



MONDAY	OCT 28	TUESDAY	OCT 29	WEDNESDAY	OCT 30	THURSDAY	OCT 31	FRIDAY	NOV 01	SATURDAY	NOV 02	SUNDAY	NOV 03
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**BREAKFAST**

<b>Prune Juice</b> <b>High Fibre Cream of Wheat</b> <b>Sausage Links</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Cranberry Juice</b> <b>Oatmeal</b> <b>French Toast</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Apple Juice</b> <b>High Fibre Cream of Wheat</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Orange Juice</b> <b>Cinnamon Oatmeal</b> <b>Assorted Yogurt</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Assorted Yogurt White Toast	<b>Prune Juice</b> <b>High Fibre Cream of Wheat</b> <b>Poached Egg</b> Assorted Cold Cereal Whole Wheat Toast White Toast	<b>Cranberry Juice</b> <b>Oatmeal</b> <b>Bagel &amp; Cream Cheese</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Bagel & Cream Cheese White Toast	<b>Apple Juice</b> <b>High Fibre Cream of Wheat</b> <b>Scrambled Eggs</b> <b>Bacon</b> Assorted Cold Cereal White Toast Whole Wheat Toast
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**LUNCH**

<b>Carrot Ginger Soup</b> <b>Unsalted Crackers</b> <b>Cheese Tortellini</b> <b>Buttered WW Bread</b> <b>Italian Mix Vegetables</b> <b>Mixed Berries</b> Chef Salad Plate Garlic Stick Mixed Berries	<b>Cream of Mushroom Soup</b> <b>Unsalted Crackers</b> <b>Spinach &amp; Feta Quiche</b> <b>Whole Wheat Bread</b> <b>Cabbage &amp; Apple Salad</b> <b>Mandarin Oranges</b> Roast Beef Sandwich Cabbage & Apple Salad Mandarin Oranges	<b>Lemon Lentil Soup</b> <b>Unsalted Crackers</b> <b>Pulled BBQ Beef on Wheat</b> <b>Red Beet Citrus Salad</b> <b>Strawberry Ice Cream Cup</b> Cottage Cheese & Fruit Plate Carrot Muffin Whole Wheat Bread Strawberry Ice Cream Cup	<b>Beef &amp; Noodle Soup</b> <b>Unsalted Crackers</b> <b>Vegetarian Lasagna</b> <b>Caesar Salad</b> <b>Whole Wheat Bread</b> <b>Chilled Apricots</b> Egg Salad Sndw on Wheat Caesar Salad Chilled Apricots	<b>Potato Leek Soup</b> <b>Unsalted Crackers</b> <b>Chicken Fingers with Plum Sauce</b> <b>Sweet Potato Fries</b> <b>Salad Tomato Cucumber w/ balsami</b> <b>Whole Wheat Bread</b> <b>Chilled Pineapples</b> Salami on Wheat Salad Tomato Cucumber w/ balsami Chilled Pineapples	<b>Tuscan Bean &amp; Vegetable Soup</b> <b>Unsalted Crackers</b> <b>Tuna Salad Sndw on WW</b> <b>Creamy Coleslaw</b> <b>Whole Wheat Bread</b> <b>Strawberries</b> Tomato Ricotta Tart Creamy Coleslaw Whole Wheat Bread Strawberries	<b>Potato &amp; Cabbage Soup</b> <b>Unsalted Crackers</b> <b>Chicken Citrus Salad</b> <b>Naan Bread Wedges</b> <b>Greek Salad</b> <b>Fruit Cocktail</b> Vegetable Pizza Whole Wheat Bread Greek Salad Fruit Cocktail
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**DINNER**

<b>Savory Mustard Chicken</b> <b>Confetti Rice</b> <b>Buttered Brussels Sprouts</b> <b>Whole Wheat Bread</b> <b>Cran-Apple Cobbler</b> Braised Beef Stew Confetti Rice Buttered Brussels Sprouts Whole Wheat Bread Cran-Apple Cobbler	<b>Beef Ragout</b> <b>Baked Potato</b> <b>Green Beans</b> <b>Whole Wheat Bread</b> <b>Pumpkin Tart</b> Glazed Salmon Baked Potato Green Beans Whole Wheat Bread Pumpkin Tart	<b>Beer Battered Pollock</b> <b>French Fries</b> <b>Seasoned Green Peas</b> <b>Whole Wheat Bread</b> <b>Peach Crisp</b> Wine Mustard Glazed Ham French Fries Seasoned Green Peas Whole Wheat Bread Peach Crisp	<b>Cheese &amp; Spinach Cannelloni</b> <b>Sliced Carrots</b> <b>Whole Wheat Bread</b> <b>Chilled Poached Pears</b> Liver & Onions Potato Pancakes Sliced Carrots Whole Wheat Bread Peanut Butter Cookies	<b>Honey Garlic Ribs</b> <b>Oven-browned Potatoes</b> <b>Wax Beans &amp; Pimento</b> <b>Whole Wheat Bread</b> <b>Fruit Whip</b> Krunchie Perch Oven-browned Potatoes Wax Beans & Pimento Whole Wheat Bread Fruit Whip	<b>Beef Salisbury Steakette Ckd</b> <b>Herb Roasted Potatoes</b> <b>Harvard Beets</b> <b>Whole Wheat Bread</b> <b>Ambrosia Salad</b> Ham & Potato Casserole Harvard Beets Whole Wheat Bread Ambrosia Salad	<b>Roast Turkey</b> <b>Turkey Gravy</b> <b>Stuffing</b> <b>Scalloped Potatoes</b> <b>Broccoli Florets</b> <b>Pumpkin Pie</b> Veal Scallopini w/Mushroom Sauce Scalloped Potatoes Broccoli Florets Whole Wheat Bread Pumpkin Pie
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Note: Note: Toast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 250ml@L/D), Coffee/Tea(250ml) are served each meal.