

			Wed, Jan 01	Thu, Jan 02	Fri, Jan 03	Sat, Jan 04
			Miso Soup with Tofu Shrimp and Egg Fried Rice Vegetable Spring Roll with Plum Sauce Carrot Cake	Spring Vegetable Chowder Chicken Pesto Pizza Lemon Tossed Greens Yogurt with Honey Maple Granola	Cream of Tomato Soup Grilled Cheese Sandwich Creamy Broccoli Salad with Raisin and Almond Slices Vanilla Pudding with Shaved Chocolate	Butternut Squash Soup Cheesy Beef Chili with Rice Ploaf Cilantro, Lime and Sour Cream Classic Ambrosia Salad
			Rainbow Coleslaw Chicken Stroganoff with Sour Cream Hearty Beef Stew Egg Noodle, Green Beans and Red Peppers Lemon Cream Cake	Waldorf Salad Creamy Seafood Sauce with Penne and Garlic Bread Classic Beef Lasagna with Garlic Bread Broccoli and Roma Tomatoes Apple Crumble Square with Cinnamon Whipped Cream	Caesar Salad with Garlic Croutons, Parmesan and Lemon Wedge Pork Adobo (Filipino Style Stew) Roasted Chicken Breast with Black Bean Sauce Steamed Rice, Bok Choy and Mushroom Chocolate Layered Cake	Mixed Green Salad with Tomatoes and Cucumbers Poached Salmon with Dill Hollandaise Duck Sausage with Fig Mustard Chutney Parsley Roasted Potato, Roasted Red Beets and Carrots Black Cherry Ice Cream
Sun, Jan 05	Mon, Jan 06	Tue, Jan 07	Wed, Jan 08	Thu, Jan 09	Fri, Jan 10	Sat, Jan 11
Lemony Chicken Vegetable Soup Cheesy Scrambled Eggs and Breakfast Sausage Crispy Tater Tots and Sliced Tomatoes Strawberry Mousse with Vanilla Wafer	Tortilla Bean Soup Cheesy Chicken Quesadilla Mixed Greens, Sour Cream and Salsa Chocolate Ice Cream	Cabbage and Tomato Soup Homemade Meat Dumpling with Olive Oil Russian Garden Salad: Beefroot, Potato, Cucumber, Carrots, Peas, Gherkins, Caper, Sour Cream and Snowball Cookies	Cream of Broccoli Soup Creamy Mac 'N' Cheese with Cajun Shrimp Spinach Cornbread Muffin Dusted Lemon Squares	Curried Chick Pea Soup Beef Teriyaki Vegetable Yaki Udon Tapioca Pudding with Mango Syrup	Cream of Mushroom Soup Beef Burger with Lettuce, Tomato and Red Onion on Soft Potato Bun Yam Fries Jelly Filled Donuts	Basil Minestrone Soup Garlic Chicken Strips w/ Plum Sauce Caesar Salad, Lemon Wedge, Croutons & Parmesan Cheese Pecan Streusel Cake with Caramel Sauce
Shredded Broccoli Coleslaw with Sliced Almonds Carved Turkey with Stuffing and Gravy Rosemary and Garlic Roasted Beef with Red Wine Jus Sour Cream Mashed Potatoes, Roasted Acorn Squash and Pearl Onion Boston Cream Pie	Baby Spinach Salad, Red Onions, Crumbled Egg and Balsamic Dressing Steamed Cod with Creole Cream Sauce Herb Rubbed Pork loin with Mushroom Sauce Herbed Couscous, Cauliflower and Zucchini Strawberry Jell-O with Whipped Cream	Caesar Salad fried Chicken with Gravy Beef and Vegetable Stew Creamy Mashed Potato, Broccoli and Carrots Vanilla Cake with Raspberry Coulis	Mixed Greens w/ Grape Tomato, Cucumbers and Carrots Poached Salmon with White Wine Cream Sauce German Style Meatballs with Creamy Gravy Roasted New Potatoes, Braised Red Cabbage and Mushrooms Warm Pear Crumble with Vanilla Ice Cream	Iceberg Lettuce with Tomato and Cucumber Chicken and Artichoke Casserole with Garlic Toast Memphis BBQ Pork Back Ribs with Mashed Potatoes Creamed Corn and Spinach and Parmesan Black Forest Cake	Coleslaw with Sesame Dressing Shrimp Curry Sweet and Sour Pork Garlic Fried Rice, Broccoli and Red Pepper Pumpkin Pie with Whipped Cream	Herb Chick Pea Salad with Julienne Vegetable Lemon Herb Boneless Chicken Thighs with Pan Gravy Beer Braised Bratwurst Sausage with Crispy Onions Sour Cream Mashed, Green & Yellow Beans and Carrots Orange Citrus Cake
