



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal
Scrambled Eggs	Peanut Butter	Creamy Yogurt	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Yogurt & Granola Parfait
Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Toasted WW English Muffin	Whole Wheat Toast	Whole Wheat Toast
Cranberry Juice	Whole Wheat Toast	Orange Juice	Prune Juice	Toasted WW English Muffin	Apple Juice	Orange Juice
Assorted Cold Cereal	Apple Juice	Assorted Cold Cereal	Assorted Cold Cereal	Cranberry Juice	Assorted Cold Cereal	Assorted Cold Cereal
Scrambled Eggs	Assorted Cold Cereal	Scrambled Eggs	Scrambled Eggs	Assorted Cold Cereal	Scrambled Eggs	Scrambled Eggs
White Toast	Scrambled Eggs	White Toast	White Toast	Scrambled Eggs	White Toast	White Toast
	White Toast			Whole Wheat Toast		
				White Toast		

LUNCH

Roasted Red Pepper Soup	Chicken Noodle Soup	Cream of Asparagus Soup	Minestrone Soup	Creamy Onion Soup	Split Pea Soup	Cream Cauliflower Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chili Con Carne	Ham & Swiss Sndw on Croissant	Tuna Salad Sandwich	Western Omelet Sandwich	Tex Mex Chicken Salad Plate	Cheesy Beef Macaroni Casserole	Crispy Bacon French Toast
Garlic Stick	Tossed Salad	Heritage Blend Salad	Macaroni Salad	Chilled Apricots	Tuscan Greens with Dressing	Mixed Berries
Broccoli Coleslaw	Fresh Fruit Salad	Orange Sections	Chilled Peaches	Chilled Sweet Cherries	Chilled Sweet Cherries	Cantaloupe Chunks
Cinnamon Pears	Cream of Asparagus Soup	Cream of Asparagus Soup	Minestrone Soup	Creamy Onion Soup	Creamy Onion Soup	
Roasted Red Pepper Soup	Chicken Noodle Soup	Unsalted Crackers	Minestrone Soup	Unsalted Crackers	Unsalted Crackers	
Unsalted Crackers	Unsalted Crackers	Sundried Tomato Frittata	Unsalted Crackers	Eggs Florentine	Split Pea Soup	
Cheddar Fruit Plate	Perogies w/Bacon & Onion	Wheat Roll	Corned Beef Sandwich	White/WW Toast	Unsalted Crackers	
Carrot Muffin	Tossed Salad	Heritage Blend Salad	Macaroni Salad	Tomato Wedges	Shrimp Salad Croissant	
Broccoli Coleslaw		Orange Sections	Chilled Peaches		Tuscan Greens with Dressing	

DINNER

Honey Balsamic Salmon	Cheese Tortellini wth Alfredo Sauce	Tuscan Lemon Chicken	Beef Stir-Fry	Parmesan Herb & Garlic Baked Cod	Chicken Souvlaki	Pork Roast
Wild & Brown Rice	Baked Parmesan Tomato	Garlic Mashed Potatoes	Fluffy Rice	Rosemary Potatoes	Parslied New Potatoes	Baked Potato
Parsley Carrots	Chocolate Mousse	Fresh Broccoli Florets	Jammy Shortbread Bar	Sauteed Spinach	Roasted Mixed Peppers	Roasted Butternut Squash
Cherry Crisp	Beef Pot Pie	Rice Pudding	Vegan Lasagna	Berry Trifle	Chocolate Cake	Apple Pie
Cabbage Rolls	Beef Pot Pie	Oktoberfest Sausage	Chickpea Salad	Berry Trifle	Baked Pollock	
Mashed Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Jammy Shortbread Bar	Pork Tourtiere	Parslied New Potatoes	
Parsley Carrots	Baked Parmesan Tomato	Fresh Broccoli Florets		Rosemary Potatoes	Roasted Mixed Peppers	
Cherry Crisp	Chocolate Mousse	Rice Pudding		Sauteed Spinach	Chocolate Cake	
				Berry Trifle		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						

Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice
High Fibre Cream of Wheat Oatmeal	High Fibre Cream of Wheat Oatmeal	High Fibre Cream of Wheat Oatmeal	Cinnamon Oatmeal	High Fibre Cream of Wheat Oatmeal	Oatmeal	Fresh Fruit Salad
Cottage Cheese	Pork Sausage Pattie	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Creamy Yogurt	High Fibre Cream of Wheat
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Peanut Butter
Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Raisin Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Apple Juice
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Fresh Fruit Salad
White Toast	White Toast	White Toast	White Toast	Scrambled Eggs	White Toast	Assorted Cold Cereal
				Whole Wheat Toast		Scrambled Eggs
				White Toast		White Toast
						Whole Wheat Toast

