

# January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <ul style="list-style-type: none"> <li>• <b>Beef &amp; Broccoli/ Lemon dill Pollock</b></li> <li>• Rice mix</li> <li>• Montego veg mix</li> <li>• Fruit salad</li> </ul>	2 <ul style="list-style-type: none"> <li>• <b>Shepherd's Pie &amp; gravy/ BBQ Turkey Sausage &amp; mashed potatoes</b></li> <li>• Fresh beets</li> <li>• Mandarin oranges</li> </ul>
3 <ul style="list-style-type: none"> <li>• <b>Turkey &amp; all the fixings</b></li> <li>• Mashed Potatoes</li> <li>• Carrot Coins</li> <li>• Pear halves</li> </ul>	4 <ul style="list-style-type: none"> <li>• <b>Chili / Brown Sugar &amp; Dijon glazed Pork loin</b></li> <li>• Ranch Mashed potatoes</li> <li>• Broccoli</li> <li>• Pineapple tidbits</li> </ul>	5 <b>BUFFET NIGHT</b>	6 <ul style="list-style-type: none"> <li>• <b>Pork cutlet &amp; sauerkraut/ Chicken parmesan</b></li> <li>• Baked potato</li> <li>• Roasted Brussel sprouts</li> <li>• Fruit cocktail/ Chocolate cherry cake</li> </ul>	7 <ul style="list-style-type: none"> <li>• <b>Salmon &amp; dill / Ginger Chicken</b></li> <li>• Lemon Parmesan Rice</li> <li>• Turnip Puff</li> <li>• Apricots/ Orange creamsicle cake</li> </ul>	8 <ul style="list-style-type: none"> <li>• <b>Roast Beef &amp; gravy / Crunchy Perch</b></li> <li>• Mashed potatoes</li> <li>• Harvard Beets</li> <li>• Citrus Cup/ Trifle</li> </ul>	9 <ul style="list-style-type: none"> <li>• <b>Chicken Paprikash &amp; Bowtie Pasta/ Philly Cheesesteak Pasta</b></li> <li>• California veg mix</li> <li>• Peaches/ Butterscotch Sundae</li> </ul>
10 <ul style="list-style-type: none"> <li>• <b>Honey Garlic Ribs</b></li> <li>• Oven Roast Potato</li> <li>• Cauliflower &amp; peas</li> <li>• Tropical fruit/Lemon tart</li> </ul>	11 <ul style="list-style-type: none"> <li>• <b>Beef Stroganoff &amp; fettuccine noodles/ Chicken Pot pie</b></li> <li>• Italian Veg mix</li> <li>• Pear/ Chocolate Sundae</li> </ul>	12 <b>BUFFET NIGHT</b>	13 <ul style="list-style-type: none"> <li>• <b>Rainbow Trout / Chicken Souvlaki</b></li> <li>• Lemon Roast potatoes</li> <li>• Pick of the day veg</li> <li>• Mandarin Oranges / Blueberry Tres Leche Cake</li> </ul>	14 <ul style="list-style-type: none"> <li>• <b>French's Chicken thighs &amp; barley pilaf/ Beef Stew &amp; Biscuit</b></li> <li>• Braised cabbage &amp; peppers</li> <li>• Apricots/ Cheesecake</li> </ul>	15 <ul style="list-style-type: none"> <li>• <b>Pork Chop Supreme / Breaded Sole</b></li> <li>• Mashed Potatoes</li> <li>• Squash casserole</li> <li>• Orange Slices/ Coconut cream pudding &amp; whip cream</li> </ul>	16 <ul style="list-style-type: none"> <li>• <b>Apricot curry chicken/ Szechuan Pork Stir Fry</b></li> <li>• Rice pilaf</li> <li>• Montego blend</li> <li>• Cantaloupe wedges/ Apple pie cream</li> </ul>

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17 <ul style="list-style-type: none"> <li>• <b>Baked Ham &amp; Pineapple</b></li> <li>• Scalloped Potatoes</li> <li>• Carrot coins</li> <li>• Fruit cocktail/ Baked apples &amp; ice cream</li> </ul>	18 <ul style="list-style-type: none"> <li>• <b>Beef Stir Fry/ Coconut chicken thigh</b></li> <li>• Mashed potatoes</li> <li>• Peas</li> <li>• Citrus cup /Sour cream Raisin pie</li> </ul>	19 <b>BUFFET NIGHT</b>	20 <ul style="list-style-type: none"> <li>• <b>Shrimp Scampi / Lemon garlic Chicken breast</b></li> <li>• Fettuccini Alfredo</li> <li>• Whole green beans</li> <li>• Fruit salad/ Chocolate zucchini cake</li> </ul>	21 <ul style="list-style-type: none"> <li>• <b>Chicken Stroganoff/ Ginger beef</b></li> <li>• Basmati Rice</li> <li>• Cheesy Cauliflower</li> <li>• Mandarin Oranges / ½ hour pudding</li> </ul>	22 <ul style="list-style-type: none"> <li>• <b>Fish &amp; Chips &amp; Coleslaw / Taco casserole &amp; naan bread</b></li> <li>• Peas &amp; carrots</li> <li>• Apricots / Black Forest Pudding</li> </ul>	23 <ul style="list-style-type: none"> <li>• <b>Baked Spaghetti &amp; garlic toast/ Teriyaki Pork chop &amp; mashed potatoes</b></li> <li>• Italian veg mix</li> <li>• Peaches/ Matrimonial cake</li> </ul>
24 <ul style="list-style-type: none"> <li>• <b>Prime Rib Roast &amp;gravy</b></li> <li>• Mashed potato</li> <li>• Broccoli</li> <li>• Cantaloupe wedges/ Pumpkin</li> <li>• dessert</li> </ul>	25 <ul style="list-style-type: none"> <li>• <b>Mesquite grilled chicken/Veal cutlet &amp;gravy</b></li> <li>• Mashed potato</li> <li>• Parsnips</li> <li>• Grapes/ Berries &amp; Vanilla Sauce</li> </ul>	26 <b>BUFFET NIGHT</b>	27 <ul style="list-style-type: none"> <li>• <b>Baked Salmon/Glazed ham</b></li> <li>• Potatoes Romanoff</li> <li>• Sunrise Vegetable mix</li> <li>• Pear halves/ Orange pineapple cake</li> </ul>	28 <ul style="list-style-type: none"> <li>• <b>Creamy Meatballs &amp; mushrooms/ Thai Chicken Bowl</b></li> <li>• Brown Rice</li> <li>• Glazed sweet potato &amp; carrots</li> <li>• Pineapple tidbits/Strawberry sundae</li> </ul>	29 <ul style="list-style-type: none"> <li>• <b>Haddock &amp; herbs with Lyonnaise potatoes</b></li> <li>• <b>Chicken Stew &amp; dumplings</b></li> <li>• Mashed turnips</li> <li>• Peaches/ Carrot Cake</li> </ul>	30 <ul style="list-style-type: none"> <li>• <b>Greek Ribs / Mini Quiche Lorraine</b></li> <li>• Oven roast potato</li> <li>• Squash</li> <li>• Orange Slices/ Pina Colada Pie</li> </ul>
31 <ul style="list-style-type: none"> <li>• <b>Cabbage Rolls/ Sausage/</b></li> <li>• Perogies</li> <li>• Baby carrots</li> <li>• Citrus cup</li> <li>• Cookies &amp; Ice cream</li> </ul>						