

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
Scrambled Eggs	Crispy Bacon	Assorted Greek Yogurt Cup	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Yogurt & Granola Parfait
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
Brown Sugar	Jelly / Jam	Brown Sugar	White Toast	Brown Sugar	Sugar	Sugar
Sugar	Sugar	Jelly / Jam	Jelly / Jam	Jelly / Jam	Brown Sugar	Brown Sugar
Margarine	Brown Sugar	Sugar	Brown Sugar	Sugar	Jelly / Jam	Jelly / Jam
Jelly / Jam	Margarine	Margarine	Sugar	Margarine	Margarine	Margarine
Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Coffee Creamer
2% Milk	2% Milk	2% Milk	Coffee Creamer	2% Milk	2% Milk	2% Milk
Water	Water	Water	2% Milk	Water	Water	Water
Coffee	Coffee	Coffee	Water	Coffee	Coffee	Coffee
Hot Tea	Hot Tea	Hot Tea	Coffee	Hot Tea	Hot Tea	Hot Tea
			Hot Tea			

LUNCH						
Roasted Red Pepper Soup	Mushroom Wild Rice Soup	Split Pea Soup	Minestrone Soup	Creamy Onion Soup	Navy Bean Soup	Cream Cauliflower Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chili Con Carne	Blackened Chicken Citrus Salad	Beef & Cabbage Casserole	Western Omelet Sandwich	Tex Mex Chicken Salad Plate	Cheesy Beef Macaroni Casserole	Waffles
Ham & Swiss on Croissant	Perogie Casserole	Cheesy Tuna Melt	Corned Beef on Rye	Captain Burger on WW Bun	Shrimp Salad on Croissant	Turkey Sausage
Broccoli Salad	Tossed Salad	Heritage Blend Salad	Macaroni Salad	Carrot Raisin Salad	Tuscan Greens with Dressing	Maple Syrup
Sugar	Garlic Stick	Sugar	Sugar	Sugar	Sugar	Stewed Berries
Margarine	Sugar	Margarine	Margarine	Margarine	Margarine	Margarine
Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Sugar
Baked Spiced Pears	Coffee Creamer	Fresh Pineapple	Chilled Peaches	Mandarin Oranges	CranApple Gel Salad	Coffee Creamer
2% Milk	Stewed Rhubarb with Custard	2% Milk	2% Milk	2% Milk	2% Milk	Fresh Melon
Water	2% Milk	Water	Water	Water	Water	2% Milk
Coffee	Water	Coffee	Coffee	Coffee	Coffee	Water
Hot Tea	Coffee	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Coffee
	Hot Tea					Hot Tea

DINNER						
Mediterranean Moussaka	Guinness Beef Pot Pie	Sausage & Apples	Beef Stir-Fry	Beef Shepherds Pie	Pork Souvlaki	Homemade Roast Beef
Tuscan Lemon Chicken	Cheese Tortellini wth Alfredo Sauce	Chicken & Mushroom Voloute on Puff Pastry	Shrimp Pasta with Lobster Sauce	Pork Tortiere	White Bean Lentil & Turkey Stew	Beef Gravy
Wild & Brown Rice	Mashed Potatoes	Sweet Potatoes	Fluffy Rice	Buttered French Beans	German Potato Salad	Parslied New Potatoes
Parsley Carrots	Baked Parmesan Tomato	Roasted Parsnips	Garden Salad	Wheat Roll	Roasted Mixed Peppers	Roasted Butternut Squash
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Sugar	Wheat Roll	Wheat Roll
Sugar	Sugar	Sugar	Sugar	Margarine	Margarine	Sugar
Margarine	Margarine	Sugar	Margarine	Coffee Creamer	Sugar	Margarine
Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Cherry Crisp	Coffee Creamer	Coffee Creamer
Berry Trifle	Mini Banana Sundae	Coffee Creamer	Strawberry Shortcake	2% Milk	Homemade Chocolate Pudding	Apple Pie
2% Milk	2% Milk	Homemade Cinnamon Rice Pudding	2% Milk	Water	Cake	2% Milk
Water	Water	2% Milk	Water	Coffee	2% Milk	Water
Coffee	Coffee	Water	Coffee	Hot Tea	Water	Coffee
Hot Tea	Hot Tea	Coffee	Hot Tea		Coffee	Hot Tea
		Hot Tea			Hot Tea	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	High Fibre Cream of Wheat
Fried Egg	Pork Sausage Pattie	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Cottage Cheese	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Peanut Butter
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast
Sugar	Sugar	Jelly / Jam	Brown Sugar	White Toast	Sugar	Whole Wheat Toast
Brown Sugar	Jelly / Jam	Brown Sugar	Sugar	Brown Sugar	Brown Sugar	Raisin Toast
Jelly / Jam	Brown Sugar	Sugar	Jelly / Jam	Sugar	Jelly / Jam	Brown Sugar
Margarine	Margarine	Margarine	Margarine	Jelly / Jam	Margarine	Sugar
Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Jelly / Jam
2% Milk	2% Milk	2% Milk	2% Milk	Coffee Creamer	2% Milk	Margarine
Water	Water	Water	Water	2% Milk	Water	Coffee Creamer
Coffee	Coffee	Coffee	Coffee	Water	Coffee	2% Milk
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Coffee	Hot Tea	Water
				Hot Tea		Coffee
						Hot Tea

