Potato Salad, Orange Wedges (Dessert)

**Dinner:** Slow Roasted Duck OR Veal Parmesan, Brussels Sprouts, Roasted Potato, Iced Banana Cake **(**Dessert)

**October 12**

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

**Lunch:** Homemade Soup, Blueberry Pancake and Sausage OR Apple Bacon Flat Bread, Chick Pea Salad, Mixed Berries (Dessert)

**Dinner:** German Beef Pot Roast OR Roasted Chicken Thighs, Mashed Potato, Red Cabbage, Cherry Pie (Dessert)

**October 13**

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

Lunch: Homemade Soup, Grilled Cheese Sandwich OR Pork and Beans, Couscous Salad, Pears (Dessert)

Dinner: Bavarian Veal Stew OR Mushroom Ravioli, Roasted Beet, Butterscotch Pudding with Whipped Topping (Dessert)

**October 14**

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

Lunch: Homemade Soup, Lamb Burger OR Potato Pancake with Sausage and Apple Sauce, Cucumber Tomato Salad, Peaches (Dessert)

Dinner: Turkey Cacciatore OR Roasted Tilapia, Rice, Mixed Vegetables, Triple Berry Crumble (Dessert)

**October 15**

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

Lunch: Homemade Soup, Fish & Chips with Tartar Sauce OR Honey Herb Chicken, Tossed Salad, Prunes (Dessert)

Dinner: Pork Chop OR Fettuccine Alfredo with Grill Chicken Breast, Roasted Fall Vegetable, Mashed Potato, Oatmeal Cookies (Dessert)

**October 16**

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

Lunch: Homemade Soup, Egg Salad Sandwich with Pickles OR Vegetarian Chili with Cornbread, Cantaloupe Melon (Dessert)

Dinner: Beef Stir-Fry OR Honey Garlic Ribs, Lemon Rice, Green Beans, Iced Chocolate Cake (Dessert)

**October 17**

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

Lunch: Homemade Soup, Fried Bologna and Cheese Sandwich OR Chicken Wings, Fries, Celery Sticks, Blondie (Dessert)

Dinner: Trout OR Cabbage Rolls, Scalloped Potato, Corn, Fruit Cocktail (Dessert)

**October 18**

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

Lunch: Homemade Soup, Deli Meat Sandwich on Rye OR Sausage Roll, Garden Salad, Mandarins (Dessert)

Dinner: Roast Chicken OR Stuffed Peppers, Squash, Rice, Carrot Cake (Dessert)

**October 19**

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

Lunch: Homemade Soup, Tuna Sandwich OR Vegetarian Pizza, Chips and Dip, Pineapple Slices (Dessert)

Dinner: Roasted Ham with Honey Mustard OR Turkey Breast with Cranberry and Gravy, Mash Potato, Market Vegetables, Orange Cake (Dessert)

**October 20**

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

Lunch: Homemade Soup, Popcorn Shrimp with Garlic Mayo OR BLT Sandwich, Cucumber Salad, Sliced Pears (Dessert)

Dinner: Cod with Hollandaise Sauce OR Sausage and Biscuits with Gravy, Basmati Rice, Turnip, Apple Crisp (Dessert)

**October 21**

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

Lunch: Homemade Soup, Mushrooms on Toast with Goat Cheese OR Vegetable Quesadilla, Waldorf Salad, Strawberries (Dessert)

Dinner: Apple Cider Braised Chicken OR Pork Schnitzel with Lemon Wedges, Buttered Cabbage, Spaetzle, Orange Peach Bavarian (Dessert)

**October 22**

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

Lunch: Homemade Soup, Ham Salad Sandwich OR Mac N’ Cheese, Roasted Tomato, Blueberries (Dessert)

Dinner: Red Wine Braised Bacon OR Butter Turkey Legs, Cauliflower, Potatoes, Sticky Toffee Pudding (Dessert)

**October 23**

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

Lunch: Homemade Soup, Potato & Vegetable Samosa with Sour Cream OR Black Forest Ham on a Baguette, Marinated Vegetables, Fruit Compote (Dessert)

Dinner: Maple Mushroom Beef Stew OR Chicken Teriyaki, Buttered Noodles, Broccoli, Mango (Dessert)

**October 24**

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

Lunch: Homemade Soup, Dill Cream Cheese Omelette OR Turkey Burger, Spinach Salad, Apricots (Dessert)

Dinner: Spiced Pork Loin OR White Fish with Lemon Caper Butter, Couscous, Wax Beans, Sherbet (Dessert)

**October 25**

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

Lunch: Homemade Soup, Sausage on a Bun with Sauerkraut OR Smoked Salmon Salad, Tossed Salad, Green Grapes (Dessert)

Dinner: Corn Beef OR Roasted Turkey Breast, Mash Potato, Roasted Squash, Peanut Butter Cookies (Dessert)

**October 26**

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

Lunch: Homemade Soup, Waffles with Caramel Roasted Bananas OR Meat Pie, Carrot Raisin Salad, Melon Cup (Dessert)

Dinner: Fried Chicken OR Lamb Curry, Mash Potato, Mix Vegetable, Fruit Pie (Dessert)

**October 27**

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

Lunch: Homemade Soup, Eggs Benedict OR Chicken Salad Sandwich, Marinated Tomato Salad, Peach Slices (Dessert)

Dinner: Roast Pork Tenderloin OR Italian Sausage, Roast Potato, Green Beans, Cheesecake and Sauce (Dessert)

**October 28**

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

Lunch: Homemade Soup, Ham and Provolone Cheese Melt OR Pasta Primavera, Toss Salad, Butter Tart (Dessert)

Dinner: Cowboy Steak OR Chicken Hunter, Potato Dumpling, Roasted Red Pepper, Cinnamon Baked Apples (Dessert)

**October 29**

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

Lunch: Homemade Soup, Vegetable Spring Rolls OR Roast Beef Sandwich, 4 Bean Salad, Papaya (Dessert)

Dinner: Spaghetti and Meatballs OR Turbot, Noodles, Vegetable Medley, Garlic Bread, Ice Cream Sandwich (Dessert)

**October 30**

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

Lunch: Homemade Soup, Monte Cristo Sandwich OR Cobb Salad with a Biscuit, Sliced Tomatoes, Banana (Dessert)

Dinner: Breakfast for Dinner OR Shish Kabob, Hash Brown, Provencal Tomato, Blossoms (Dessert)

**October 31**

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

Lunch: Homemade Soup, Chili Cheese Dog OR Poutine, Pickled Vegetable, Raspberries (Dessert)

Dinner: Newfoundland Salt Cod OR Smoked Chicken Legs, Roasted Red Potato, Turnips, Cherry Crisp (Dessert)