



MONDAY	JUN 12	TUESDAY	JUN 13	WEDNESDAY	JUN 14	THURSDAY	JUN 15	FRIDAY	JUN 16	SATURDAY	JUN 17	SUNDAY	JUN 18
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BREAKFAST

Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Yogurt & Granola Parfait Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Poached Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Cheese Omelette Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Glazed Ham Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Cinnamon Glazed French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl High Fibre Cinnamon Oatmeal Stewed Prunes Crispy Bacon Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal White Toast
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LUNCH

Unsalted Crackers Minestrone Soup Ham & Cheese Sandwich on Wheat Cucumber Dill Salad Mandarin Oranges Vegetarian Sloppy Joe on WW Bun Cucumber Dill Salad Mandarin Oranges	Unsalted Crackers Tomato Soup Chicken Caesar Salad Garlic Bread Fruit Cocktail Perogies w/Bacon & Onion Tossed Salad Whole Wheat Bread Fruit Cocktail	Beer Cheese Soup Unsalted Crackers Beef Taco Casserole 4 Bean Salad Whole Wheat Bread Fresh Watermelon Tuna Salad Sandwich 4 Bean Salad Fresh Watermelon	Split Pea Soup Unsalted Crackers Cottage Cheese & Summer Fruit Salad Plate Banana Muffin Fruit Gelatin Captain Burger on WW Bun Garden Salad Fruit Gelatin	Unsalted Crackers Vegetable Soup Boneless Chicken Wings Chickpea with Feta & Tomato Salad Whole Wheat Bread Raspberries Egg Salad Sandwich Chickpea with Feta & Tomato Salad Raspberries	Potato Bacon Soup Unsalted Crackers Margarita Pizza Italian Mix Vegetables Whole Wheat Bread Chilled Apricots Turkey Salad on Wheat Mixed Green Salad Chilled Apricots	Chicken Rice Soup Unsalted Crackers Hamburger on Wheat Bun Carrot Raisin Salad Chilled Pineapples Cream Cheese & Cucumber Sandwich Carrot Raisin Salad Chilled Pineapples
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DINNER

Dijon Maple Glazed Salmon Mashed Sweet Potatoes Roasted Asparagus Whole Wheat Bread Honeydew Chunks Roast Creole Chicken Thigh Mashed Sweet Potatoes Roasted Asparagus Whole Wheat Bread Strawberry Shortcake	Beef & Broccoli Stir-Fry Fluffy Rice Asian Vegetables Whole Wheat Bread Hot Spiced Apples Eggplant Parmigiana Fluffy Rice Asian Vegetables Whole Wheat Bread Butterscotch Pudding	Baked Chicken with Chalet Sauce Potato Wedges Buttered Corn Whole Wheat Bread Strawberries Honey Garlic Ribs Potato Wedges Buttered Corn Whole Wheat Bread Oreo Ice Cream Sandwich	Salisbury Steak & Gravy Baked Potato 5-Way Mixed Vegetables Whole Wheat Bread Tropical Fruit Primavera Pasta 5-Way Mixed Vegetables Whole Wheat Bread Lemon Pudding Cake	Glazed Pork Chop Sweet Potato Fries Creamy Coleslaw Whole Wheat Bread Chilled Poached Pears G-F Breaded Lemon Sole Fillet Sweet Potato Fries Creamy Coleslaw Whole Wheat Bread Strawberry Cheesecake	Tandoori Chicken Basmati Rice Zucchini Medley Whole Wheat Bread Blueberries Sausage Jambalaya Basmati Rice Zucchini Medley Whole Wheat Bread Homemade Carrot Cake	Roast Turkey Cranberry Sauce Poultry Gravy Scalloped Potatoes Butternut Squash Bread Stuffing Chilled Peach Slices Pork Schnitzel & Mustard Sauce Scalloped Potatoes Butternut Squash Whole Wheat Bread Lemon Meringue Pie
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Note: Note: WWToast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 125ml@L/D), Coffee/Tea(180ml) are served each meal.