



## *Gwen Shepard Dining Room*

### Sample Dinner Menu

#### *Monday*

*Chicken Pot Pie with Mashed Potatoes*

#### *Tuesday*

*Fish & Chips with Tartar*

#### *Wednesday*

*Corned Beef & Cabbage with Potatoe, Carrot, Turnip*

#### *Thursday*

*Chicken Stir Fry with Rice Pilaf, Veg Medley*

#### *Friday*

*Fish Cakes & Beans with Chow*

#### *Saturday*

*Chinese Dinner with Rice, Veg Medley*

#### *Sunday*

*Roast Beef with Veg Medley, Roasted Sweet Potatoes*