



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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
Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat	High Fibre Cinnamon Oatmeal	Fortified Cream of Wheat
Sausage Links	Hard Boiled Egg	Cinnamon Glazed French Toast	Cheese Omelette	Poached Egg	Bagel & Cream Cheese	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Crispy Bacon
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast
White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal White Toast

LUNCH

Hearty Navy Bean Soup	Barley Beef Soup	Chicken Noodle Soup	Tomato Soup	Vegetable Rice Soup	Lentil Soup	Squash Apple Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Baked Macaroni & Cheese	Pastrami Sandwich	Beef & Corn Casserole	Chicken Fingers with Plum Sauce	Pulled Pork on Wheat Bun	Roast Beef Sandwich	Margarita Pizza
Cucumber Salad	Asian Coleslaw	Greek Salad	Tator Tots	Red Beet Citrus Salad	Marinated Tomato Salad	Caesar Salad
Whole Wheat Bread	Mango	Whole Wheat Bread	Cranberry Spinach Salad	Stewed Rhubarb & Berries	Fruit Whip	Whole Wheat Bread
Chilled Peaches	Homestyle Turkey Chili	Vanilla Ice Cream Cup	Cantaloupe Chunks	Chicken Citrus Salad	Perogies w/Bacon & Onion	Fresh Fruit Salad
Deviled Ham Salad Sandwich	Asian Coleslaw	Cottage Cheese & Fruit Plate	Hamburger on Wheat Bun	Garlic Stick	Marinated Tomato Salad	Turkey Salad on Wheat
Cucumber Salad	Whole Wheat Bread	Banana Muffin	Onion Pickle Slice	Red Beet Citrus Salad	Fruit Whip	Caesar Salad
Chilled Peaches	Mango	Vanilla Ice Cream Cup	Tomato/Onion Slices	Stewed Rhubarb & Berries		Fresh Fruit Salad
			Cranberry Spinach Salad			
			Cantaloupe Chunks			

DINNER

Beef Stuffed Green Pepper	Olive & Tomato Braised Chicken	Krunchie Perch	Apple Cider Pork Chops	Beef Shepherds Pie	Chicken Pie	Homemade Roast Beef
Baked Potato	Rice Pilaf	Tartar Sauce	Herb Roasted Potatoes	Baked Parmesan Tomato	Poultry Gravy	Brown Gravy
Buttered Corn	Seasoned Green Peas	Lemon Wedge	Glazed Butternut Squash	Whole Wheat Bread	Au Gratin Potatoes	Yorkshire Pudding
Whole Wheat Bread	Whole Wheat Bread	French Fries	Whole Wheat Bread	Honeydew Chunks	Buttered Brussels Sprouts	Mashed Potatoes
Pineapple Tidbits	Hot Spiced Apples	Golden Cauliflower	Cherry Crisp	Garlic Herb Tilapia	Whole Wheat Bread	Green Beans
Breaded Chicken Breast	Baked Sole & Dill Sauce	Whole Wheat Bread	Savory Mushroom Potato Dumplings	Tartar Sauce	Chilled Apricots	Mandarin Oranges
Baked Potato	Lemon Wedge	Chilled Poached Pears	Glazed Butternut Squash	Lemon Wedge	Ham Fettuccini Alfredo	Chicken & Asian Vegetable Stir Fry
Buttered Corn	Rice Pilaf	Turkey Meatloaf	Whole Wheat Bread	Sweet Potato Wedges	Buttered Brussels Sprouts	Basmati Rice
Whole Wheat Bread	Seasoned Green Peas	French Fries	Cherry Crisp	Baked Parmesan Tomato	Whole Wheat Bread	Green Beans
White Chocolate Macadamia Nut Cookie	Whole Wheat Bread	Golden Cauliflower		Whole Wheat Bread	Caramel Ice Cream Sandwich	Whole Wheat Bread
	Pumpkin Tart	Whole Wheat Bread		Blonde Brownie		Coconut Cream Pie
		Tropical Fruit Chiffon				

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