



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes
Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl
High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal
Sausage Links	Cheese Omelette	Bagel & Cream Cheese	Cinnamon Glazed French Toast	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Whole Wheat Toast	Crispy Bacon
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal White Toast
LUNCH						
Beef Vegetable Soup	Spiced Chicken Chickpea Soup	Roasted Red Pepper Soup	Beer Cheese Soup	Vegetable Soup	Lentil Soup	Wild Rice Chicken Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Egg & Potato Salad Plate	Grilled Cheese Sandwich	Turkey Salad on Wheat	Salami on Wheat	Chicken Spinach Tomato Salad	Hawaiian Pizza	Pancake with Maple Syrup
Marinated 4 Bean Salad	Iceberg & Carrot Salad	Spring Salad Mix	Cranberry Almond Salad	Pita Bread Wedges	Coleslaw Vinaigrette	Assorted Yogurt
Whole Wheat Bread	Butterscotch Sundae	Fresh Watermelon	Cantaloupe Chunks	Chilled Poached Pears	Whole Wheat Bread	Blueberries
Orange Sections	Cottage Cheese & Fruit Plate	Vegetable Quiche	Three Cheese Penne	Hot Dog on Bun	Ambrosia Salad	Strawberry Ice Cream Cup
Grilled Reuben Sandwich	Carrot Muffin	Spring Salad Mix	Cranberry Almond Salad	Triple Bean Salad	Tuna Salad Sandwich	Vegetarian Sloppy Joe on WW Bun
Marinated 4 Bean Salad	Butterscotch Sundae	Whole Wheat Bread	Whole Wheat Bread	Chilled Poached Pears	Coleslaw Vinaigrette	Bun
Orange Sections		Fresh Watermelon	Cantaloupe Chunks		Ambrosia Salad	Greek Salad Strawberry Ice Cream Cup
DINNER						
Crispy Baked Chicken	Honey Garlic Ribs	Spaghetti & Meat Sauce	Steamed Haddock & Mango Salsa	Oriental Beef & Vegetables	Chicken in Creamy Leek Sauce	Roast Turkey
Couscous Pilaf	Golden Potato Bake	Seasoned Zucchini	Lemon Wedge	Basmati Rice	Roasted Potatoes	Cranberry Sauce
Sliced Carrots	Sweet & Sour Cabbage	Whole Wheat Bread	Glazed Sweet Potatoes	Buttered Brussels Sprouts	Broccoli Florets	Poultry Gravy
Whole Wheat Bread	Whole Wheat Bread	Pineapple Tidbits	Green Beans with Pimento	Whole Wheat Bread	Whole Wheat Bread	Scalloped Potatoes
Tropical Fruit	Homemade Peach Cobbler	Glazed Pork Chop	Whole Wheat Bread	Honeydew Chunks	Chilled Apricots	Steamed Asparagus Spears
Tomato Basil Gnocchi	Braised Beef Liver & Onions	Baked Potato	Whole Wheat Bread	Roasted Tomato Sole	Beef Ravioli & Sauce	Stuffing
Sliced Carrots	Golden Potato Bake	Seasoned Zucchini	Fruit Cocktail	Lemon Wedge	Broccoli Florets	Cantaloupe Chunks
Whole Wheat Bread	Sweet & Sour Cabbage	Whole Wheat Bread	Grilled Chicken Souvlaki	Basmati Rice	Whole Wheat Bread	Stuffed Cabbage Roll
Frosted Brownie	Whole Wheat Bread	Strawberry Cheesecake	Tzatziki Sauce	Buttered Brussels Sprouts	Oreo Ice Cream Sandwich	Scalloped Potatoes
	Homemade Peach Cobbler		Glazed Sweet Potatoes	Whole Wheat Bread		Steamed Asparagus Spears
			Green Beans with Pimento	Tangerine Mousse		Whole Wheat Bread
			Whole Wheat Bread			Banana Cream Pie Slice
			Creamy Rice Pudding			

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