MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			BREAKFAST			
Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Datmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal
ream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Hard Boiled Egg	Fried Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Vhole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
ranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Datmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Cream of Wheat	Oatmeal	Crispy Bacon	Scrambled Eggs	White Toast	White Toast	White Toast
ard Boiled Egg	Fried Egg	White Toast	Whole Wheat Toast			
/hite Toast	White Toast		White Toast			
			LUNCH			
inestrone Soup	Cream of Mushroom Soup	Clam Chowder	Split Pea Soup	Beef Vegetable Soup	Potato Bacon Soup	Chicken Rice Soup
Insalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
lam & Havarti on Onion Bun	Cheese & Spinach Manicotti	Beef Taco Salad	Cottage Cheese & Summer Fruit Salad Plate	Hamburger on Wheat Bun	Asian Steak Tip Salad	Belgian Waffle & Berries
ucumber Dill Salad	Garlic Bread	Wheat Roll	Blueberry Oatmeal Muffin	Chickpea with Feta & Tomato Salad	Wheat Roll	Turkey Breakfast Sausage
ugar	Sugar	Sugar	Sugar	Tomato Slices	Sugar	Sugar
largarine	Margarine	Margarine	Margarine	Lettuce Leaf	Margarine	Margarine
offee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Sugar	Coffee Creamer	Coffee Creamer
resh Watermelon	Fruit Cocktail	Orange Sections	Fruit Gelatin	Coffee Creamer	Chilled Apricots	Cinnamon Applesauce
inestrone Soup	Cream of Mushroom Soup	Clam Chowder	Split Pea Soup	Margarine	Potato Bacon Soup	Chicken Rice Soup
nsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Stewed Rhubarb	Unsalted Crackers	Unsalted Crackers
heeseburger Pie	Chicken Caesar Salad	Salmon Salad on Rye	Boneless Chicken Wings	Beef Vegetable Soup	Cheesy Tuna Melt	Belgian Waffle & Berries
ucumber Dill Salad	Caesar Salad	Beet & Onion Salad	Mediterranean Salad	Unsalted Crackers	Southwest Macaroni Salad	Turkey Breakfast Sausage
ugar	Garlic Bread	Sugar	Sugar	Garden Vegetable Omelette	Sugar	Sugar
argarine	Sugar	Margarine	Margarine	Chickpea with Feta & Tomato Salad	Margarine	Margarine
offee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Wheat Roll	Coffee Creamer	Coffee Creamer
esh Watermelon	Coffee Creamer	Orange Sections	Fruit Gelatin	Sugar	Chilled Apricots	Cinnamon Applesauce
	Fruit Cocktail			Coffee Creamer		
				Margarine		
				Stewed Rhubarb		
			DINNER			
ijon Maple Glazed Salmon	Chicken Balls	Baked Chicken with Chalet Sauce	Swiss Steak	G-F Breaded Lemon Sole Fillet	Tandoori Chicken	Honey Garlic Ribs
Mashed Sweet Potatoes	Sweet and Sour Sauce	Potato Wedges	Mashed Potatoes	Garlic Mashed Potatoes	Basmati Rice	Roasted Red Skin Potatoes
irilled Peppers & Onions	Fried Rice	Parsley Carrots	Fresh Diced Beets	San Francisco Vegetables	Whole Mixed Beans	Buttered Corn
Vheat Roll	Fresh Broccoli Florets	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
ugar	Wheat Roll	Sugar	Sugar	Sugar	Sugar	Sugar
largarine	Sugar	Margarine	Margarine	Margarine	Margarine	Margarine
offee Creamer	Margarine	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer
ierman Chocolate Cake	Coffee Creamer	Vanilla Ice Cream	Date Square Bar	Berry Cobbler	Homemade Carrot Cake	Lemon Meringue Pie
