

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
Hard Boiled Egg	Assorted Greek Yogurt Cup	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Assorted Greek Yogurt Cup	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast
LUNCH						
Minestrone Soup	Cream of Mushroom Soup	Clam Chowder	Split Pea Soup	Beef Vegetable Soup	Potato Bacon Soup	Chicken Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Ham & Havarti on Onion Bun	Chicken Salad Sandwich	Beef Taco Salad	Boneless Chicken Wings	Portuguese Shrimp Pasta	Fish Cake	Belgian Waffle & Berries
Cucumber Dill Salad	Garlic Bread	Wheat Roll	Mediterranean Salad	Chickpea with Feta & Tomato Salad	Wheat Roll	Turkey Breakfast Sausage
Fresh Watermelon	Fruit Cocktail	Orange Sections	Tropical Fruit	Stewed Rhubarb	Chilled Apricots	Cinnamon Applesauce
Minestrone Soup	Cream of Mushroom Soup	Clam Chowder	Split Pea Soup	Beef Vegetable Soup	Potato Bacon Soup	Chicken Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Beef Vegetable Soup	Unsalted Crackers	Unsalted Crackers
Cheeseburger Pie	Cheese & Spinach Cannelloni	Salmon Salad on Rye	Hamburger on Wheat Bun	Unsalted Crackers	Cheesy Tuna Melt	Egg Salad Sandwich
Cucumber Dill Salad	Tossed Garden Salad	Pickled Beets	Mediterranean Salad	Spinach Feta Omelette Cup	Carrot Raisin Salad	House Salad
Fresh Watermelon	Fruit Cocktail	Wheat Roll	Tropical Fruit	Chickpea with Feta & Tomato Salad	Wheat Roll	Cinnamon Applesauce
		Orange Sections		Stewed Rhubarb	Chilled Apricots	
DINNER						
Dijon Maple Glazed Salmon	Beef & Broccoli Stir-Fry	Portuguese Grilled Chicken	Swiss Steak	G-F Breaded Lemon Sole Fillet	Tandoori Chicken	Pork Roast
Sweet Potatoes	Fluffy Rice	Boiled Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Basmati Rice	Roasted Red Skin Potatoes
Roasted Fresh Asparagus	Butterscotch Pudding	Parsley Carrots	Fresh Diced Beets	Buttered Red Cabbage	Fresh Zucchini Medley	Buttered Corn
German Chocolate Cake	Turkey Schnitzel	Vanilla Ice Cream	Date Square Bar	Berry Cobbler	Carrot Cake	Lemon Meringue Pie
Roast Creole Chicken Thigh	Fresh Broccoli Florets	Sweet & Sour Pork	Primavera Pasta	Herbed Pork Chops in Gravy	Sausage Jambalaya	Cheese Tortellini
Sweet Potatoes	Chilled Peaches	Boiled Potatoes	Fresh Diced Beets	Garlic Mashed Potatoes	Basmati Rice	Buttered Corn
Roasted Fresh Asparagus		Parsley Carrots	Honeydew Chunks	Buttered Red Cabbage	Fresh Zucchini Medley	Fruit Cocktail
Fresh Fruit Salad		Strawberries		Mixed Berries	Fresh Pineapple	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	Fresh Fruit Salad
Assorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	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
Assorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
				White Toast		Peanut Butter
						White Toast
						Whole Wheat Toast

LUNCH

Spring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Potato Leek Soup	Cream of Celery Soup	Portuguese Caldo Verde
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Asparagus & Red Pepper Quiche	Potato & Cheese Perogies	Hamburger on Wheat Bun	Chicken Salad on Multi-Grain	Portuguese White Fish	Pesto Tuna Salad on Rye	Eggs Benedict with Peameal
Citrus Spinach Salad	Coleslaw Vinaigrette	Marinated Vegetable Salad	Fresh Broccoli Slaw	4 Bean Salad	Tossed Salad	Fresh Apple Slices
Chilled Peaches	Fresh Fruit Salad	Mixed Berries	Mandarin Oranges	Wheat Roll	Fresh Pineapple	Fresh Melon
Spring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Baked Spiced Pears	Cream of Celery Soup	Portuguese Caldo Verde
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Potato Leek Soup	Unsalted Crackers	Unsalted Crackers
Crab Salad on Brioche Bun	Cream Cheese & Cucumber Sandwich	Chicken Caesar Salad	Fish Tacos	Unsalted Crackers	Lemon Ricotta Penne	Pepperoni & Mushroom Pizza
Citrus Spinach Salad	Coleslaw Vinaigrette	Garlic Bread	Fresh Broccoli Slaw	Pastrami & Tomato on Rye	Tossed Salad	Tossed Salad
Chilled Peaches	Fresh Fruit Salad	Mixed Berries	Mandarin Oranges	4 Bean Salad	Fresh Pineapple	Fresh Melon
				Baked Spiced Pears		

