



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>
<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>
<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>
<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>
<b>Hard Boiled Egg</b>	<b>Bagel &amp; Cream Cheese</b>	<b>Cinnamon Glazed French Toast</b>	<b>Sausage Links</b>	<b>Poached Egg</b>	<b>Cheese Omelette</b>	<b>Crispy Bacon</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	Assorted Cold Cereal	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Scrambled Eggs</b>
Assorted Cold Cereal	Assorted Fresh Fruit Bowl	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	<b>Whole Wheat Toast</b>
White Toast	Assorted Cold Cereal	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal
	White Toast					White Toast
<b>LUNCH</b>						
<b>Minestrone Soup</b>	<b>Tomato Soup</b>	<b>Unsalted Crackers</b>	<b>Split Pea Soup</b>	<b>Beef Vegetable Soup</b>	<b>Potato Bacon Soup</b>	<b>Chicken Rice Soup</b>
<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>English Garden Soup</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Ham &amp; Cheese Sandwich on Wheat</b>	<b>Chicken Caesar Salad</b>	<b>Beef Taco Salad</b>	<b>Cottage Cheese &amp; Summer Fruit Salad Plate</b>	<b>Boneless Chicken Wings</b>	<b>Baked Vegetable Chili</b>	<b>Belgian Waffle &amp; Berries</b>
<b>Cucumber Dill Salad</b>	<b>Garlic Bread</b>	<b>Tortilla Chips</b>	<b>Carrot Muffin</b>	<b>Chickpea with Feta &amp; Tomato Salad</b>	<b>Naan Bread Wedges</b>	<b>Turkey Breakfast Sausage</b>
<b>Orange Sections</b>	<b>Fruit Cocktail</b>	<b>Fresh Watermelon</b>	<b>Strawberry Ice Cream Cup</b>	<b>Whole Wheat Bread</b>	<b>Garden Salad</b>	<b>Butterscotch Sundae</b>
Beef Pie	Cheese & Spinach Cannelloni	Tuna Salad on Wheat	<b>Strawberry Ice Cream Cup</b>	<b>Whole Wheat Bread</b>	<b>Fresh Fruit Salad</b>	Mushroom Spinach Pizza
Beef Gravy	Italian Mix Vegetables	Pickled Beets	Hamburger on Wheat Bun	<b>Ambrosia Salad</b>	Zesty Hummus Salad Plate	Mexican Bean Salad
Cucumber Dill Salad	Whole Wheat Bread	Fresh Watermelon	Onion Pickle Slice	Spinach and Feta Quiche	Tzatziki Sauce	Whole Wheat Bread
Whole Wheat Bread	Fruit Cocktail		Tomato/Onion Slices	Chickpea with Feta & Tomato Salad	Naan Bread Wedges	Butterscotch Sundae
Orange Sections			Spinach Tomato Salad	Salad	Fresh Fruit Salad	
			Strawberry Ice Cream Cup	Whole Wheat Bread		
				Ambrosia Salad		
<b>DINNER</b>						
<b>Dijon Maple Glazed Salmon</b>	<b>Beef &amp; Broccoli Stir-Fry</b>	<b>Baked Chicken with Chalet Sauce</b>	<b>Pork Schnitzel w/Mushroom Gravy</b>	<b>Herbed Pork Chops in Gravy</b>	<b>Tandoori Chicken</b>	<b>Pork Roast</b>
<b>Lemon Wedge</b>	<b>Fluffy Rice</b>	<b>Rice Pilaf</b>	<b>Scalloped Potatoes</b>	<b>French Fries</b>	<b>Basmati Rice</b>	<b>Baked Potato</b>
<b>Mashed Sweet Potatoes</b>	<b>Whole Wheat Bread</b>	<b>Parsley Carrots</b>	<b>Parslied Cauliflower</b>	<b>Buttered Red Cabbage</b>	<b>Zucchini Medley</b>	<b>Buttered Corn</b>
<b>Steamed Asparagus Spears</b>	<b>Chilled Poached Pears</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>
<b>Whole Wheat Bread</b>	Honey Garlic Ribs	<b>Strawberries</b>	<b>Fruit Gelatin</b>	<b>Berry Cobbler</b>	<b>Chilled Apricots</b>	<b>Cinnamon Applesauce</b>
<b>Cantaloupe Chunks</b>	Broccoli Florets	Sweet & Sour Pork	Primavera Pasta	G-F Breaded Lemon Sole Fillet	Sausage Jambalaya	Vege Shepherd's Pie
Roast Creole Chicken Thigh	Whole Wheat Bread	Rice Pilaf	Parslied Cauliflower	French Fries	Basmati Rice	Buttered Corn
Mashed Sweet Potatoes	Peanut Butter Cookies	Parsley Carrots	Whole Wheat Bread	Buttered Red Cabbage	Zucchini Medley	Whole Wheat Bread
Steamed Asparagus Spears		Whole Wheat Bread	Banana Cake	Whole Wheat Bread	Whole Wheat Bread	Lemon Meringue Pie
Whole Wheat Bread		Peach Passion Mousse		Berry Cobbler	Gingerbread Cake	
Neapolitan Ice Cream Sandwich						

Note: Note: Toast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 250ml@L/D), Coffee/Tea(250ml) are served each meal.