

## Breakfast

Served with a selection of juice

## Lunch

Served with a selection of juice

## Dinner

Served with red or white wine

<i>Monday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Carrot Ginger Soup Vegetable & Swiss Cheese Quiche with a Mixed Green Salad with Balsamic or Grilled Chicken & Mango Salad	Apple Cider Pork Chops or Oriental Beef <i>Served with:</i> Rice Pilaf, Sautéed Bok Choy, Corn on the Cob
<i>Tuesday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Split Pea Soup Cottage Cheese & Fruit Plate with a Morning Glory Muffin or BLT on Whole Wheat With A Mixed Green Salad	Italienne Swiss Steak or Krunchi Perch <i>Served with:</i> Parisienne Potatoes, Julienne Carrots, Braised Napa Cabbage
<i>Wednesday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Tomato Soup BBQ Beef on a Bun or Bagel and Lox <i>Served with:</i> With Carrot & Pineapple Slaw	Orange Thyme Chicken or Farmers Sausage <i>Served with:</i> Baked Potato, Seasoned Green Peas, Sliced Beets
<i>Thursday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Florentine Soup Chicken Salad on Multi-grain or Vegetarian Pizza <i>Served with:</i> Caesar Salad	Braised Lamb Shank or Tilapia & Dill Sauce <i>Served with:</i> Rosemary Potatoes, Whipped Squash, Steamed Asparagus
<i>Friday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Cream of Broccoli Soup Ploughman's Lunch or Western Omelette on Whole Wheat <i>Served with:</i> Green Goddess Salad	"Fish 'n Chips" with Creamy Coleslaw or Beef Shepherd's Pie Sugar Snap Peas Grilled Onions and Peppers
<i>Saturday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Scotch Broth Turkey and Lettuce on Whole Wheat or Macaroni & Cheese <i>Served with:</i> Romaine & Mandarin Salad with almonds	Steak & Mushrooms or Baked Glazed Ham <i>Served with:</i> Scalloped Potatoes, French Cut Green Beans, Parsley Carrots
<i>Sunday</i>	Oatmeal or Assorted Cold Cereal Scrambled Eggs with Bacon/ Sausage and Toast	<i>Soup de Jour:</i> Chicken and Rice Soup French Toast with Berry Sauce & Bacon or Crab Cake with Tartar Sauce <i>Served with:</i> Citrus Salad	Roast Turkey with Gravy and Stuffing or Braised Liver & Onions <i>Served with:</i> Mashed Potatoes, Broccoli Florets, Cauliflower

Lunch and dinner include a **feature dessert** and an **à la carte dessert** menu.

**À la carte alternatives** are offered in addition to the daily feature.