oast Creole Chicken Thigh	Vanilla Pudding	Fresh Strawberries	Primavera Pasta	Herbed Pork Chops in Gravy	Roast Lamb	Honey Garlic Ribs
lashed Sweet Potatoes	Peaches & Cream	Sausage Jambalaya	Fresh Diced Beets	Garlic Mashed Potatoes	Basmati Rice	Roasted Red Skin Potatoes
rilled Peppers & Onions	Vegetable Masala	Rice	Wheat Roll	San Francisco Vegetables	Whole Mixed Beans	Buttered Corn
heat Roll	Fresh Broccoli Florets	Parsley Carrots	Sugar	Wheat Roll	Wheat Roll	Wheat Roll
ileat Noii	Wheat Roll	Wheat Roll	Margarine	Sugar	Sugar	Sugar
		Sugar	Coffee Creamer	Margarine	Margarine	Margarine
ugar	Sugar					
ugar Margarine	Sugar Margarine		Date Square Bar	Coffee Creamer	Coffee Creamer	Corree Creamer
ougar Margarine Coffee Creamer	Margarine	Margarine	Date Square Bar	Coffee Creamer Berry Cobbler	Coffee Creamer Homemade Carrot Cake	Coffee Creamer Lemon Meringue Pie
ugar Margarine			Date Square Bar	Coffee Creamer Berry Cobbler	Homemade Carrot Cake	Lemon Meringue Pie

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High Fibre Cream of Wheat Oatmeal Righ Fibre Cream of Wheat Cream of Wheat Oatmeal Cream of Cold Cream of Wheat Oatmeal Cream of Cold Cream of White Oatmeal Cream of Cold Cream of Cold Cream of Cold Cream of Cheddar Cheese Slice White Oatmeal Cream of Cream of Cold Cream of Cheddar Cheese Slice White Oatmeal Cream of Cream of Cold	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
sigh Fibre Cream of Wheat Oatmeal High Fibre Cream of Wheat Cinnamo Oatmeal High Fibre Cream of Wheat Oatmeal Fresh Fruit Salad Astemel Cream of Whata Oatmeal Cream of Whata High Fibre Cream of Wheat High Fibre Cream of Clear Appeal of Cream o		'	11	BREAKFAST	'	'	<u>'</u>
Datmeal Cream of Wheat Cream of Crea	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice
Neserted Freek Yegurt Cup Mard Bolled Egg Pork Sausage Pattle Scramberd Eggs Posched Egg Posched Egg Ander Bolled Egg One-Member Minde Wheat Toast Whole Wheat Toast Apple Julic Posched Conderows Asserted Cold Cereal White Toast	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	Fresh Fruit Salad
Whole Wheat Toast Cander Prize Cander C	Datmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	High Fibre Cream of Wheat
rune pice Carebrry Julee Apple Julee Orange pice Prune Julee Carebrry Julee Assin Toast sozented Cold Cereal Assorted Cold Cereal Apple Julice sozoted Grote Vigurt Cup Hard Bolled Egg Pratis White Toast White White Toast White White Toast White White Toast White Toast White Toast White White White Toast White White White White White White White White White W	Assorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Oatmeal
Assorted Cold Cereal Apple Juice Assorted Cold Cereal Ard Boiled Egg Presh Pruit Solad Prices Pruit Solad Presh Presh Pruit Solad Presh Presh Pruit Solad Presh Pruit Solad Presh Pruit Solad Presh Pruit Solad Presh Presh Pruit Solad Presh Presh Pruit Solad Presh Presh Pruit Solad Presh Pruit Solad Presh Pruit Solad Presh Pruit Solad Presh Pruit Pruit Solad Presh Pruit Solad Presh Pruit Solad Presh Pruit Solad	Vhole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Cheddar Cheese Slice
Soorted Greek Yogurt Cup Hard Bolled Egg White Toast W	rune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Raisin Toast