LUNCH						
Carrot Ginger Soup	Lobster Chowder	Lemon Lentil Soup	Beef & Noodle Soup	Cream of Mushroom Soup	Tuscan Bean & Vegetable Soup	Potato & Cabbage Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Roasted Red Pepper Pizza	Spinach & Feta Quiche	Pulled BBQ Beef on Wheat	Cilantro Lime Shrimp Salad	Chicken Leek Egg Noodle	Salmon Salad on Rye	Eggs Benedict with Peameal
Chef Salad Plate	Hot Hamburger Sandwich	Tuna & Salad Plate	Chicken Salad on Multi-Grain	Ham & Cheese Sandwich	Perogie Casserole	Hollandaise Sauce
Tomato Cucumber Salad	Cabbage & Apple Salad	Red Beet Citrus Salad	Wheat Roll	Spiced Carrot & Parsnip Salad	Caesar Salad	Zesty Citrus Spinach Salad
Sugar	Sugar	Wheat Roll	Sugar	Sugar	Wheat Roll	Sugar
Margarine	Margarine	Sugar	Margarine	Margarine	Sugar	Margarine
Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer
Stewed Rhubarb & Berries	Mandarin Dream Gelatin	Coffee Creamer	Chilled Apricots	Chilled Cherries	Coffee Creamer	Fruit Cocktail
2% Milk	2% Milk	Mixed Berries & Topping	2% Milk	2% Milk	Strawberries	2% Milk
Water	Water	2% Milk	Water	Water	2% Milk	Water
Coffee	Coffee	Water	Coffee	Coffee	Water	Coffee
Hot Tea	Hot Tea	Coffee	Hot Tea	Hot Tea	Coffee	Hot Tea
		Hot Tea			Hot Tea	