Sun, Jan 12	Mon, Jan 13	Tue, Jan 14	Wed, Jan 15	Thu, Jan 16	Fri, Jan 17	Sat, Jan 18
Cream of Tomato Soup Ham, Cheese and Spinach Quiche Shredded Broccoli Salad in Ranch Blueberry Yogurt and Granola	Creamy Butternut Squash Soup Grilled Chicken Caesar Salad with Croutons, Parmesan Cheese and Lemon Wedge Tiramisu Mousse with Vanilla Wafer	Corn Chowder Turkey and Swiss Monte Cristo Sandwich with Dill Pickle Spear Wedge Cut Fries Cookie and Cream Ice Cream	Potato and Leek Soup BBQ Chicken Pizza with Red Onions, Peppers and Cilantro Tossed Green Salad Raspberry Jello with Whipped Cream	Egg Drop Soup Honey Garlic Chicken with Peppers and Pineapple Mixed Vegetable Chow Mein Butterscotch Pudding	Beef and Vegetable Soup Fish & Chips w/ Tartare Sauce and Lemon Wedge Traditional Coleslaw Matcha Cheese Cake Mousse	Chicken Noodle Soup Egg Salad on Croissant Yam Fries and Orange Slices Nanaimo Bar
Mixed Greens with Vegetables and Balsamic Dressing Herbed Chicken Breast with Sage Gravy Slow Braised Beef Roast with Cranberry Balsamic Glaze Onion Scallop Potatoes, Asparagus and Pearl Onions Lemon Meringue Pie	Greek Salad with Feta and Oregano Cod with Tomato Caper Sauce Pork Schnitzel with Mushroom Cream Sauce Creamy Mashed Potatoes, Braised Cabbage and Carrots Banana Bread Pudding	Red Beef Salad with Fresh Dill Thai Coconut Chicken Curry Mongolian Beef Garlic Rice, Bok Choy and Pepper Cream Puffs with Chocolate Sauce	Rainbow Coleslaw with Pumpkin Seeds Slow Baked Salmon with Bearnaise Sauce Pork Tenderloin with Marbella Sauce Herbed New Potato, Roasted Zucchini and Roasted Tomato Mixed Berry Cobbler	Spinach Salad with Oranges and Walnuts Turkey Schnitzel with Dijon Cream Sauce Beef Stroganoff with Sour Cream and Smoked Pastrika Egg Noodle, Broccoli and Yellow Beans Strawberry Shortcake	Tomato Baccconcini with Fresh Basil and Balsamic Glaze Butternut Squash Ravioli with Prawns, Brown Butter Sauce Chicken Alfredo with Penne Toasted Garlic Bread, Roasted Mushrooms and Onion Sautee Cherry Bavarian Cream Tart	Cucumber and Red Onion Salad Roasted Lamb Leg with Mint Chutney Slow Braised Pork Shoulder Steak with Horseradish Mustard Sauce Mashed Potato, Roasted Corn and Cauliflower Strawberry Ice Cream
Sun, Jan 19	Mon, Jan 20	Tue, Jan 21	Wed, Jan 22	Thu, Jan 23	Fri, Jan 24	Sat, Jan 25
Onion Soup with Garlic Croutons and Tarragon Full Breakfast Scrambled Eggs, Baked Beans, Sausages, Roasted Roma Tomato and Hashbrowns Fresh Cut Fruit Salad	Creamy Winter Vegetable Soup Roasted Chicken with Chef's Salad Cucumbers, Tomatoes, Shredded Carrots, Crumbled Egg, Cheddar and Whole Wheat Bun Banana Pudding with Chocolate Chips	Roasted Red Pepper Soup Tuna Melt on Mini Bun Carrot Slaws with Raisins and Dill Pickles Black Raspberry Cheesecake Ripple Ice Cream	Lentil Soup Turkey and Brie Sandwich Green Salad and Yam Fries Pineapple Jelly with Whipped Cream	Cream of Cauliflower Chicken, Vegetable and Egg Fried Rice with Cilantro Spring Roll with Plum Sauce Egg Tarts	Carrot and Apple Soup Creamy Mac 'N' Cheese with Pulled Pork Broccoli Salad and Garlic Toast Cheese Cake Mousse with Berry Sauce	Vegetable Barley Open Faced Hot Turkey Sandwich with Sage Gravy Fries and Pea Salad Mini Donut Holes with Cinnamon Sugar