White Toast White	ssorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Apple Juice
Cheddar Cheese Slice White Toast What All In White Toa	ssorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
Third Pagetable Soup Golden Lentil Kentale G	/hite Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
EUNCH Tenning Vegetable Soup Golden Lentil Soup Garrot Ginger Soup Italian Wedding Soup Potato Leek Soup Cream of Celery Soup Chicken Creele Soup Crassled Crackers Unsalted					White Toast		Cheddar Cheese Slice
EUNCH Foring Vegetable Soup Golden Lentil Soup Garrot Ginger Soup Italian Wedding Soup Potato Leek Soup Cream of Celery Soup Chicken Creole Soup Insalted Crackers Unsalted Crackers Usgar Margarine Margarine Margarine Margarine Margarine Margarine Margarine Coffee Creamer Offee Creamer Sugar Margarine Offee Creamer Offee Creamer Sugar Margarine Offee Creamer Baked Spiced Pears Fresh Princapple Offee Creamer Unsalted Crackers Unsalted Crackers Mandarin Oranges Potato Leek Soup Cream of Celery Soup Fresh Melon Creamer Sugar Unsalted Crackers Egg Salad Sandwich Ceaser Salad Tomato Wedges Unsalted Crackers Egg Salad Sandwich Ceaser Salad Tomato Wedges Unsalted Crackers Egg Senedict WPeameal & Hollandaise Sauce Lagarine Margarine Wheat Roll Sugar Margarine Ma							White Toast
ring Vegetable Soup Golden Lentil Soup Carrot Ginger Soup Italian Wedding Soup Potato Leek Soup Cream of Celery Soup Chicken Creole Soup Insalted Crackers Unsalted Crackers U							Whole Wheat Toast
Insalted Crackers Unsalted Crackers Eggs Benedict w/Peamel & Hollandist Sauce Unsalter Unsalted Crackers Unsalted Cracke				LUNCH			
spragus & Red Pepper Quiche Cheesy Beef Macaroni Casserole Hamburger on Wheat Bun Krunchie Basa Chef Salad Plate Lemon Ricotta Penne Eggs Benedict w/Peameal & Holland Itrus Spinach Salad Suries Vegetables Ketchup/Mustard/Relish Potato Wedges Wheat Roll Tomato Wedges Sugar Sugar Black acquested Bugar Sugar	pring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Potato Leek Soup	Cream of Celery Soup	Chicken Creole Soup
Itrus Spinach SaladSunrise VegetablesKetchup/Mustard/RelishPotato WedgesWheat RollTomato WedgesHollandaise SauceugarSugarTomato, Onion & LettuceFresh Broccoli SlawSugarSugarBaced parineoffee CreamerCoffee CreamerCoffee CreamerMargarineMargarineMargarinebilled PeachesFresh Fruit SaladMargarineCoffee CreamerGoffee CreamerGoffee CreamerCoffee Creamerbilled PeachesFresh Fruit SaladMargarineMandarin OrangesPotato Leek SoupCream of Celey SoupFresh Belontrals Salad on Brioche BunCream Cheese & Cucumber SandwichMixed BerriesItulian Wedding SoupUnsalted CrackersUnsalted CrackersClisald on Brioche BunUnsalted CrackersClisald on Rioche SunUnsalted CrackersClisald on Rioche SunUnsalted CrackersClisald on Rioche SunUnsalted CrackersEgg Salad SandwichCaesar SaladTomato WedgesEggs Benedict w/Peameal & Holland alse Sauceitrus Spinach SaladSugarBlackened Chicken Citrus SaladFresh Broccoli SlawSugarSugarMargarineMargarinedargarineMargarineMengarineWheat RollSugarMargarineMargarineMargarineMargarineMargarinebilled PeachesCeffee CreamerCoffee CreamerCoffee CreamerGoffee CreamerGoffee CreamerFresh PineappleSugar	Insalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
