



MONDAY	OCT 31	TUESDAY	NOV 01	WEDNESDAY	NOV 02	THURSDAY	NOV 03	FRIDAY	NOV 04	SATURDAY	NOV 05	SUNDAY	NOV 06
--------	--------	---------	--------	-----------	--------	----------	--------	--------	--------	----------	--------	--------	--------

**BREAKFAST**

<p>Assorted Juice High Fibre Cream of Wheat Hard Boiled Egg Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Oatmeal Poached Egg Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Cream of Wheat French Toast Maple Syrup Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Oatmeal Assorted Yogurt Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Oatmeal Hard Boiled Egg Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>	<p>Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Peanut Butter Stewed Prunes Whole Wheat Toast 2% Milk Assorted Cold Cereal White Toast</p>
--	---	---	---	---	---	---

**LUNCH**

<p>Butternut Squash and Apple Soup Unsalted Crackers Deviled Ham Salad Sandwich Tomato Onion Salad Chilled Poached Pears 2% Milk Crab Cake Tartar Sauce Whole Wheat Bread Pear &amp; Pecan Lettuce Salad Strawberry Ice Cream Cup</p>	<p>Unsalted Crackers Minestrone Soup Chicken Salad on Croissant Red Beet Citrus Salad Fruit Cocktail 2% Milk Perogies w/Bacon &amp; Onion Whole Wheat Bread Sweet &amp; Sour Cabbage Sugar Cookies</p>	<p>Unsalted Crackers Roasted Sweet Potato Soup Turkey Gravy Turkey Pot Pie Whole Wheat Bread Roasted Root Medley Chilled Peaches 2% Milk Cottage Cheese &amp; Fruit Cranberry Focaccia Bread Tapioca Pudding</p>	<p>Chicken Noodle Soup Unsalted Crackers Oktoberfest Sausage on Wheat Bun Roasted Mixed Peppers Chilled Apricots 2% Milk Vegetable &amp; Swiss Quiche Whole Wheat Bread Mixed Green Salad Orange Sherbet</p>	<p>Unsalted Crackers Beer Cheese Soup Salami on Wheat Marinated 4 Bean Salad Mandarin Oranges 2% Milk Baked Vegetable Chili Zucchini Parmesan Buttered Cornmeal Loaf Iced Banana Cake</p>	<p>Unsalted Crackers Barley Beef Soup Salmon Salad Sandwich House Salad Cantaloupe Chunks 2% Milk Butternut Squash Ravioli Whole Wheat Bread Cranberry Spinach Salad Chocolate Pudding</p>	<p>Unsalted Crackers Hearty Tomato Lentil Soup Tex Mex Chicken Salad Plate Whole Wheat Bread Strawberries 2% Milk Crispy Bacon Pancake with Maple Syrup Spiced Scalloped Apples Lemon Pudding Cake</p>
---	--	--	--	---	--	--

**DINNER**

<p>Poultry Gravy Herb Baked Chicken Thigh Savory Diced Potatoes Whole Wheat Bread Whole Mixed Beans Honeydew Chunks 2% Milk Savory Mushroom Potato Dumplings Whole Wheat Bread Fall Medley Vegetables Pumpkin Custard</p>	<p>Salisbury Steak &amp; Mushroom Sauce Mashed Potatoes Whole Wheat Bread Seasoned Green Peas Cantaloupe Chunks 2% Milk BBQ Sauce Glazed Pork Ribette Scalloped Potatoes Whole Wheat Bread Herb Seasoned Vegetables Pineapple Upside-Down Cake</p>	<p>Lemon Parsley Salmon Roasted New Potatoes Whole Wheat Bread Broccoli Florets Hot Spiced Apples 2% Milk Korean Sesame Pork Fluffy Rice Whole Wheat Bread Asian Vegetables Raspberry Tart</p>	<p>Beef Shepherds Pie Whole Wheat Bread Corn &amp; Pimento Chilled Pineapples 2% Milk Turkey Schnitzel Turkey Gravy Baked Potato Whole Wheat Bread Parslied Parsnips Ginger Spice Cake</p>	<p>Bow Tie Carbonara Whole Wheat Bread Caesar Salad Mixed Berries 2% Milk Krunchie Perch Lemon Wedge Potato Wedges Whole Wheat Bread Confetti Coleslaw Cherry Cobbler</p>	<p>Creamy Dijon Pork Loin Roasted Red Skin Potatoes Whole Wheat Bread Pearl Harvest Veggies Cinnamon Applesauce 2% Milk Butter Chicken Naan Bread Golden Cauliflower Vanilla Ice Cream Cup</p>	<p>Savory Bread Stuffing Roast Turkey Cranberry Sauce Turkey Gravy Garlic Mashed Potatoes Glazed Turnips Tropical Fruit 2% Milk Sherry Beef Tips Scalloped Potatoes Whole Wheat Bread Buttered Brussels Sprouts Whipped Topping Pumpkin Pie</p>
---	--	--	--	---	--	---