Devilled Egg Potato Salad Roasted Turkey Breast with Garlic Thyme Gravy Roasted Beef with Yorkshire Pudding and Red Wine Jus Herb Roasted Potatoes, Acorn Squash and Carrots Chocolate Chunk Espresso Ice Cream	Iceberg Lettuce with Tomato and Blue Cheese Dressing Creamy Cod Stew with Leeks Breaded Veal Cutlets with Caper Lemon Parsley Butter Chive Mashed Potatoes and Broccoli Triple Fudge Cake	Chickpea Salad with Julienne Vegetables Butter Chicken Lamb Kofta with Yogurt Dressing Saffron & Onion Basmati Rice, Roasted Cauliflower and Roasted Tomato Warm Rice Pudding with Raisins	Classic Macaroni Salad Chicken Diane Pork Stroganoff with Mushrooms and Sour Cream Creamy Mashed Potatoes, Broccoli and Carrots Red Velvet Cake	Asian Coleslaw Steamed Salmon with Teriyaki Sauce Japanese Style Beef Hamburger Steak with Gravy Steamed Rice, Roasted Pepper, Onion, and Green Beans Banana Cake with Whipped Cream	Mixed Greens with Apples and Walnuts Chicken and Leek Pot Pie with Thyme Gravy Swedish Meat Balls Mashed Potatoes, Roasted Zucchini and Yellow Beans German Chocolate Cake	Mixed Green Salad Beef Bolognese Bratwurst Sausage with Creamy Dijon Sauce Spaghetti, Braised Nappa Cabbage and Blistered Grape Tomatoes Vanilla Ice Cream with Wafers
Sun, Jan 26	Mon, Jan 27	Tue, Jan 28	Wed, Jan 29	Thu, Jan 30	Fri, Jan 31	
Chicken Noodle Soup Buttermilk Pancake with Maple Syrup Bacon and Scrambled Egg Fresh Fruits	Roasted Corn Chowder Honey Garlic Chicken Wings Cucumber, Carrot and Celery Sticks with Ranch Dip Tangerine Mousse with Chocolate Shavings	Cabbage and Vegetable Soup Chicken Salad Roll with Crabin Roasted Yam Fries Strawberry Banana Ice Cream	Cream of Broccoli Soup Loaded Stuffed Baked Potato, Sour Cream, Shredded Cheese, Green Onions with Pulled Pork Creamy Rainbow Coleslaw Date Bar with Caramel Sauce	Egg Drop Soup with Scallions Crispy Ginger Beef Vegetable Stir Fried Noodles and Spring Rolls Yogurt with Stewed Strawberries	Cream of Pannip Soup Meat Lover's Pizza with Beef Steaks, Pepperoni, Mushroom, Onions, Spinach and Olive Mixed Green Salad, Tomato Wedge and Italian Dressing Lemon Jello with Whipping Cream	
Iceberg Lettuce, Grape Tomatoes, Carrots and Red Onions with Balsamic Dressing Herb Crusted Cod with Lemon Caper Sauce Beef Meatloaf with Roasted Shallot Gravy Cheese Scallop Potatoes, Green Beans and Roasted Bell Peppers Maple Walnut Ice Cream	Greek Salad with Feta Cheese and Olives Chicken Souvlaki with Tzatziki Greek Lamb Stew with Feta Cheese Lemon Scented Rice, Roasted Zucchini and Mushroom Sautee Mini Lemon Curd Tart	Green Salad with Pears, Almonds and Blue Cheese Dressing Roasted Salmon with Lemon Dill Cream Beef Liver with Crispy Bacon, Caramelized Onion Gravy Mashed Potato, Willed Spinach and Cauliflower Bread Pudding with Raisins	Shrimp Avocado Salad with Micro Greens Traditional Turkey Roast with Cranberry Sauce and Turkey Gravy Pan Fried Vegetable Cake with Citrus Butter Sauce Mashed Potato, Garlic Sage Stuffing, Roasted Root Vegetables and Brussel Sprouts White Chocolate Raspberry Tart with Mint Crystal	Cucumber Dill Salad Hearty Chicken Stew with Vegetables, Potatoes and Dinner Roll Pork Goulash with Mini Perogies, Sour Cream Buttered Broccoli and Roasted Parsnips Tiramisu Mousse with Vanilla Wafer	Tomato Baccconcini Salad with Basil and Balsamic Reduction Spinach and Ricotta Cannelloni with Sundried Tomato Pesto Cream Spaghetti and Meatballs with Tomato Basil Sauce Charred Broccoli and Portabella Mushrooms Warm Apple Crumble	