

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice
	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
	Pork Sausage Pattie	Hard Boiled Egg	Breakfast Ham	Raisin Bread	Poached Egg	Hard Boiled Egg	Fried Egg
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
	Water	Water	Water	Water	Water	Water	Water
	-----	-----	-----	-----	-----	-----	-----
LUNCH	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Crispy Bacon
				White Toast			White Toast
	Tuscan Bean & Vegetable Soup	Corn Chowder	Roasted Cauliflower Soup	Chicken Noodle Soup	Potato Leek Soup	Scotch Broth	Minestrone Soup
	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Unsalted Crackers	Chicken Shawarma Plate	Turkey Deli Plate	Egg Salad on Multi-Grain	Homemade Quiche	Pimento Cream Cheese Sandwich	Pancake with Maple Syrup
	Tuna Salad on Rye	Mediterranean Salad	Wheat Roll	Corn & Bean Salad	Seasoned Green Peas	Spinach & Mushroom Salad	Turkey Breakfast Sausage
Cabbage & Apple Salad	Chilled Poached Pears	Mandarin Oranges	Chilled Peaches	Wheat Roll	Chilled Apricots	Spiced Scalloped Apples	
Fruit Gelatin	-----	-----	-----	Fruit Cocktail	-----	Tropical Fruit	
-----	Devised Ham Salad	Grilled Cheese Sandwich	Pork Souvlaki	-----	-----	-----	
Yogurt Fruit Plate	Sandwich	Tomato Slices	Pita Bread Wedges	Hot Dog on Bun	Crab Cake	-----	
Buttered Bran Loaf	Horseradish Beet Salad	Peanut Butter Cookies	Cucumber Dill Salad	Tossed Salad	Potato Wedges	-----	
Butterscotch Pudding	Butter Tart		Rainbow Parfait	Nanaimo Bar	Carrot Pineapple Salad	Zesty Hummus Salad	
					Lemon Chiffon	Plate	
						Orange Sherbet	
DINNER	Turmeric Chicken	Salisbury Steak & Mushroom Sauce	Salmon Pie	Beef Shepherds Pie	Fish 'n Chips	Honey Garlic Pork Loin	Roast Beef
	Garden Rice	Mashed Potatoes	Sauteed Spinach & Mushrooms	Pearl Harvest Veggies	Lemon Wedge	Whipped Potatoes	Horseradish
	Fancy Blend Vegetables	Green Beans	Wheat Roll	Wheat Roll	Creamy Coleslaw	Oriental Vegetables	Brown Gravy
	Wheat Roll	Wheat Roll	Chilled Pineapples	Fresh Fruit Salad	Wheat Roll	Wheat Roll	Baked Potato
	Fresh Watermelon	Mixed Berries	-----	-----	Cantaloupe Chunks	Stewed Rhubarb	5-Way Mixed Vegetables
	-----	-----	-----	Turkey Schnitzel	-----	-----	Wheat Roll
	Lemon Ricotta Penne	-----	Oktoberfest Sausage	Poultry Gravy	Eggplant Parmigiana	Chicken Cacciatore	Mango
	Zucchini Medley	Moroccan Lamb Tagine	Red Potato Salad	Herb Roasted Potatoes	Casserole	Fluffy Rice	-----
	Peach Upside Down Cake	Couscous Salad	Sweet & Sour Cabbage	Broccoli Florets	Savory Diced Potatoes	Sugar Snap Peas	Turkey a la King
		Parsley Carrots	Coconut Cream Pie	Custard Glazed Bread	Italian Mix Vegetables	Berry Cobbler	Puff Pastry Wedge
		Assorted Ice Cream		Pudding	Carrot Cake		Buttered Brussels Sprouts
							Cherry Pie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Cranberry Juice Oatmeal Breakfast Ham Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Orange Juice Cinnamon Oatmeal Crispy Bacon Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Prune Juice Cream of Wheat Scrambled Eggs Raisin Bread Coffee or Tea Water ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Cranberry Juice Oatmeal Poached Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Orange Juice Cinnamon Oatmeal Fried Egg Crispy Bacon Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast
L U N C H	Barley Beef Soup Unsalted Crackers Salmon Salad on Rye Cucumber Dill Salad Mandarin Dream Gelatin ----- Cheddar Fruit Plate Buttered Bran Loaf Banana Pudding	Chicken Rice Soup Unsalted Crackers Turkey Salad on Wheat Caesar Salad Chilled Poached Pears ----- Hawaiian Pizza Tossed Salad Lemon Layered Square	Cream of Broccoli Soup Unsalted Crackers Curry Chicken Salad on Wheat Bun Waldorf Salad Mandarin Oranges ----- Pepper Frittata Creamed Spinach Chocolate Chip Cookie	Tomato Soup Unsalted Crackers Macaroni & Cheese Seasoned Green Peas Chilled Peaches ----- Peameal Bacon on Bun 4 Bean Salad Cherry Panna Cotta	Cream of Mushroom Soup Unsalted Crackers Hamburger on Wheat Bun Tomato Slices & Lettuce Garden Salad Fruit Cocktail ----- Moroccan Stew Corn Muffin Couscous Salad Date Square	Spring Vegetable Soup Unsalted Crackers Egg Salad Sandwich Fresh Edamame Salad Chilled Apricots ----- Haddock Bites Sweet Potato Fries Beet & Onion Salad Tiramisu Mousse	Roasted Red Pepper Soup Unsalted Crackers Belgian Waffle Sausage Links Homemade Berry Sauce Tropical Fruit ----- Cream Cheese & Cucumber Sandwich Marinated Corn Salad Ice Cream Sandwich