LUNCH						
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Carrot Ginger Soup	Vegetable Soup	Lemon Lentil Soup	Beef & Noodle Soup	Manhattan Clam Chowder	Tuscan Bean & Vegetable Soup	Potato & Cabbage Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Cheese Pizza	Swiss Cheese & Mushroom Omelette	Pulled Pork on WW Bun	Smoked Turkey Sandwich	Ham & Cheese Sandwich	Hot Dog on Bun	Eggs Benedict with Peameal
Tomato Cucumber Salad	Wheat Roll	Red Beet Citrus Salad	Cranberry & Pecan Mixed Salad	Coleslaw	Caesar Salad	Zesty Citrus Spinach Salad
Deluxe Fruit Salad	Fresh Broccoli Slaw	Fresh Fruit Salad	Chilled Apricots	Chilled Sweet Cherries	Chilled Peaches	Fruit Cocktail
Carrot Ginger Soup	Mandarin Dream Gelatin	Lemon Lentil Soup	Beef & Noodle Soup	Manhattan Clam Chowder	Tuscan Bean & Vegetable Soup	
Unsalted Crackers	Vegetable Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	
Turkey & Ham Chef Salad Bowl	Unsalted Crackers	Chicken Salad Sandwich	Boneless Chicken Wings	Warm Chicken Leek Pasta Salad	Butternut Squash Ravioli	
Tomato Cucumber Salad	Roast Beef Sandwich	Red Beet Citrus Salad	Cranberry & Pecan Mixed Salad	Coleslaw	Caesar Salad	
	Fresh Broccoli Slaw					

DINNER						
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Beef Ragout	Savory Mustard Chicken	Garlic Shrimp	Cheese Ravioli & Sauce	Cabbage Roll	Turkey Scallopini	Homemade Roast Beef
Buttered Penne	Chives & Sour Cream Mashed Potatoes	Cilantro Rice	Fresh Broccoli Florets	Mashed Potatoes	Herb Roasted Potatoes	Garlic Mashed Potatoes
Fresh Brussels Sprouts	Mashed Potatoes	Four Bean Salad	Strawberry Ice Cream	Peas & Carrots	Fresh Diced Beets	Roasted Fresh Asparagus
Banana Cream Pie Slice	Fresh Green Beans	Uniced Chocolate Brownie	Pork Chop & Apple Chutney	Maple Pudding Cake	Country Carrot Cake	Pumpkin Pie
Lemon Parsley Salmon	Blueberry Crumble	Hawaiian Meatballs	Mashed Potatoes	Haddock with Roasted Red Pepper Sauce	Primavera Pasta	
Mashed Potatoes	Steak & Mushroom Pot Pie	Cilantro Rice	Fresh Broccoli Florets	Mashed Potatoes	Garlic Bread	
Fresh Brussels Sprouts	Chives & Sour Cream Mashed Potatoes	Four Bean Salad	Strawberry Ice Cream	Peas & Carrots	Country Carrot Cake	
Banana Cream Pie Slice	Fresh Green Beans	Uniced Chocolate Brownie		Maple Pudding Cake		
	Blueberry Crumble					



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BREAKFAST						
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
Creamy Yogurt	Scrambled Eggs	Cottage Cheese	Peanut Butter	Poached Egg	Hard Boiled Egg	Oatmeal
Scrambled Eggs	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
Whole Wheat Toast	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Whole Wheat Toast
Orange Juice	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cranberry Juice
Assorted Cold Cereal	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Fresh Fruit Salad
Creamy Yogurt	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Assorted Cold Cereal
Scrambled Eggs			White Toast			Scrambled Eggs
White Toast						White Toast

LUNCH						
Roasted Cauliflower Soup	Fall Harvest Soup	Tomato Bisque	Broccoli Cheese Soup	Potato Bacon Soup	Butternut Squash Soup	Chicken Noodle Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Three Cheese Omelette	Perogie Casserole	Fall Harvest Turkey Salad	Salami on Rye	Thai Chicken Salad	Pulled Pork on Wheat Bun	Breakfast Sausage Link
Strawberries Mixed Green Salad	Tossed Salad	Wheat Roll	Tossed Salad	Wheat Roll	Coleslaw	French Toast
Mandarin Pineapple Cup	Tropical Fruit	Chilled Poached Pears	Fresh Fruit Salad	Berry Pineapple Cream	Mandarin Oranges	Diced Cantaloupe & Honeydew
Roasted Cauliflower Soup	Fall Harvest Soup	Tomato Bisque	Broccoli Cheese Soup	Potato Bacon Soup	Butternut Squash Soup	
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	
Bacon & Tomato Sandwich	Salmon Salad	Grilled Cheese Sandwich	Sliced Egg Salad Plate	Macaroni & Cheese	Tuna Noodle Casserole	
Strawberries Mixed Green Salad	Buttered WW Bread	Tomato Wedges	Tossed Salad	Cucumber Salad	Coleslaw	
	Tossed Salad					

