

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
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Creamy Yogurt	Crispy Bacon	Scrambled Eggs	Poached Egg	Peanut Butter	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Bread	Whole Wheat Toast
White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast
LUNCH						
Minestrone Soup	Cream of Mushroom Soup	Corn 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 Caesar Salad	Chili Con Carne	Cottage Cheese & Summer Fruit Salad Plate	Boneless Chicken Wings	Turkey & Ham Chef Salad Bowl	Belgian Waffle & Berries
Beef Pot Pie	Cheese & Spinach Cannelloni	Salmon Salad on Rye	Captain Burger on WW Bun	Cheese Omelette	Cheesy Tuna Melt	Turkey Breakfast Sausage
Cucumber Dill Salad	Caesar Salad	Pickled Beets	Tartar Sauce	Sweet Potato French Fries	Carrot Raisin Salad	Cinnamon Applesauce
Fresh Watermelon	Garlic Bread	Wheat Roll	Mediterranean Salad	Chickpea with Feta & Tomato Salad	Wheat Roll	
	Fruit Cocktail	Orange Sections	Blueberry Oatmeal Muffin	Cantaloupe Chunks	Chilled Apricots	
			Fruit Gelatin			
DINNER						
Dijon Maple Glazed Salmon	Beef & Broccoli Stir-Fry	Herb Baked Chicken Thigh	Salisbury Steak	Herbed Pork Chops in Gravy	Tandoori Chicken	Pork Roast
Roast Creole Chicken Thigh	Sweet & Sour Pork	Mushroom Ravioli	Primavera Pasta	G-F Breaded Lemon Sole Fillet	Sausage Jambalaya	Brown Gravy
Mashed Potatoes	Fluffy Rice	Potato Wedges	Mashed Potatoes	Garlic Mashed Potatoes	Basmati Rice	Roasted Red Skin Potatoes
Roasted Fresh Asparagus	Fresh Broccoli Florets	Parsley Carrots	Roasted Butternut Squash	Buttered Red Cabbage	Fresh Zucchini Medley	Buttered Corn
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
German Chocolate Cake	Lemon Mousse & Whipped Topping	Strawberry Ice Cream	Date Square Bar	Berry Cobbler	Carrot Cake	Lemon Meringue Pie

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	High Fibre Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Creamy Yogurt	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Peanut Butter
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	White Toast
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast
				White Toast		Raisin Toast

LUNCH

Spring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Potato Leek Soup	Cream of Celery Soup	Chicken Creole Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Vegetable Quiche	Deli Salad Platter	Hamburger on Wheat Bun	Beef Roast Sandwich on Wheat	Chef Salad Plate	Tuna Salad on Rye	Eggs Benedict with Peameal
Crab Salad on Brioche Bun	Hot Turkey Sandwich	Blackened Chicken Citrus Salad	Fish 'n Chips	Eggplant Parmesan Sandwich	Lemon Ricotta Penne	Hollandaise Sauce
Citrus Spinach Salad	Coleslaw Vinaigrette	Garlic Bread	Fresh Broccoli Slaw	Caesar Salad	Tomato Wedges	Baked Apple
Chilled Peaches	Fresh Fruit Salad	Marinated Vegetable Salad	Mandarin Oranges	Wheat Roll	Fresh Pineapple	Fresh Melon
		Mixed Berries		Baked Spiced Pears		

DINNER

Corned Beef	Chicken Cordon Bleu	Honey Garlic Ribs	Baked Trout	Salisbury Steak	Butter Chicken	Homemade Roast Beef
Honey Garlic Chicken	Zesty Honey Dijon Baked Fish	Vegan Lasagna	Turkey Schnitzel	Shrimp Skewer	Sweet Harvest Casserole	Brown Gravy
Parslied New Potatoes	Baked Potato	Couscous w/Carrots & Cilantro	Wild & Brown Rice	Rosemary Potatoes	Brown Rice	Yorkshire Pudding
Glazed Carrots	Sugar Snap Peas	Seasoned Spinach	Fresh Cauliflower & Peppers	Fresh Broccoli Florets	Peas & Carrots	Cheesy Mashed Potatoes
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Glazed Butternut Squash
Strawberry Rhubarb Crisp	White Cake	Chocolate Mousse	Coconut Poke Cake	Angel Cake with Berries	Ice Cream with Cherry Sauce	Wheat Roll
						Pecan Pie

