

BEEF

- ◆ **06....*Shepherd's Pie***
Seasoned ground beef, topped with mashed potato, served with green beans, peas & carrots
- ◆ **08....*Beef Stew***
Traditional beef stew, served with broccoli & mashed potatoes
- ◆ **09....*Breaded Veal Cutlet* ♣♣**
Breaded veal cutlet stuffed with mozzarella cheese, served with noodles & summer vegetables in a tomato sauce
- ◆ **10....*Traditional Pot Roast***
Flavourful & tender beef with potatoes, carrots & beans
- ◆ **30....*Beef Stroganoff***
Tender pieces of beef in a rich sauce, served on a bed of noodles, with green beans & beets
- ◆ **17....*Salisbury Steak* ♣♣**
Beef patty in a red wine gravy with home fries, broccoli, carrots & cauliflower
- ◆ **05....*Macaroni Meat and Cheese Casserole***
Ground beef/tomato mixture with macaroni & cheese topping, with broccoli & mixed vegetables
- ◆ **62....*Home Style Meat Loaf* ♣♣**
A flavourful meatloaf, smothered in a mushroom & wine sauce, served with mashed potatoes, green & yellow beans.
- ◆ **46....*Chopped Swiss Steak***
Flavourful, tender beef pieces simmered in a tomato/vegetable medley, with mashed potatoes & squash

♣♣ Not Suitable for Salt Free Diets

PORK

- ◆ **75....*Hawaiian Pork***
Tender pieces of pork with pineapple, peppers, snow peas, water chestnuts & zucchini served with rice & broccoli.
- ◆ **20....*Pork with Stuffing***
Roast pork with dried fruit stuffing served with mashed potatoes & carrots
- ◆ **04....*Apple Braised Pork***
Tender strips of pork cooked in apple juice, served with sweet potatoes, green beans & cauliflower
- ◆ **15....*Ham with Maple Sauce* ♣♣**
Baked ham served with cheddar mashed potatoes & maple-glazed carrots parsnips

FISH

- ◆ **13....*Fish and Chips* ♣♣**
Batter fried white fish and french fries served with mixed vegetables
- ◆ **63....*Salmon Fillet***
Fillet of salmon served on rice, covered in a creamy lemon sauce, accompanied by broccoli, carrots & cauliflower
- ◆ **03....*Fish Florentine***
A mild white fish with cheddar cheese sauce, served with whole dill potatoes, spinach & carrots

CHEESE

- ◆ **21....*Vegetable Lasagna***
Pasta Layered with spinach, zucchini, tomato and 3 cheeses with a medley of vegetables

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POULTRY

- ◆ **76....*Turkey Casserole***
Creamy mixture of turkey, corn, noodles, topped with cornbread crumbs served with carrots, peas & pearl onions
- ◆ **01....*Chicken A La King***
Tender pieces of boneless chicken breast in a cream sauce, served with carrots and mashed potatoes
- ◆ **07....*Turkey with Stuffing***
Sliced turkey with apple bread stuffing, peas and mashed potatoes
- ◆ **02....*Breaded Chicken Nuggets* ♣♣**
Breaded white chicken nuggets served with french fries, peas and carrots
- ◆ **14....*Sweet'N Sour Chicken***
Chicken strips braised in a sweet'n sour sauce served with rice and glazed mixed vegetables
- ◆ **57....*Breaded Chicken Breast* ♣♣**
Breaded chicken breast served on rice with green beans, carrots & red peppers
- ◆ **78....*Chicken Cacciatore***
Chicken and vegetables covered in a rich chunky tomato sauce served with mashed potatoes, zucchini and carrots

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Disclaimer: We are not responsible for people with food allergies