lagar Margarine Sugar Tomato, Onion & Lettuce Sugar Sugar Margarine Sugar Margarine Margarine Offee Creamer Offee Creamer Sugar Margarine Margarine Offee Creamer Sugar Margarine Offee Creamer Offee Creamer Sugar Margarine Offee Creamer Offe	sparagus & Red Pepper Quiche	Cheesy Beef Macaroni Casserole	Hamburger on Wheat Bun	Krunchie Basa	Chef Salad Plate	Lemon Ricotta Penne	Eggs Benedict w/Peameal & Holland
dragarineMargarineMargarineMargarineMargarineMargarineMargarineMargarineMargarineMargarineMargarineOffee CreamerOffee CreamerOffee CreamerOffee CreamerOffee CreamerOffee CreamerOffee CreamerOffee CreamerDeaded Spiced PearsFresh PineaperpOffee CreamerOffee Creamerpring Vegetable SoupGold Lentil SoupOffee CreamerMandarin OrangesHosalted Cracker SoupCream of Celey SoupPresh Meloninsalted CrackersUnsalted CrackersMixed BerriesIdlian Weding SoupUnsalted CrackersUnsalted CrackersUnsalted Crackersrab Salad on Brioche BunCream Cheese & Cucumber SandwichCarrot Ginger SoupUnsalted CrackersEgg Plant Parmesan SandwichPesto Tuna Salad on RyeUnsalted Crackersritus Spinach SaladGoleslaw VinaigretteUnsalted CrackersEgg Salad SandwichGesar SaladTomato WedgesEggs Benedit w/Peameal & Hollandais SauceugarSugarMargarineMargarineMargarineMargarineMargarineMargarineMargarineMargarineoffee CreamerGoffee CreamerSugarMargarineGoffee CreamerGoffee CreamerGoffee CreamerGoffee CreamerGoffee Creamerhilled PeachesFresh Fruit SaladMargarineGoffee CreamerGoffee CreamerFresh Prioa Salad	itrus Spinach Salad	Sunrise Vegetables	Ketchup/Mustard/Relish	Potato Wedges	Wheat Roll	Tomato Wedges	Hollandaise Sauce
Fresh Fruit Salad Margarine Coffee Creamer Sugar Margarine Coffee Creamer Sugar September Soup S	ugar	Sugar	Tomato, Onion & Lettuce	Fresh Broccoli Slaw	Sugar	Sugar	Baked Apple
hilled Peaches Freih Fruit Salad Margarine Coffee Creamer Baked Spiced Pears Freih Pineapple Coffee Creamer Pring Vegetable Soup Golden Lentil Soup Golden Grackers Golden Soup Golden Grackers Golden Soup Golden So	largarine	Margarine	Corn Cobbette	Sugar	Margarine	Margarine	Margarine
Fring Vegetable Soup Golden Lentil Soup Golden Golden Lentil Soup Golden Lentil Soup Golden Lentil Soup Golden Golden Lentil Soup Golden Lentil Soup Golden Lentil Soup Golden Golden Lentil Soup Golden Lentil Soup Golden Golden Golden Golden Lentil Soup Golden Golde	offee Creamer	Coffee Creamer	Sugar	Margarine	Coffee Creamer	Coffee Creamer	Sugar
Insalted Crackers Unsalted Crackers Unsalted Crackers Unsalted Crackers Unsalted Crackers Unsalted Crackers Eggplant Parmesan Sandwich Pesto Tuna Salad on Rye Unsalted Crackers Eggslant Parmesan Sandwich Pesto Tuna Salad on Rye Unsalted Crackers Eggs Benedict w/Peameal & Hollandaise Sauce Sugar Sugar Blackened Chicken Citrus Salad Fresh Broccoli Slaw Sugar Sugar Baked Apple Offee Creamer Sugar	hilled Peaches	Fresh Fruit Salad	Margarine	Coffee Creamer	Baked Spiced Pears	Fresh Pineapple	Coffee Creamer
rab Salad on Brioche Bun Cream Cheese & Cucumber Sandwich Carrot Ginger Soup Unsalted Crackers Egg Salad Sandwich Caesar Salad Tomato Wedges Eggs Benedict w/Peameal & Hollandaise Sauce Sugar Blackened Chicken Citrus Salad Fresh Broccoli Slaw Sugar Sugar Sugar Horamesan Sandwich Sugar Sugar Hollandaise Sauce Sugar Hollandaise Sauce Sugar Sugar Sugar Sugar Hollandaise Sauce Sugar Sug	pring Vegetable Soup	Golden Lentil Soup	Coffee Creamer	Mandarin Oranges	Potato Leek Soup	Cream of Celery Soup	Fresh Melon