DINNER						
Beef Ragout	Curried Lamb	Garlic Shrimp	Cheese & Spinach Cannelloni	Turkey Scallopini	Beef Biscuit Bake	Roast Turkey
Savory Mustard Chicken	Smoked Salmon with Creamy Fusilli	Wine Mustard Glazed Ham	Italian-Style Beef Liver	Beer Battered Pollock	Ham & Potato Casserole	Turkey Gravy
Buttered Penne	Chives & Sour Cream Mashed Potatoes	Boiled Potatoes	Potato Pancakes	French Fries	Herb Roasted Potatoes	Garlic Mashed Potatoes
Mashed Potatoes		Seasoned Green Peas	Heirloom Carrots	Confetti Coleslaw	Fresh Diced Beets	Fresh Broccoli Florets
Savory Caesar Brussels Sprouts	Fresh Green Beans	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Turkey & Stuffing Bake
Wheat Roll	Wheat Roll	Sugar	Sugar	Sugar	Sugar	Sugar
Sugar	Sugar	Margarine	Margarine	Margarine	Margarine	Margarine
Margarine	Margarine	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer
Coffee Creamer	Coffee Creamer	Brownie Pudding Cake	Oatmeal Cookie	Strawberry Mousse & Whip Topping	Homemade Carrot Cake	Pumpkin Pie
Cran-Apple Cobbler	Spiced Bread Pudding	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
2% Milk	2% Milk	Water	Water	Water	Water	Water
Water	Water	Coffee	Coffee	Coffee	Coffee	Coffee
Coffee	Coffee	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea
Hot Tea	Hot Tea					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal
Assorted Greek Yogurt Cup	Turkey Bacon	Cottage Cheese	Peanut Butter	Poached Egg	Hard Boiled Egg	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Whole Wheat Toast
Brown Sugar	Brown Sugar	Sugar	White Toast	Sugar	Brown Sugar	White Toast
Sugar	Sugar	Brown Sugar	Brown Sugar	Brown Sugar	Sugar	Brown Sugar
Jelly / Jam	Jelly / Jam	Jelly / Jam	Jelly / Jam	Jelly / Jam	Jelly / Jam	Sugar
Margarine	Margarine	Margarine	Sugar	Margarine	Margarine	Jelly / Jam
Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Margarine
2% Milk	2% Milk	2% Milk	Coffee Creamer	2% Milk	2% Milk	Coffee Creamer
Water	Water	Water	2% Milk	Water	Water	2% Milk
Coffee	Coffee	Coffee	Water	Coffee	Coffee	Water
Hot Tea	Hot Tea	Hot Tea	Coffee	Hot Tea	Hot Tea	Coffee
			Hot Tea			Hot Tea

LUNCH						
Barley Beef Soup	Chicken Rice Soup	Tomato Bisque	Roasted Cauliflower Soup	Potato Bacon Soup	Savory Thai Butternut Soup	Turkey Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Vegetable Quiche	Turkey Club Sandwich on Wheat	Fall Harvest Turkey Salad	Sausage & Potato Bake	Coronation Chicken Salad on Bun	Smoked Salmon & Tomato Sandwich	Fresh Toast
Haddock Bites	Grilled Cheese Sandwich	Spinach & Roasted Red Pepper Strata	Pastrami Sandwich	Tuscan Mac & Cheese	Hot Beef Dip Sandwich on Texas Toast	Maple Syrup
Strawberries Mixed Green Salad	Creamy Coleslaw	Carrot Apple Salad	Tossed Salad	Waldorf Salad	Dill Potato Salad	Stewed Berries
Sugar	Sugar	Wheat Roll	Sugar	Sugar	Sugar	Sugar
Margarine	Margarine	Sugar	Margarine	Margarine	Margarine	Margarine
Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer
Mandarin Pineapple Cup	Tropical Fruit	Coffee Creamer	Fresh Fruit Salad	Berry Pineapple Cream	Coffee Creamer	Diced Cantaloupe & Honeydew
2% Milk	2% Milk	Red Seedless Grapes	2% Milk	2% Milk	Mandarin Oranges	2% Milk
Water	Water	2% Milk	Water	Water	2% Milk	Water
Coffee	Coffee	Water	Coffee	Coffee	Water	Coffee
Hot Tea	Hot Tea	Coffee	Hot Tea	Hot Tea	Coffee	Hot Tea
		Hot Tea			Hot Tea	

