



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**BREAKFAST**

<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>	<b>Assorted Juice</b>
<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>	<b>Stewed Prunes</b>
<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>	<b>Assorted Fresh Fruit Bowl</b>
<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>	<b>High Fibre Cinnamon Oatmeal</b>	<b>Fortified Cream of Wheat</b>
<b>Bagel &amp; Cream Cheese</b>	<b>Cinnamon Glazed French Toast</b>	<b>Sausage Links</b>	<b>Cheese Omelette</b>	<b>Poached Egg</b>	<b>Hard Boiled Egg</b>	<b>Scrambled Eggs</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	Assorted Cold Cereal	<b>Whole Wheat Toast</b>	<b>Crispy Bacon</b>
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal
White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast
						Whole Wheat Toast

**LUNCH**

<b>Unsalted Crackers</b>	<b>Golden Lentil Soup</b>	<b>Carrot Ginger Soup</b>	<b>Italian Wedding Soup</b>	<b>Beer Cheese Soup</b>	<b>Tomato Soup</b>	<b>Chicken Creole Soup</b>
<b>Spring Vegetable Soup</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Asparagus &amp; Red Pepper Quiche</b>	<b>Hot Dog on Bun</b>	<b>Hamburger on Wheat Bun</b>	<b>Chicken Salad Sndw on WW</b>	<b>Chef Salad Plate</b>	<b>Cottage Cheese &amp; Fruit Plate</b>	<b>Vegetable Pizza</b>
<b>Citrus Spinach Salad</b>	<b>Coleslaw Vinaigrette</b>	<b>Tomato, Onion &amp; Lettuce</b>	<b>Fresh Broccoli Slaw</b>	<b>Whole Wheat Bread</b>	<b>Banana Muffin</b>	<b>Buttered Beans</b>
<b>Whole Wheat Bread</b>	<b>Fresh Fruit Salad</b>	<b>Onion Pickle Slice</b>	<b>Whole Wheat Bread</b>	<b>Baked Spiced Pears</b>	<b>Chocolate Ice Cream Cup</b>	<b>Whole Wheat Bread</b>
<b>Tropical Fruit</b>	Cream Cheese & Cucumber Sandwich	<b>Marinated Vegetable Salad</b>	<b>Mandarin Oranges</b>	Tuscan Mac & Cheese	Lemon Ricotta Penne	<b>Honeydew Chunks</b>
Crab Salad Sndw on WW	Coleslaw Vinaigrette	<b>Fresh Watermelon</b>	Cod Nuggets	Caesar Salad	Chickpea with Feta & Tomato Salad	Deli Meat Salad Plate
Citrus Spinach Salad	Fresh Fruit Salad	Tex Mex Chicken Salad Plate	Lemon Wedge	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Tropical Fruit		Marinated Vegetable Salad	Tartar Sauce	Baked Spiced Pears	Chocolate Ice Cream Cup	Honeydew Chunks
		Whole Wheat Bread	Hashbrown Patty			
		Fresh Watermelon	Fresh Broccoli Slaw			
			Whole Wheat Bread			
			Mandarin Oranges			

**DINNER**

<b>Corned Beef</b>	<b>Chicken Cordon Bleu</b>	<b>Pork Tourtiere</b>	<b>BBQ Pork Ribs</b>	<b>Salisbury Steak &amp; Gravy</b>	<b>Butter Chicken</b>	<b>Homemade Roast Beef</b>
<b>Parslied New Potatoes</b>	<b>Sweet Potatoes</b>	<b>Savoury Diced Potatoes</b>	<b>Baked Potato</b>	<b>Rosemary Potatoes</b>	<b>Basmati Rice</b>	<b>Yorkshire Pudding</b>
<b>Glazed Carrots</b>	<b>Seasoned Green Peas</b>	<b>Broccoli Florets</b>	<b>Roasted Mixed Peppers</b>	<b>Parslied Cauliflower</b>	<b>Peas &amp; Carrots</b>	<b>Scalloped Potatoes</b>
<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Glazed Butternut Squash</b>
<b>Peach Crisp</b>	<b>Mixed Berries</b>	<b>Cantaloupe Chunks</b>	<b>Tropical Fruit</b>	<b>Blueberries</b>	<b>Chilled Apricots</b>	<b>Pineapple Tidbits</b>
Honey Garlic Chicken	Zesty Honey Dijon Baked Fish	Breaded Pollock	Vegan Lasagna	Lemon Parsley Salmon	Sweet Harvest Casserole	Turkey Schnitzel
Parslied New Potatoes	Lemon Wedge	Lemon Wedge	Roasted Mixed Peppers	Lemon Wedge	Basmati Rice	Scalloped Potatoes
Glazed Carrots	Sweet Potatoes	Savoury Diced Potatoes	Whole Wheat Bread	Rosemary Potatoes	Peas & Carrots	Glazed Butternut Squash
Whole Wheat Bread	Seasoned Green Peas	Broccoli Florets	Coconut Poke Cake	Parslied Cauliflower	Whole Wheat Bread	Whole Wheat Bread
Peach Crisp	Whole Wheat Bread	Whole Wheat Bread		Whole Wheat Bread	Ice Cream Sandwich	Chocolate Cream Pie Slice
	Lemon Pudding Cake	Chocolate Mousse		Raspberry Cheesecake		

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