itrus Spinach Salad Coleslaw Vinaigrette Unsalted Crackers Egg Salad Sandwich Caesar Salad Tomato Wedges Eggs Benedict w/Peameal & Hollandaise Sauce Ungar Blackened Chicken Citrus Salad Fresh Broccoli Slaw Sugar Sugar Sugar Hollandaise Sauce Margarine Margarine Margarine Margarine Margarine Margarine Margarine Sugar Margarine Coffee Creamer Coffee Creamer Margarine Unsalted Crackers Egg Salad Sandwich Caesar Salad Tomato Wedges Eggs Benedict w/Peameal & Hollandaise Sauce Margarine Margarine Margarine Coffee Creamer Margarine Sugar Margarine Coffee Creamer Sugar Margarine Margarine Fresh Fruit Salad Margarine Coffee Creamer Sugar	Insalted Crackers	Unsalted Crackers	Mixed Berries	Italian Wedding Soup	Unsalted Crackers	Unsalted Crackers	Chicken Creole Soup
Blackened Chicken Citrus Salad Fresh Broccoli Slaw Sugar Sugar Hollandaise Sauce Margarine Margarine Margarine Margarine Sugar Margarine Margarine Margarine Margarine Coffee Creamer Sugar Margarine Coffee Creamer Coffee Creamer Sugar Margarine Sugar Margarine Sugar Fresh Fruit Salad Margarine Sugar Sugar Sugar Sugar Margarine Sugar Sugar Margarine Sugar Sug	rab Salad on Brioche Bun	Cream Cheese & Cucumber Sandwich	Carrot Ginger Soup	Unsalted Crackers	Eggplant Parmesan Sandwich	Pesto Tuna Salad on Rye	Unsalted Crackers
Margarine Margarine Wheat Roll Sugar Margarine Margarine Margarine Baked Apple offee Creamer Coffee Creamer Sugar Margarine Coffee Creamer Coffee Creamer Margarine hilled Peaches Fresh Fruit Salad Margarine Coffee Creamer Baked Spiced Pears Fresh Pineapple Sugar	itrus Spinach Salad	Coleslaw Vinaigrette	Unsalted Crackers	Egg Salad Sandwich	Caesar Salad	Tomato Wedges	Eggs Benedict w/Peameal & Hollandais
offee Creamer Coffee Creamer Sugar Margarine Coffee Creamer Coffee Creamer Margarine nilled Peaches Fresh Fruit Salad Margarine Coffee Creamer Baked Spiced Pears Fresh Pineapple Sugar	ıgar	Sugar	Blackened Chicken Citrus Salad	Fresh Broccoli Slaw	Sugar	Sugar	Hollandaise Sauce
hilled Peaches Fresh Fruit Salad Margarine Coffee Creamer Baked Spiced Pears Fresh Pineapple Sugar	largarine	Margarine	Wheat Roll	Sugar	Margarine	Margarine	Baked Apple
	offee Creamer	Coffee Creamer	Sugar	Margarine	Coffee Creamer	Coffee Creamer	Margarine
Coffee Creamer Mandarin Oranges Coffee Creamer	hilled Peaches	Fresh Fruit Salad	Margarine	Coffee Creamer	Baked Spiced Pears	Fresh Pineapple	Sugar
			Coffee Creamer	Mandarin Oranges			Coffee Creamer

Fresh Melon

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Mixed Berries

			DINNER			
Honey Garlic Chicken	Pork Roast	Baked Trout	Parmesan Chicken Breast	Salisbury Steak & Gravy	Butter Chicken	Homemade Roast Beef
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Buttered Penne	Rosemary Potatoes	Basmati Rice	Brown Gravy
Glazed Carrots	Sugar Snap Peas	Fresh Broccoli Florets	Tossed Salad	Fresh Cauliflower & Peppers	Peas & Carrots	Cheesy Mashed Potatoes
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Yorkshire Pudding
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Glazed Butternut Squash
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Wheat Roll
Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Sugar