D I N N E R	Savory Mustard Chicken Mashed Potatoes Broccoli Almondine Wheat Roll Chilled Pineapples ----- Tomato Basil Penne Zucchini Parmesan Coconut Poke Cake	Curried Lamb Basmati Rice Roasted Mixed Peppers Wheat Roll Strawberries ----- Creamy Stroganoff Meatballs Buttered Egg Noodles Whole Mixed Beans Frozen Yogurt	Honey Garlic Ribs Potato Salad Corn Cobbette Wheat Roll Fresh Watermelon ----- Parmesan Herb & Garlic Baked Cod Whipped Potatoes Steamed Asparagus Banana Cream Pie Slice	Turkey Dijonnaise Baked Potato Florentine Vegetables Wheat Roll Fresh Fruit Salad ----- Corned Beef Mashed Potatoes Buttered Cabbage Double Chocolate Cherry Cake	Vegetable Lasagna Rainbow Vegetables Wheat Roll Honeydew Chunks ----- Krunchie Perch Lemon Wedge Potato Wedges Confetti Coleslaw Blueberry Cheesecake	Chicken Jambalaya Parsley Carrots Wheat Roll Hot Spiced Apples ----- Glazed Ham Rosemary Potatoes Garden Vegetable Peach Crisp	Roast Turkey Savory Bread Stuffing Turkey Gravy Cranberry Sauce Mashed Potatoes Glazed Butternut Squash Wheat Roll Mango ----- Homemade Veal Stew Mushroom Barley Pilaf Herb Seasoned Vegetables Pecan Pie

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B R E A K F A S T	Prune Juice Cream of Wheat Breakfast Ham Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Cranberry Juice Oatmeal Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Peameal Bacon Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Orange Juice Cinnamon Oatmeal Raisin Bread Peanut Butter Coffee or Tea Water ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Prune Juice Cream of Wheat Poached Egg Whole Wheat English Muffin Coffee or Tea Water ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Cranberry Juice Oatmeal Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Fried Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal Crispy Bacon White Toast
L U N C H	Veggie Florentine Soup Unsalted Crackers Cheesy Egg Strata Peas & Carrots Garlic & Cheese Bread Stick Red Seedless Grapes ----- Cilantro Lime Shrimp Salad Couscous Salad Tomato Cucumber Salad Chocolate Pudding	Cream of Celery Soup Unsalted Crackers Chicken & Leek Pot Pie Poultry Gravy Sunrise Vegetables Chilled Poached Pears ----- Ham & Cheese Sandwich Red Beet Citrus Salad Coconut Tart	Savory Thai Butternut Soup Unsalted Crackers Beef & Macaroni Casserole Broccoli Florets Mandarin Oranges ----- Swiss & Tomato Sandwich Mexican Bean Salad Oatmeal Raisin Cookies	Carrot Ginger Soup Unsalted Crackers Pulled Pork on Wheat Bun Coleslaw Vinaigrette Chilled Peaches ----- Egg Salad Platter Lemon Mousse & Whipped Topping	Cream Vegetable Soup Unsalted Crackers Chicken Mango Salad Wheat Roll Fruit Cocktail ----- Hot Dog on Bun Ketchup/Mustard/Relish Corn Cobbette Iced Banana Cake	Tomato Soup Unsalted Crackers Vegetarian Pizza Romaine & Onion Salad Chilled Apricots ----- Crab Salad on Croissant Spinach & Mushroom Salad Broken Glass Parfait	Wild Rice Chicken Soup Unsalted Crackers French Toast Breakfast Ham Cranberry & Pear Compote Tropical Fruit ----- Homemade Caprese Salad Garlic Bread Lime Sherbet