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	Oatmeal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Pork Sausage Pattie	Cottage Cheese	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	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
Three Cheese Penne	Margarita Pizza	Mini Turkey Club on a Bun	Philly Steak & Cheese Melt	Chicken Spinach Tomato Salad	Grilled Cheese Sandwich	Pancake with Maple Syrup
Corned Beef on Rye	Italian Deli Meat on Baguette	Pepper Frittata	Potato & Cheese Perogies	Hot Dog on Bun	Nicoise Tuna Plate	Sausage Links
Cranberry Almond Salad	Iceberg & Carrot Salad	Spring Salad Mix	Sour Cream	Spinach Tomato Salad	Garlic Bread	Blueberries
Orange Sections	Tropical Fruit	Mandarin Pineapple Cup	Four Bean Salad	Wheat Roll	Coleslaw Vinaigrette	Mandarin Dream Gelatin
			Fresh Watermelon	Fruit Cocktail	Fresh Grapes	
DINNER						
Crispy Baked Chicken	Pork Chop & Apple Chutney	Spaghetti & Meatballs	Steamed Haddock & Mango Salsa	Oriental Beef & Vegetables	Chicken in Creamy Leek Sauce	Lemon Garlic Pork
Curried Lamb	Liver & Onions	Honey Balsamic Salmon	Grilled Chicken Souvlaki	Roasted Tomato Sole	Beef Ravioli & Sauce	Scalloped Potatoes
Couscous Pilaf	Golden Potato Bake	Mashed Potatoes	Tzatziki Sauce	Brown Rice	Mashed Potatoes	Roasted Fresh Asparagus
California Vegetables	Sweet & Sour Cabbage	Baked Zucchini & Tomato	Glazed Sweet Potatoes	Sauteed Bok Choy	Fresh Broccoli Florets	Wheat Roll
Wheat Roll	Wheat Roll	Wheat Roll	Fresh Green Beans	Wheat Roll	Wheat Roll	Strawberry Rhubarb Pie
German Chocolate Cake	Homemade Peach Cobbler	Tripleberry Square	Wheat Roll	BavarianPineappleCream	Ice Cream Sundae	
			Rice Pudding			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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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	High Fibre Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Whole Wheat Toast
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast
			Raisin Toast	White Toast		

LUNCH

English Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Corn Chowder	Vegetable Rice Soup	Squash Apple Soup	Golden Lentil Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Baked Macaroni & Cheese	Deviled Ham Salad Sandwich	Beef & Corn Casserole	Turkey Deli Plate	Pulled Pork on Wheat Bun	Roast Beef Sandwich	Sausage Links
Egg Salad Sndw on Croissant	Fish 'n Chips	Balsamic Chicken Salad	Hamburger on Wheat Bun	Cream Cheese & Cucumber Sandwich	Chickpea Lemon Dill Plate	French Toast
Garden Salad	Asian Coleslaw	Garlic Stick	Tossed Salad	Red Beet Citrus Salad	Marinated Tomato Salad	Strawberries
Chilled Peaches	Mango & Pineapple Salad	Greek Salad	Wheat Roll	Fruit Cocktail	Fresh Grapes	Fresh Fruit Salad
		Chilled Poached Pears	Diced Cantaloupe & Honeydew			

DINNER

Stuffed Cabbage Roll	Olive & Tomato Braised Chicken	Baked Ocean Perch	Marmalade Pork Loin	Beef Shepherds Pie	Turkey a la King	Homemade Roast Beef
Breaded Chicken Breast	Cheese Ravioli & Sauce	Pork Loaf	Portuguese Grilled Chicken	Baked Sole & Dill Sauce	Ham Fettuccini Alfredo	Brown Gravy
Mashed Potatoes	Multigrain Rice Pilaf	Tartar Sauce	Roasted Red Skin Potatoes	Potato Wedges	Puff Pastry Wedge	Yorkshire Pudding
Buttered Corn	Steamed Snow Peas	Roasted Red Skin Potatoes	Glazed Butternut Squash	Baked Parmesan Tomato	Caesar Salad	Chives & Sour Cream Mashed Potatoes
Wheat Roll	Wheat Roll	Fresh Cauliflower & Peppers	Wheat Roll	Wheat Roll	Wheat Roll	Fresh Green Beans
Coconut Cream Pie	Berry Trifle	Wheat Roll	Cherry Crisp	Banana Cream Pie Slice	Vanilla Ice Cream & Fruit Sauce	Wheat Roll
		Chocolate Pudding				Blueberry Pie Slice