



MONDAY	JUN 05	TUESDAY	JUN 06	WEDNESDAY	JUN 07	THURSDAY	JUN 08	FRIDAY	JUN 09	SATURDAY	JUN 10	SUNDAY	JUN 11
BREAKFAST													
Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Sausage Links 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 Cinnamon Glazed French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Yogurt & Granola Parfait Assorted Cold Cereal Whole Wheat Toast 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 Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Scrambled Eggs Crispy Bacon Whole Wheat Toast Assorted Cold Cereal White Toast							
LUNCH													
Unsalted Crackers French Onion Soup Baked Macaroni & Cheese Parsley Carrots Whole Wheat Bread Chilled Peaches Salami on Wheat Garden Salad Chilled Peaches	Beef & Noodle Soup Unsalted Crackers Deviled Ham Salad Sandwich Asian Coleslaw Pineapple Tidbits Hot Dog on Bun Asian Coleslaw Pineapple Tidbits	Chicken Noodle Soup Unsalted Crackers Beef & Corn Casserole Greek Salad Whole Wheat Bread Fresh Watermelon Turkey Salad on Wheat Greek Salad Fresh Watermelon	Barley Beef Soup Unsalted Crackers Grilled Chicken Ranch Cobb Salad Garlic Stick Honeydew Chunks Chili Con Carne Sunrise Vegetables Honeydew Chunks	Cream of Tomato Soup Unsalted Crackers Pulled Pork on Wheat Bun Mushroom & Spinach Salad Chilled Poached Pears Cheddar Cheese & Fruit Carrot Muffin Chilled Poached Pears	Vegetable Soup Unsalted Crackers Roast Beef Sandwich Marinated Tomato Salad Strawberries Hawaiian Pizza Marinated Tomato Salad Whole Wheat Bread Strawberries	Unsalted Crackers Lentil Soup Cod Nuggets Sweet Potato Fries Pickled Beets Whole Wheat Bread Fresh Fruit Salad Egg Salad Sndw on Wheat Pickled Beets Fresh Fruit Salad							
DINNER													
Vegetable Pasta Casserole Buttered Corn Whole Wheat Bread Mini Pancakes w/Berries &Choc Sc Breaded Chicken Breast Cheesy Mashed Potatoes Buttered Corn Whole Wheat Bread Mini Pancakes w/Berries &Choc Sc	Olive & Tomato Braised Chicken Garden Rice Green Peas Whole Wheat Bread Mango Cod with Caper Wine Sauce Garden Rice Green Peas Whole Wheat Bread Marble Pudding Cake	Baked Ocean Perch Tartar Sauce Potato Wedges Roasted Cauliflower Whole Wheat Bread Fruit Cocktail Veggie Burger on WW Bun Potato Wedges Roasted Cauliflower Whole Wheat Bread Chocolate Pudding	BBQ Pork Ribs Herb Roasted Potatoes Glazed Butternut Squash Whole Wheat Bread Cherry Crisp Chicken Cacciatore Herb Roasted Potatoes Glazed Butternut Squash Whole Wheat Bread Cherry Crisp	Beef Shepherds Pie Baked Parmesan Tomato Whole Wheat Bread Cinnamon Applesauce Multigrain Tilapia Sweet Potato Wedges Baked Parmesan Tomato Whole Wheat Bread Banana Cake	Turkey a la King Cheese Tea Biscuit Italian Mix Vegetables Whole Wheat Bread Chilled Apricots Cheese & Spinach Cannelloni Italian Mix Vegetables Whole Wheat Bread Caramel Ice Cream Sandwich	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoes Yorkshire Pudding Green Beans Tropical Fruit Vegetarian Meatballs Fluffy Rice Green Beans Whole Wheat Bread Boston Cream Pie							

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