








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 Fitness 12:00 Midday Dinner 2:00 Choir Rehearsal 4:45 Evening Meal 7:00 Bingo	2 9:30 Shopping Service - <i>Forest Hill Loblaws</i> 10:00 Physiotherapy 12:00 Midday Dinner 1:30 Dr. Borgono 3:00 Afternoon Tea	3 10:00 Fitness 12:00 Midday Dinner 4:45 Evening Meal	4 8-1 Hairdressing 10:00 Physiotherapy 12:00 Midday Dinner 3:00 Hearing Support Group 4:45 Evening Meal	5 8-1 Hairdressing 10:00 Crafts 10:00 Physiotherapy 12:00 Midday Dinner 1:30 Movies Off the Wall <i>"Woman of the Year"</i> 4:45 Evening Meal	6 12:00 Midday Dinner
7 1:00 Midday Dinner	8 10:00 Fitness 12:00 Midday Dinner 2:00 Choir Rehearsal 4:45 Evening Meal 7:00 Bingo	9 10:00 Physiotherapy 10:45 Olde Yorke Fish & Chips 12:00 Midday Dinner 1:30 Dr. Borgono 3:00 Heartprints Grief Support Workshop	10 10:00 Fitness 12:00 Midday Dinner 4:45 Evening Meal	11 8-1 Hairdressing 10:00 Physiotherapy 12:00 Midday Dinner 1:30 Performance by Allison Kremer 4:45 Evening Meal	12 8-1 Hairdressing 10:00 Physiotherapy 12:00 Midday Dinner 3:00 Bracondale Community Centre Annual Meeting 4:45 Evening Meal	13 12:00 Midday Dinner 
14 1:00 Midday Dinner 	15 12:00 Midday Dinner Family Day <i>Office Closed</i>	16 9:30 Shopping Service - <i>Dupont Loblaws</i> 10:00 Physiotherapy 12:00 Shrove Tuesday Pancake Supper 1:30 Dr. Borgono	17 10:00 Fitness 12:00 Midday Dinner 4:45 Evening Meal	18 8-1 Hairdressing 10:00 Physiotherapy 12:00 Midday Dinner 4:45 Evening Meal	19 8-1 Hairdressing 10:00 Crafts 10:00 Physiotherapy 12:00 Midday Dinner 1:30 Movies Off the Wall <i>"National Velvet"</i> 4:45 Evening Meal	20 12:00 Midday Dinner
21 1:00 Midday Dinner	22 10:00 Fitness 12:00 Midday Dinner 2:00 Choir Rehearsal 4:45 Evening Meal 7:00 Bingo	23 10:00 Physiotherapy 10:45 Cloverdale Mall Trip 12:00 Midday Dinner 1:30 Dr. Borgono	24 10:00 Fitness 12:00 Midday Dinner 4:45 Evening Meal	25 8-1 Hairdressing 12:00 Midday Dinner 4:45 Evening Meal	26 8-1 Hairdressing 10:00 Crafts 12:00 Midday Dinner 3:00 Celebration of Volunteers 4:45 Evening Meal	27 12:00 Midday Dinner 
28 1:00 Midday Dinner				February 2010		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



<p>1</p> <p>dill salmon, mashed potato, vegetable</p> <p>Evening: sausage casserole, bread</p>	<p>2</p> <p>chili, tea biscuit</p>	<p>3</p> <p>shepherd's pie, vegetable</p> <p>Evening: chicken pieces, mashed potato, vegetable</p>	<p>4</p> <p>pesto chicken, baked potato, vegetable</p> <p>Evening: Boston clam chowder, tea biscuit, salad</p>	<p>5</p> <p>pizza & salad</p> <p>Evening: beef & sweet potato casserole</p>	<p>6</p> <p>chicken pieces, mini potato, vegetable</p>
<p>7</p> <p>ham, scalloped potato, vegetable</p>	<p>8</p> <p>haddock, french fries, vegetable</p> <p>Evening: curry chicken, bread</p>	<p>9</p> <p>penne and meatballs</p>	<p>10</p> <p>lamb stew, mashed potato, vegetable</p> <p>Evening: meat pie, roast potato, vegetable</p>	<p>11</p> <p>soup, Swiss steak, baked potato, vegetable</p> <p>Evening: chicken stew, tea biscuit</p>	<p>12</p> <p>soup, tuna or chicken salad sandwich</p> <p>Evening: salmon crunch, vegetable, bread</p>
<p>14</p> <p>roast beef, mashed potato, vegetable</p>	<p>15</p> <p>lemon cod, scalloped potato, vegetable</p> <p>No Evening Meal</p>	<p>16</p> <p>stuffed chicken, roast potato, vegetable</p>	<p>17</p> <p>sausage, mashed potato, vegetable</p> <p>Evening: macaroni & cheese</p>	<p>18</p> <p>soup, company chicken, baked potato, vegetable</p> <p>Evening: shepherds pie, vegetable, bread</p>	<p>19</p> <p>scrambled eggs, roast potato, peameal bacon</p> <p>Evening: haddock, mashed potato, vegetable</p>
<p>21</p> <p>pork roast, mashed potato, vegetable</p>	<p>22</p> <p>salmon loaf, roasted potato, vegetable</p> <p>Evening: chicken broccoli casserole, bread</p>	<p>23</p> <p>curry chicken</p>	<p>24</p> <p>lemon cod, mashed potato, vegetable</p> <p>Evening: meat pie, roast potato, vegetable</p>	<p>25</p> <p>beef stew, tea biscuit</p> <p>Evening: Boston clam chowder, tea biscuit, salad</p>	<p>26</p> <p>soup, salmon or ham salad sandwiches</p> <p>Evening: macaroni & meat sauce, salad, bread</p>

28

roast beef, mashed
potato, vegetable

PRICING
 Sat-Wed \$5.50
 Thursdays \$7.00
 Fridays \$4.50
 Evening Meal \$5.25

February 2010
 What's On the Menu?

