



MONDAY	NOV 11	TUESDAY	NOV 12	WEDNESDAY	NOV 13	THURSDAY	NOV 14	FRIDAY	NOV 15	SATURDAY	NOV 16	SUNDAY	NOV 17
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BREAKFAST

Apple Juice High Fibre Cream of Wheat French Toast Whole Wheat Toast Assorted Cold Cereal French Toast White Toast	Orange Juice Cinnamon Oatmeal Assorted Yogurt Whole Wheat Toast Assorted Cold Cereal White Toast	Prune Juice High Fibre Cream of Wheat Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal Hard Boiled Egg White Toast	Cranberry Juice Oatmeal Assorted Cold Cereal Whole Wheat Toast White Toast	Apple Juice High Fibre Cream of Wheat Poached Egg Assorted Cold Cereal Poached Egg Whole Wheat Toast White Toast	Orange Juice Cinnamon Oatmeal Sausage Links Whole Wheat Toast Assorted Cold Cereal White Toast	Prune Juice High Fibre Cream of Wheat Crispy Bacon Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal White Toast
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LUNCH

Golden Lentil Soup Unsalted Crackers Egg Salad Sandwich Cucumber Salad Orange Sections Sausage on White Bun Cucumber Salad Orange Sections	Split Pea Soup Unsalted Crackers Cottage Cheese & Fruit Salad Carrot Muffin Vanilla Ice Cream Cup Quiche Lorraine Whole Wheat Bread Green Peas Vanilla Ice Cream Cup	Cream of Celery Soup Unsalted Crackers Chicken and Mango Salad Naan Bread Wedges Mixed Berries Beef Cheese burger Onion Slice Tomato Slices Heritage Blend Salad Mixed Berries	Corn Chowder Unsalted Crackers Turkey Salad on Wheat Broccoli Slaw Sliced Pears Wieners & Beans Tea Biscuit Broccoli Slaw Sliced Pears	Squash Apple Soup Unsalted Crackers Vegetarian Sloppy Joe on WW Bun Chickpea Salad Mango Deviled Ham Salad Sandwich Chickpea Salad Mango	Vegetable Soup Unsalted Crackers Homestyle Turkey Chili Garlic Toast Pear & Pecan Lettuce Salad Blueberries Crab Salad Sndw on WW Pear & Pecan Lettuce Salad Blueberries	Lemon Chicken & Rice Soup Unsalted Crackers Potato Pancakes Sausage Patty Sour Cream Whole Wheat Bread Cranberry Spinach Salad Raspberries Mushroom Spinach Pizza Whole Wheat Bread Cranberry Spinach Salad Raspberries
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DINNER

Forest Mushroom Beef Stew Baked Potato Glazed Carrots Whole Wheat Bread Strawberry Cheesecake Turkey Pot Pie Baked Potato Glazed Carrots Whole Wheat Bread Strawberry Cheesecake	Chicken Breast with Wine Sauce Couscous Pilaf Buttered Red Cabbage Whole Wheat Bread Cantaloupe Chunks Tilapia & Dill Sauce Couscous Pilaf Buttered Red Cabbage Whole Wheat Bread Frosted Gingerbread Bar	Teriyaki Salmon Basmati Rice Zucchini Medley Whole Wheat Bread Honeydew Chunks Vegt Sweet & Sour Meatballs Basmati Rice Zucchini Medley Whole Wheat Bread Strawberry Mousse	Herbed Pork Chops in Gravy Potato Wedges Harvard Beets Whole Wheat Bread Cranberry Apple Crisp BBQ Chicken Leg Potato Wedges Harvard Beets Whole Wheat Bread Cranberry Apple Crisp	Baked Sole & Tomato Ginger Sauce Roasted New Potatoes Broccoli Almondine Whole Wheat Bread Fruit Cocktail Sherry Beef Tips Roasted New Potatoes Broccoli Almondine Whole Wheat Bread Coconut Poke Cake	Chicken Cacciatore Mashed Sweet Potatoes Buttered Brussels Sprouts Whole Wheat Bread Ambrosia Salad Pork Schnitzel w/Mushroom Gravy Mashed Sweet Potatoes Buttered Brussels Sprouts Whole Wheat Bread Ambrosia Salad	Homemade Roast Beef Lyonnais Potatoes Glazed Turnips Whole Wheat Bread Blueberry Pie Homemade Turkey Loaf Lyonnais Potatoes Glazed Turnips Whole Wheat Bread Blueberry 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.