



MONDAY	MAY 29	TUESDAY	MAY 30	WEDNESDAY	MAY 31	THURSDAY	JUN 01	FRIDAY	JUN 02	SATURDAY	JUN 03	SUNDAY	JUN 04
BREAKFAST													
Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Sausage Links Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Cheese Omelette Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Yogurt & Granola Parfait Assorted Cold Cereal Whole Wheat Toast 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 Cinnamon Glazed French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Scrambled Eggs Crispy Bacon Whole Wheat Toast Assorted Cold Cereal White Toast							
LUNCH													
Beef Vegetable Soup Unsalted Crackers Egg Salad Platter Marinated 4 Bean Salad Whole Wheat Bread Orange Sections Hot Dog on Bun Marinated 4 Bean Salad Orange Sections	Unsalted Crackers Vegetable Soup Yogurt Fruit Plate Banana Muffin Tropical Fruit Grilled Cheese Sandwich Balsamic Spring Salad Tropical Fruit	Golden Lentil Soup Unsalted Crackers Turkey Salad on Wheat Coleslaw Vinaigrette Fresh Watermelon Baked Vegetable Chili Coleslaw Vinaigrette Garlic Bread Fresh Watermelon	Unsalted Crackers Tortellini Vegetable Soup Corned Beef Sandwich Italian Summer Salad Chilled Pineapples Veggie Pasta Primavera Italian Summer Salad Whole Wheat Bread Chilled Pineapples	Unsalted Crackers Tuscan Bean & Vegetable Soup Chicken Spinach Tomato Salad Herb Focaccia Raspberries Veggie Burger on WW Bun Spinach & Mushroom Salad Raspberries	Cream of Tomato Soup Unsalted Crackers Vegetarian Pizza Greek Salad Whole Wheat Bread Ambrosia Salad Deviled Ham Salad Sandwich Greek Salad Ambrosia Salad	Lemon Chicken & Rice Soup Unsalted Crackers Chicken Strips Plum Sauce Potato Puffs Marinated Carrot Salad Whole Wheat Bread Fruit Gelatin Crab Salad Sndw on WW Marinated Carrot Salad Fruit Gelatin							
DINNER													
Crispy Baked Chicken Couscous Pilaf Glazed Carrots Whole Wheat Bread Chilled Apricots Stuffed Cabbage Roll Couscous Pilaf Glazed Carrots Whole Wheat Bread Brownie Pudding Cake	Haddock Bites Tartar Sauce Golden Potato Bake Sweet & Sour Cabbage Whole Wheat Bread Homemade Peach Cobbler Braised Beef Liver & Onions Golden Potato Bake Sweet & Sour Cabbage Whole Wheat Bread Homemade Peach Cobbler	Spaghetti & Meatballs Zucchini Parmesan Whole Wheat Bread Blueberries Lemon Dill Salmon Baked Potato Zucchini Parmesan Whole Wheat Bread Assorted Popsicles	Glazed Pork Chop Glazed Sweet Potatoes Green Beans Whole Wheat Bread Fruit Cocktail Grilled Chicken Souvlaki Tzatziki Sauce Glazed Sweet Potatoes Green Beans Whole Wheat Bread Creamy Rice Pudding	Oriental Beef & Vegetables Herbed Rice Asian Vegetables Whole Wheat Bread Mango Roasted Tomato Sole Herbed Rice Asian Vegetables Whole Wheat Bread Strawberry Mousse	Chicken in Creamy Leek Sauce Savoury Baked Potato Wedges Broccoli Florets Whole Wheat Bread Hot Spiced Apples Beef Ravioli & Sauce Broccoli Florets Whole Wheat Bread Neapolitan Ice Cream Sandwich	Roast Turkey Cranberry Sauce Poultry Gravy Scalloped Potatoes Butternut Squash Bread Stuffing Strawberries Sweet-N-Sour Pork Bites Scalloped Potatoes Butternut Squash Whole Wheat Bread Banana Cream Pie Slice							

Note: Note: WWToast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 125ml@L/D), Coffee/Tea(180ml) are served each meal.