DINNER						
Chicken & Veg Stir Fry	Glazed Pork Chop	Beef Stroganoff	Vegetable Lasagna	Braised Beef Brisket	Creamy Sundried Tomato & Chicken	Pork Loin w/Apples
Honey Balsamic Salmon	Beef Meatloaf	Salmon Pie	Lemon Thyme Chicken	Haddock with Roasted Red Pepper Sauce	Gnocchi	Glazed Sweet Potatoes
Fluffy Rice	Orange Sage Mashed Sweet Potato	Dill Sour Cream	Herbed Potatoes	Baked Potato	Braised Lamb Shanks	Roasted Root Vegetables
Garden Salad	Green Beans Cran/Pecan	Buttered Egg Noodles	Sweet & Sour Cabbage	Creamed Corn	Whipped Potatoes	Wheat Roll
Wheat Roll	Wheat Roll	Peas & Carrots	Wheat Roll	Wheat Roll	Fresh Cauliflower & Peppers	Sugar
Sugar	Sugar	Wheat Roll	Sugar	Sugar	Wheat Roll	Margarine
Margarine	Margarine	Sugar	Margarine	Margarine	Sugar	Coffee Creamer
Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Margarine	Peach Crisp
Boston Cream Cake	Apple Caramel Tart	Coffee Creamer	Black Forest Pudding	Coffee Creamer	Coffee Creamer	2% Milk
2% Milk	2% Milk	Homemade Decadent Brownie	2% Milk	Lemon Blueberry Coffee Cake	Chocolate Eclair Dessert	Water
Water	Water	2% Milk	Water	2% Milk	2% Milk	Coffee
Coffee	Coffee	Water	Coffee	Water	Water	Hot Tea
Hot Tea	Hot Tea	Coffee	Hot Tea	Coffee	Hot Tea	
		Hot Tea		Hot Tea	Hot Tea	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	High Fibre Cream of Wheat
Cottage Cheese	Yogurt & Granola Parfait	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Pork Sausage Pattie	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast
Jelly / Jam	Sugar	Sugar	Raisin Toast	White Toast	Jelly / Jam	White Toast
Sugar	Jelly / Jam	Brown Sugar	Brown Sugar	Jelly / Jam	Brown Sugar	Jelly / Jam
Brown Sugar	Brown Sugar	Jelly / Jam	Jelly / Jam	Sugar	Sugar	Sugar
Margarine	Margarine	Margarine	Sugar	Brown Sugar	Margarine	Brown Sugar
Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine	Margarine	Coffee Creamer	Margarine
2% Milk	2% Milk	2% Milk	Coffee Creamer	Coffee Creamer	2% Milk	Coffee Creamer
Water	Water	Water	2% Milk	2% Milk	Water	2% Milk
Coffee	Coffee	Coffee	Water	Water	Coffee	Water
Hot Tea	Hot Tea	Hot Tea	Coffee	Coffee	Hot Tea	Coffee
			Hot Tea	Hot Tea		Hot Tea
LUNCH						
Golden Lentil Soup	Scotch Broth	Cream of Celery Soup	Corn Chowder	Squash Apple Soup	Vegetable Soup	Lemon Chicken & Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Sliced Egg Salad Plate	Hot Beef Dip Sandwich	Chicken and Mango Salad	Turkey Salad Wrap	Chickpea Lemon Dill Plate	Deli Beef Salad Plate	Crispy Bacon
Sausage on White Bun	Quiche Lorraine	Mushroom Spinach Pizza	Wieners & Beans	Deviled Ham Salad Sandwich	Crab Salad on Brioche Bun	Pancake with Maple Syrup
Cucumber Salad	Carrot Raisin Salad	Heritage Blend Salad	Pineapple Slaw	Triple Bean Salad	Pear & Pecan Lettuce Salad	Sugar
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Margarine
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Coffee Creamer
Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Fresh Watermelon
Orange Sections	Peach Fruit Whip	Mixed Berries	Peaches & Pears	Mango & Pineapple Salad	Blueberries with Whip Cream	2% Milk
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Water
Water	Water	Water	Water	Water	Water	Coffee
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Hot Tea
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	
DINNER						
Forest Mushroom Beef Stew	Chicken Breast with Wine Sauce	Teriyaki Salmon	Mediterranean Lamb Chop	Baked Sole & Tomato Ginger Sauce	Turkey & Squash Bake	Homemade Roast Beef
Turkey Pot Pie	Tilapia & Dill Sauce	Coconut Curried Pork	BBQ Chicken Leg	Sherry Beef Tips	Honey Garlic Pork Loin	Lyonnais Potatoes
Mashed Potatoes	Couscous Pilaf	Basmati Rice	Garlic Mashed Potatoes	Roasted New Potatoes	Mashed Sweet Potatoes	Glazed Turnips
Glazed Carrots	Buttered Red Cabbage	Fresh Zucchini Medley	Harvard Beets	Broccoli Almondine	Fresh Brussels Sprouts	Wheat Roll
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Sugar
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Margarine
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Coffee Creamer
Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coconut Cream Pie
Strawberry Cheesecake	Frosted Gingerbread Bar	Strawberry Mousse & Whip Topping	Custard Glazed Bread Pudding	Oatmeal Apple Cake	Maple Walnut Ice Cream	2% Milk
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Water
Water	Water	Water	Water	Water	Water	Coffee
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Hot Tea
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	