Strawberry Rhubarb Crisp	Luscious Lemon Square	Chocolate Mousse	Coconut Poke Cake	Angel Cake with Berries	Ice Cream with Cherry Sauce	Margarine
Corned Beef	Zesty Honey Dijon Baked Fish	Tomato Braised Lamb Chop	Vegan Lasagna	Shrimp Skewer	Sweet Harvest Casserole	Coffee Creamer
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Tossed Salad	Rosemary Potatoes	Peas & Carrots	Pecan Pie
Glazed Carrots	Sugar Snap Peas	Fresh Broccoli Florets	Wheat Roll	Fresh Cauliflower & Peppers	Wheat Roll	Homemade Roast Beef
Wheat Roll	Wheat Roll	Wheat Roll	Sugar	Wheat Roll	Sugar	Brown Gravy
Sugar	Sugar	Sugar	Margarine	Sugar	Margarine	Cheesy Mashed Potatoes
Margarine	Margarine	Margarine	Coffee Creamer	Margarine	Coffee Creamer	Yorkshire Pudding
Coffee Creamer	Coffee Creamer	Coffee Creamer	Coconut Poke Cake	Coffee Creamer	Ice Cream with Cherry Sauce	Glazed Butternut Squash
Strawberry Rhubarb Crisp	Luscious Lemon Square	Chocolate Mousse		Angel Cake with Berries		Wheat Roll
						Sugar
						Margarine
						Coffee Creamer
						Pecan Pie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			BREAKFAST			
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
innamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
ork Sausage Pattie	Hard Boiled Egg	Marble Cheddar Cheese	Sliced Ham	Poached Egg	Hard Boiled Egg	Oatmeal
/hole Wheat Toast	Whole Wheat Toast	English Muffin	Croissant	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
range Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Whole Wheat Toast
ssorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cranberry Juice
ork Sausage Pattie	Hard Boiled Egg	Marble Cheddar Cheese	Sliced Ham	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
/hite Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Assorted Cold Cereal
			White Toast			Scrambled Eggs
						White Toast
			LUNCH			
oiced Chicken Chickpea Soup	Beef Vegetable Soup	Roasted Red Pepper Soup	Potato Leek Soup	Cream of Asparagus Soup	Lentil Soup	Wild Rice Chicken Soup
Insalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Corned Beef on Rye	Margarita Pizza	Mini Turkey Club on a Bun	Philly Steak & Cheese Melt	Hot Dog on Bun	Grilled Cheese Sandwich	Pancake with Maple Syrup
arrot Raisin Salad	Iceberg & Carrot Salad	Spring Salad Mix	Cranberry Almond Salad	Ketchup/Mustard/Relish	Coleslaw Vinaigrette	Crispy Bacon
largarine	Margarine	Margarine	Margarine	Wheat Roll	Sugar	Blueberries
ugar	Sugar	Sugar	Sugar	Margarine	Margarine	Sugar
offee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Sugar	Coffee Creamer	Margarine
Prange Sections	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Coffee Creamer	Fresh Grapes	Coffee Creamer
piced Chicken Chickpea Soup	Beef Vegetable Soup	Roasted Red Pepper Soup	Potato Leek Soup	Chilled Cherries	Lentil Soup	Mandarin Dream Gelatin
Insalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Cream of Asparagus Soup	Unsalted Crackers	Wild Rice Chicken Soup
liced Egg Salad Plate	Chicken Pot Pie	Pepper Frittata	Three Cheese Penne	Unsalted Crackers	Nicoise Tuna Plate	Unsalted Crackers
arrot Raisin Salad	Iceberg & Carrot Salad	Spring Salad Mix	Cranberry Almond Salad	Chicken Spinach Tomato Salad	Coleslaw Vinaigrette	Pancake with Maple Syrup