D I N N E R	Butter Chicken Basmati Rice Golden Cauliflower Wheat Roll Fresh Watermelon ----- Primavera Pasta Roasted Asparagus Lemon Mousse Cake	Samosa Pie Seasoned Spinach Wheat Roll Mixed Berries ----- Sherry Beef Tips Mashed Potatoes Scandinavian Vegetables Ice Cream Sundae	Tilapia & Dill Sauce Roasted Baby Potatoes Rainbow Vegetables Wheat Roll Chilled Pineapples ----- Sweet & Sour Pork Fluffy Rice Sauteed Bok Choy Chocolate Cream Pie Slice	Roast Veal Brown Gravy Parisienne Potatoes Herbed Green Beans Wheat Roll Fresh Fruit Salad ----- Homemade Turkey Loaf Turkey Gravy Orange Sage Mashed Sweet Potato Glazed Turnips Homemade Cinnamon Rice Pudding	Fish 'n Chips Lemon Wedge Creamy Coleslaw Wheat Roll Fresh Melon ----- Savory Mushroom Potato Dumplings Zucchini Medley Strawberry Shortcake	Maple Glazed Chicken Mashed Potatoes Classic Vegetables Wheat Roll Warm Apple Compote ----- Creamy Dijon Pork Loin Mushroom Barley Pilaf Baby Carrots Homemade Decadent Brownie	Roast Beef Horseradish Brown Gravy Scalloped Potatoes Sweet Balsamic Brussels Sprouts Wheat Roll Mango ----- Turkey Cottage Pie Roasted Butternut Squash Apple Pie Slice

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B R E A K F A S T	Orange Juice Cinnamon Oatmeal Sausage Links Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Prune Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Cranberry Juice Oatmeal Crispy Bacon Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Scrambled Eggs Raisin Bread Coffee or Tea Water ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Orange Juice Cinnamon Oatmeal Poached Egg Whole Wheat English Muffin Coffee or Tea Water ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Prune Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast	Cranberry Juice Oatmeal Scrambled Eggs Whole Wheat Toast Coffee or Tea Water ----- Assorted Cold Cereal White Toast
L U N C H	Golden Lentil Soup Unsalted Crackers Cottage Cheese & Fruit Banana Loaf Fruit Gelatin ----- Captain Burger on WW Bun Coleslaw Vinaigrette Tapioca Pudding	Chicken Vegetable Soup Unsalted Crackers Pork Burrito Plate Chilled Poached Pears ----- Grilled Chicken Breast Greek Salad Mini Pita Bread Apple Caramel Tart	Roasted Beet Borscht Unsalted Crackers Eggs Florentine Steamed Asparagus Mandarin Oranges ----- Turkey Salad on Wheat Tossed Salad Feature Cookie	Spring Vegetable Soup Unsalted Crackers Tuscan Mac & Cheese Marinated Tomato Salad Chilled Peaches ----- Baked Farmers Sausage Savory Diced Potatoes Sweet & Sour Cabbage Orange Gelatin	Chicken Creole Soup Unsalted Crackers Egg Salad Sandwich Pearled Barley & Corn Salad Fruit Cocktail ----- Hamburger on Wheat Bun Tomato, Onion & Lettuce Ketchup/Mustard/Relish Mediterranean Salad Macaroon Madness Bar	Creamy Onion Soup Unsalted Crackers Salmon Salad Sandwich Cucumber Dill Salad Chilled Apricots ----- Homemade Cheese Pizza Caesar Salad Strawberry Mousse & Whip Topping	Split Pea Soup Unsalted Crackers Baked Vegetable Chili Tossed Garden Salad Corn Muffin Tropical Fruit ----- Peameal Bacon on Bun Marinated Carrot Salad Assorted Ice Cream
D I N N E R	Braised Beef Liver & Onions Brown Gravy Whipped Potatoes Seasoned Green Peas Wheat Roll Watermelon Mint Salad ----- Crispy Baked Chicken Potato Salad Glazed Carrots Warm Lemon Pudding Cake	Enchilada Meatballs Seven Grain Rice Mexican Vegetables Wheat Roll Strawberries ----- Roast Lamb Brown Gravy Mint Jelly Garlic Mashed Potatoes Harvard Beets Vanilla Ice Cream	Baked Sole & Tomato Ginger Sauce Baked Potato Broccoli Florets Wheat Roll Chilled Pineapples ----- Wine Mustard Glazed Ham Mashed Potatoes Montego Vegetables Boston Cream Cake	Homemade MeatLoaf Brown Gravy Whipped Potatoes Zucchini Mushroom Pepper Saute Wheat Roll Fresh Fruit Salad ----- Turkey Tetrazzini Whipped Squash Fruit Swirl Pudding Cake	Cod Au Gratin Glazed Sweet Potatoes Coleslaw Vinaigrette Wheat Roll Diced Cantaloupe & Honeydew ----- Three Cheese Lasagna Buttered French Beans Chocolate Zucchini Cake	Pork Chop & Apple Chutney Parisienne Potatoes Cauliflower & Peppers Wheat Roll Mixed Berries ----- Tuscan Lemon Chicken Mashed Potatoes Corn Cobbette Assorted Cakes & Squares	Roast Turkey Turkey Gravy Savory Bread Stuffing Cranberry Sauce Roasted Baby Potatoes Glazed Turnips Wheat Roll Mango ----- Ginger Beef Confetti Rice Asian Vegetables Assorted Pies