DINNER

Corned Beef	Chicken Cordon Bleu	Baked Trout	Honey Garlic Ribs	Fish 'n Chips	Butter Chicken	Homemade Roast Beef
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Baked Potato	Creamy Coleslaw	Basmati Rice	Yorkshire Pudding
Glazed Carrots	Sauteed Spinach	Fresh Broccoli Florets	Tossed Salad	Angel Cake with Berries	Peas & Carrots	Cheesy Mashed Potatoes
Strawberry Rhubarb Crisp	Lemon Bar	Warm Bread Pudding	Chocolate Pudding	Salisbury Steak & Gravy	Ice Cream with Cherry Sauce	Glazed Butternut Squash
Honey Garlic Chicken	Zesty Honey Dijon Baked Fish	Turkey Schnitzel	Homemade Beef Lasgana	Rosemary Potatoes	Portuguese Tuna Casserole	Strawberry Cheesecake
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Tossed Salad	Creamy Coleslaw	Peas & Carrots	Turkey Tetrazzini
Glazed Carrots	Sauteed Spinach	Fresh Broccoli Florets	Fruit Cocktail	Mixed Berries	Fresh Fruit Salad	Glazed Butternut Squash
Strawberries	Tropical Fruit	Cantaloupe Chunks				Chilled Peaches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
Pork Sausage Pattie	Hard Boiled Egg	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Oatmeal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cranberry Juice
Pork Sausage Pattie	Hard Boiled Egg	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Assorted Cold Cereal
			White Toast			Scrambled Eggs
						White Toast
LUNCH						
Beef Vegetable Soup	Spiced Chicken Chickpea Soup	Roasted Red Pepper Soup	Potato Leek Soup	Cream of Asparagus Soup	Lentil Soup	Wild Rice Chicken Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Quiche Lorraine	Margarita Pizza	Mini Turkey Club on a Bun	Philly Steak & Cheese Melt	Haddock Bites	Grilled Cheese Sandwich	Pancake with Maple Syrup
Marinated 4 Bean Salad	Iceberg & Carrot Salad	Spring Salad Mix	Garden Salad	Wheat Roll	Coleslaw Vinaigrette	Vanilla Greek Yogurt
Orange Sections	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Chilled Cherries	Fresh Grapes	Blueberries
Beef Vegetable Soup	Spiced Chicken Chickpea Soup	Roasted Red Pepper Soup	Potato Leek Soup	Cream of Asparagus Soup	Lentil Soup	Mandarin Dream Gelatin
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Wild Rice Chicken Soup
Corned Beef on Rye	Western Omelet Sandwich	Pepper Frittata	Three Cheese Penne	Hot Dog on Bun	Smoked Turkey Sandwich	Unsalted Crackers
Marinated 4 Bean Salad	Iceberg & Carrot Salad	Spring Salad Mix	Garden Salad	Spinach Tomato Salad	Coleslaw Vinaigrette	Bacon & Tomato Sandwich
Orange Sections	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Wheat Roll	Fresh Grapes	Strawberries Mixed Green Salad
				Chilled Cherries		Mandarin Dream Gelatin
DINNER						
Crispy Baked Chicken	Pork Chop & Apple Chutney	Spaghetti & Meatballs	Steamed Haddock & Mango Salsa	Roasted Tomato Sole	Chicken in Creamy Leek Sauce	Portuguese Bacalhau a Bras
Glazed Carrots	Golden Potato Bake	Seasoned Zucchini	Lemon Roasted Potatoes	Brown Rice	Mashed Potatoes	Roasted Fresh Asparagus
Iced Brownie	Sweet & Sour Cabbage	Tripleberry Square	Fresh Green Beans	Sauteed Bok Choy	Fresh Broccoli Florets	Strawberry Rhubarb Pie
Moroccan Lamb Tagine	Homemade Peach Cobbler	Salmon & Yogurt Lemon Sauce	Arroz Doce	Summer Berry Flan	Ice Cream Sundae	Lemon Garlic Pork
Couscous Pilaf	Braised Beef Liver & Onions	Boiled Potatoes	Grilled Chicken Souvlaki	Oriental Beef & Vegetables	Beef Ravioli & Sauce	Rice
Glazed Carrots	Golden Potato Bake	Seasoned Zucchini	Lemon Roasted Potatoes	Brown Rice	Fresh Broccoli Florets	Roasted Fresh Asparagus
Honeydew Chunks	Sweet & Sour Cabbage	Mixed Berries	Fresh Green Beans	Sauteed Bok Choy	Mango	Chilled Poached Pears
	Chilled Peaches		Fresh Grapes	Strawberries		

