

Breakfast

Served with a selection of juices

Lunch

Served with a selection of juices

Dinner

Served with red or white wine

Monday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: carrot ginger
Vegetable and swiss cheese quiche
with a mixed green salad
with balsamic vinegar
or
Grilled chicken and mango salad

Apple cider pork chops
or
Oriental beef
Served with: Rice pilaf, sautéed
bok choy and corn on the cob

Tuesday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: split pea
Cottage cheese and fruit plate
with a morning glory muffin
or
BLT on whole wheat
with a mixed green salad

Italian Swiss steak
or
Krunchi perch
Served with: Parisian potatoes,
julienne carrots, braised Napa cabbage

Wednesday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: tomato
BBQ beef on a bun
or
Bagel and lox
Served with: Carrot and pineapple slaw

Orange thyme chicken
or
Farmers sausage
Served with: Baked potato,
seasoned green peas, sliced beets

Thursday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: Florentine
Chicken salad on multi-grain
or
Vegetarian pizza
Served with: Caesar salad

Braised lamb shank
or
Tilapia and dill sauce
Served with: Rosemary potatoes,
whipped squash, steamed asparagus

Friday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: cream of broccoli
Ploughman's lunch
or
Western omelette on whole wheat
Served with: Green goddess salad

Fish 'n' chips with creamy coleslaw
or
Beef shepherd's pie, sugar snap peas,
grilled onions and peppers

Saturday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: scotch broth
Turkey and lettuce on whole wheat
or
Macaroni and cheese
Served with: Romaine and mandarin
salad with almonds

Steak and mushrooms
or
Baked glazed ham
Served with: Scalloped potatoes, french
cut green beans, parsley carrots

Sunday

Oatmeal or assorted cold cereal
Scrambled eggs with
bacon or sausage and toast

Soup du jour: chicken and rice
French toast with berry sauce and bacon
or
Crab cake with tartar sauce
Served with: Citrus salad

Roast turkey with gravy and stuffing
or
Braised liver and onions
Served with: Mashed potatoes,
broccoli florets, cauliflower

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

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