



**3 Week Rotating Menu – Hot Meal Program  
Effective November 2023**

Week 1	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Chicken Breast	Potatoes & Vegetables	Brownie
Tuesday	Soup or Salad	Salisbury Steak	Mashed Potatoes & Vegetables	Seasonal Fruit
Wednesday	Soup or Salad	Turkey Chili	Pita Bread	Banana Loaf (contains nuts)
Thursday	Soup or Salad	Spinach & Cheddar Quiche	Shredded Potatoes	Seasonal Fruit
Friday	Soup or Salad	Fish and Chips	Coleslaw	Chef's Choice

Week 2	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Cheese Tortellini with Vegetables	Garlic Bread	Lemon Tart
Tuesday	Soup or Salad	Meatloaf	Potatoes & Vegetables	Seasonal Fruit
Wednesday	Soup or Salad	Chicken Stew with Rice	Bread Roll	Brownie
Thursday	Soup or Salad	Pork Schnitzel with Gravy	Potatoes & Vegetables	Seasonal Fruit
Friday	Soup or Salad	Meat Lasagna	Vegetables & Bread Roll	Banana Loaf (contains nuts)

Week 3	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Baked Ham with Apricot Glaze	Potatoes & Vegetables	Seasonal Fruit
Tuesday	Soup or Salad	Chef's Choice Breakfast Bowl	Shredded Potatoes	Chef's Choice
Wednesday	Soup or Salad	Chicken Alfredo Pasta	Vegetables	Lemon Tart
Thursday	Soup or Salad	Honey Garlic Meatballs	Rice & Vegetables	Banana Loaf (contains nuts)
Friday	Soup or Salad	Chicken Schnitzel	Potatoes & Vegetables	Brownie