DINNER						
Chicken & Veg Stir Fry	Glazed Pork Chop	Beef Stroganoff	Breaded Pollock	Vege Stuffed Pepper	Creamy Sundried Tomato & Chicken Gnocchi	Pork Loin w/Apples
Fluffy Rice	Garlic Mashed Potatoes	Buttered Egg Noodles	Herbed Potatoes	Baked Potato	Whipped Potatoes	Cheddar Mashed Potatoes
Boston Cream Cake	Fresh Green Beans	Peas & Carrots	Roasted Fresh Asparagus	Creamed Corn	Fresh Cauliflower & Peppers	Fall Medley Vegetables
Three Cheese Lasagna	Apple Crisp	Angel Cake with Berries	Black Forest Pudding	Lemon Meringue Pie	Peach Cobbler	Pecan Pie
Garden Salad	Roasted Tomato Sole	Chicken in Creamy Leek Sauce	Turkey Schnitzel	Curried Lamb	Meat Lasagna	
Boston Cream Cake	Garlic Mashed Potatoes	Mashed Potatoes	Herbed Potatoes	Baked Potato	Fresh Cauliflower & Peppers	
	Fresh Green Beans	Peas & Carrots	Roasted Fresh Asparagus	Creamed Corn	Peach Cobbler	
	Apple Crisp	Angel Cake with Berries	Black Forest Pudding	Lemon Meringue Pie		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice
High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	Fresh Fruit Salad
Creamy Yogurt	Whole Wheat Toast	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Yogurt & Granola Parfait	High Fibre Cream of Wheat
Whole Wheat Toast	Orange Juice	Whole Wheat Toast	Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
Apple Juice	Assorted Cold Cereal	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Whole Wheat Toast
Assorted Cold Cereal	Scrambled Eggs	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Prune Juice
Scrambled Eggs	White Toast	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Fresh Fruit Salad
White Toast		White Toast	Whole Wheat Toast	Scrambled Eggs	White Toast	Assorted Cold Cereal
			White Toast	Whole Wheat Toast		Scrambled Eggs
				White Toast		White Toast

LUNCH						
Golden Lentil Soup	Scotch Broth	Cream of Celery Soup	Corn Chowder	Barley Beef Soup	Vegetable Soup	Lemon Chicken & Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Egg Salad Sndw on Croissant	Roast Beef Dijon Mayo Sandwich	Hawaiian Pizza	Turkey Salad Wrap	Ham & Cheese Omelette	Wieners & Beans	Crispy Bacon
Cucumber Salad	Carrot Raisin Salad	Heritage Blend Salad	Pineapple Slaw	Wheat Roll	Wheat Roll	Pancake with Maple Syrup
Orange Sections	Peach Fruit Whip	Mixed Berries	Peaches & Pears	Triple Bean Salad	Pear & Pecan Lettuce Salad	Blueberries with Whip Cream
Golden Lentil Soup	Scotch Broth	Cream of Celery Soup	Corn Chowder	Mango & Pineapple Salad	Fruit Cocktail	Chilled Apricots
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Barley Beef Soup	Vegetable Soup	
Farmers Sausage on WW Bun	Cottage Cheese Fresh Fruit	Chicken Mango Salad	Haddock Bites	Unsalted Crackers	Unsalted Crackers	
Cucumber Salad	Assorted Dinner Rolls	Assorted Dinner Rolls	Diced Savory Potatoes	Zesty Hummus Salad Plate	Crab Salad on Brioche Bun	
			Pineapple Slaw	Triple Bean Salad	Pear & Pecan Lettuce Salad	
			Peaches & Pears		Fruit Cocktail	

DINNER						
Forest Mushroom Beef Stew	Lemon Thyme Chicken	Teriyaki Salmon	Glazed Ham	Turkey Schnitzel	Honey Garlic Pork Loin	Homemade Roast Beef
Mashed Potatoes	Couscous Pilaf	Basmati Rice	Garlic Mashed Potatoes	Roasted New Potatoes	Mashed Potatoes	Lyonnais Potatoes
Glazed Carrots	Roasted Fresh Asparagus	Fresh Golden Cauliflower	Garden Peas	Fresh Broccoli Florets	Fresh Brussels Sprouts	Glazed Turnips
Strawberry Cheesecake	Banana Bread	Tiramisu Mousse	Strawberry Rhubarb Pie	Oatmeal Apple Cake	Butterscotch Ice Cream	Coconut Cream Pie
Fish 'n Chips	Mushroom Ravioli	Beef Shepherds Pie	Chicken Pie	Swiss Steak	Portuguese Grilled Chicken	
Glazed Carrots	Roasted Fresh Asparagus	Fresh Golden Cauliflower	Garlic Mashed Potatoes	Roasted New Potatoes	Mashed Potatoes	
Strawberry Cheesecake	Banana Bread	Tiramisu Mousse	Garden Peas	Fresh Broccoli Florets	Fresh Brussels Sprouts	
			Strawberry Rhubarb Pie	Oatmeal Apple Cake	Butterscotch Ice Cream	