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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
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	High Fibre Cream of Wheat
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Prune Juice
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
White Toast	White Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
			White Toast	White Toast		Scrambled Eggs
						White Toast

LUNCH

English Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Barley Beef Soup	Vegetable Rice Soup	Vegetable Soup	Portuguese Caldo Verde
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Baked Macaroni & Cheese	Deviled Ham Salad Sandwich	Beef & Corn Casserole	Homemade Macaroni & Cheese	Fish Cakes	Pulled Pork on WW Bun	Sausage Links
Garden Salad	Asian Coleslaw	Greek Salad	Wheat Roll	Red Beet Citrus Salad	Marinated Tomato Salad	French Toast
Chilled Peaches	Mango & Pineapple Salad	Chilled Poached Pears	Diced Cantaloupe & Honeydew	Stewed Rhubarb & Berries	Fresh Grapes	Strawberries
English Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Vegetable Rice Soup	Vegetable Soup	Vegetable Soup	Fresh Fruit Salad
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Barley Beef Soup	Unsalted Crackers	Unsalted Crackers	Portuguese Caldo Verde
Ham & Swiss on Croissant	Wieners & Beans	Shrimp Salad on Croissant	Unsalted Crackers	Roast Beef Sandwich	Vegetable Cheese Strata	Unsalted Crackers
Garden Salad	Asian Coleslaw	Greek Salad	Hamburger w/Mushrooms	Red Beet Citrus Salad	Marinated Tomato Salad	Homemade Cheese Pizza
Chilled Peaches	Mango & Pineapple Salad	Chilled Poached Pears	Tossed Salad	Stewed Rhubarb & Berries	Fresh Grapes	Mediterranean Salad
			Wheat Roll			Fresh Fruit Salad
			Diced Cantaloupe & Honeydew			

DINNER

Stuffed Cabbage Roll	Olive & Tomato Braised Chicken	Baked Ocean Perch	Marmalade Pork Loin	Multigrain Tilapia	Turkey a la King	Homemade Roast Beef
Buttered Corn	Multigrain Rice Pilaf	French Fries	Roasted Red Skin Potatoes	Sweet Potato Wedges	Puff Pastry Wedge	Yorkshire Pudding
Mini Pancakes w/Berries & Choc Sc	Steamed Snow Peas	Fresh Golden Cauliflower	Glazed Butternut Squash	Fresh Broccoli Florets	Caesar Salad	Chives & Sour Cream Mashed Potatoes
Breaded Chicken Breast	Berry Trifle	Chocolate Pudding	Cherry Crisp	Chocolate Maple Cake	Vanilla Ice Cream & Fruit Sauce	Fresh Green Beans
Mashed Potatoes	Baked Sole & Dill Sauce	Pork Loaf	Portuguese Grilled Chicken	Beef Shepherds Pie	Sauce	Blueberry Pie Slice
Buttered Corn	Multigrain Rice Pilaf	French Fries	Roasted Red Skin Potatoes	Fresh Broccoli Florets	Ham Fettuccini Alfredo	Glazed Pork Chop
Fresh Fruit Salad	Steamed Snow Peas	Fresh Golden Cauliflower	Glazed Butternut Squash	Fresh Fruit Salad	Caesar Salad	Chives & Sour Cream Mashed Potatoes
	Mixed Berries	Tropical Fruit	Fresh Grapes		Sliced Pears	Fresh Green Beans
						Blueberries