



MONDAY	NOV 04	TUESDAY	NOV 05	WEDNESDAY	NOV 06	THURSDAY	NOV 07	FRIDAY	NOV 08	SATURDAY	NOV 09	SUNDAY	NOV 10
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BREAKFAST

Orange Juice Cinnamon Oatmeal Assorted Greek Yogurt Cup Whole Wheat Toast Assorted Cold Cereal Assorted Greek Yogurt Cup White Toast	Prune Juice Cream of Wheat Bagel & Cream Cheese Whole Wheat Toast Assorted Cold Cereal White Toast	Cranberry Juice Oatmeal French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Apple Juice High Fibre Cream of Wheat Sausage Links Assorted Cold Cereal Whole Wheat Toast White Toast	Orange Juice Cinnamon Oatmeal Poached Egg Whole Wheat Toast Assorted Cold Cereal Poached Egg 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 Scrambled Eggs Bacon Whole Wheat Toast Assorted Cold Cereal White Toast
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LUNCH

Barley Beef Soup Unsalted Crackers Vegetable Quiche Whole Wheat Bread Greek Salad Mandarin Oranges Turkey Salad on Wheat Greek Salad Mandarin Oranges	Tomato Soup Unsalted Crackers Sliced Egg & Salad Plate Naan Bread Wedges Tropical Fruit Grilled Cheese Sandwich Creamy Coleslaw Tropical Fruit	Chicken Rice Soup Unsalted Crackers Fall Harvest Turkey Salad Whole Wheat Bread Honeydew Chunks Quiche Lorraine Carrot Apple Salad Whole Wheat Bread Honeydew Chunks	Roasted Cauliflower Soup Unsalted Crackers Sausage & Potato Bake Whole Wheat Bread Marinated Tomato Salad Fresh Fruit Salad Pastrami Sandwich Marinated Tomato Salad Fresh Fruit Salad	Potato Bacon Soup Unsalted Crackers Chicken Salad Sndw on WW Waldorf Salad Cantaloupe Chunks Macaroni & Cheese Waldorf Salad Whole Wheat Bread Cantaloupe Chunks	Butternut Squash Soup Unsalted Crackers Cottage Cheese & Fruit Salad Banana Muffin Butterscotch Sundae OpF Hot Roast Beef Sandwich Dill Potato Salad Butterscotch Sundae	Turkey Rice Soup Unsalted Crackers Pancake with Maple Syrup Vanilla Yogurt Stewed Berries Cinnamon Applesauce Pepperoni & Mushroom Pizza Whole Wheat Bread Caesar Salad Cinnamon Applesauce
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DINNER

Chicken & Veg Stir Fry Fluffy Rice Green Beans Whole Wheat Bread Fruit Marshmallow Cup Honey Balsamic Salmon Fluffy Rice Green Beans Whole Wheat Bread Fruit Marshmallow Cup	Glazed Pork Chop Orange Sage Mashed Sweet Potato Glazed Carrots Whole Wheat Bread Apple Caramel Tart Beef Meatloaf Orange Sage Mashed Sweet Potato Glazed Carrots Whole Wheat Bread Apple Caramel Tart	Beef Stroganoff Buttered Egg Noodles Green Peas Whole Wheat Bread Chilled Peach Slices Tilapia & Dill Sauce Buttered Egg Noodles Green Peas Whole Wheat Bread Homemade Decadent Brownie	Cheese & Spinach Cannelloni Sweet & Sour Cabbage Whole Wheat Bread Black Forest Pudding Lemon Thyme Chicken Herbed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Black Forest Pudding	Veal Parmesan Baked Potato Buttered Corn Whole Wheat Bread Sliced Pears Haddock with Roasted Red Pepper Sauce Baked Potato Buttered Corn Whole Wheat Bread Frosted Spiced Cake	Creamy Sundried Tomato & Chicken Gnocchi Cauliflower & Peppers Whole Wheat Bread Pineapple Tidbits Vege Shepherd's Pie Cauliflower & Peppers Whole Wheat Bread Chocolate Eclair Dessert	Pork Loin w/Apples Glazed Sweet Potatoes Roasted Root Medley Whole Wheat Bread Peach Pie Turkey Meatloaf Glazed Sweet Potatoes Roasted Root Medley Whole Wheat Bread Peach 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.