Margarine	Margarine	Margarine	Margarine	Corn Cobbette	Sugar	Crispy Bacon
ugar	Sugar	Sugar	Sugar	Wheat Roll	Margarine	Blueberries
offee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine	Coffee Creamer	Sugar
range Sections	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Sugar	Fresh Grapes	Margarine
8	· ·	and the same		Coffee Creamer		Coffee Creamer
				Chilled Cherries		Mandarin Dream Gelatin
			DINNER			
rispy Baked Chicken	Pork Chop & Apple Chutney	Spaghetti & Meatballs	Grilled Chicken Souvlaki	Hungarian Goulash	Homemade Beef Lasgana	Roast Turkey
ilazed Carrots	Mashed Potatoes	Baked Zucchini & Tomato	Tzatziki Sauce	Mashed Potatoes	Mashed Potatoes	Poultry Gravy
/heat Roll	Sweet & Sour Cabbage	Wheat Roll	Glazed Sweet Potatoes	Sauteed Bok Choy	Fresh Broccoli Florets	Scalloped Potatoes
largarine	Wheat Roll	Margarine	Fresh Green Beans	Wheat Roll	Wheat Roll	Savory Bread Stuffing
ugar	Margarine	Sugar	Wheat Roll	Margarine	Margarine	Fresh Brussels Sprouts
offee Creamer	Sugar	Coffee Creamer	Sugar	Sugar	Sugar	Wheat Roll
rownie Pudding Cake	Coffee Creamer	Tripleberry Square	Margarine	Coffee Creamer	Coffee Creamer	Margarine
Noroccan Lamb Tagine	Homemade Peach Cobbler	Teriyaki Salmon	Coffee Creamer	Summer Berry Flan	Ice Cream Sundae	Sugar
ouscous Pilaf	Braised Beef Liver & Onions	Fluffy Rice	Creamy Rice Pudding	Baked Sole & Tomato Ginger Sauce	Chicken in Creamy Leek Sauce	Coffee Creamer
lazed Carrots	Mashed Potatoes	Wheat Roll	Oriental Beef & Vegetables	Mashed Potatoes	Fresh Broccoli Florets	Pumpkin Pie
heat Roll	Sweet & Sour Cabbage	Margarine	Glazed Sweet Potatoes	Sauteed Bok Choy	Wheat Roll	Roast Turkey
argarine	Wheat Roll	Sugar	Fresh Green Beans	Wheat Roll	Margarine	Poultry Gravy
ıgar	Margarine	Coffee Creamer	Wheat Roll	Margarine	Sugar	Scalloped Potatoes
offee Creamer	Sugar	Tripleberry Square	Sugar	Sugar	Coffee Creamer	Fresh Brussels Sprouts
	Coffee Creamer		Margarine	Coffee Creamer	Ice Cream Sundae	Wheat Roll
rownie Pudding Cake			-			
rownie Pudding Cake	Homemade Peach Cobbler		Coffee Creamer	Summer Berry Flan		Margarine
rownie Pudding Cake	Homemade Peach Cobbler		Coffee Creamer Creamy Rice Pudding	Summer Berry Flan		Margarine Sugar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u> </u>	' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	BREAKFAST			
pple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice
ligh Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	Fresh Fruit Salad
ausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	High Fibre Cream of Wheat
/hole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
pple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Whole Wheat Toast
ssorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Prune Juice
ausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
hite Toast	White Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
The Todas	Willie Todas	Willie Todas	White Toast	White Toast	write rouse	Scrambled Eggs
			Wille Toast	Write Toast		White Toast
						Write Toast
			LUNCH			
glish Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Potato Bacon Soup	Squash Apple Soup
nsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
aked Macaroni & Cheese	Deviled Ham Salad Sandwich	Beef & Corn Casserole	Grilled Chicken Ranch Cobb Salad	Pulled Pork on Wheat Bun	Potato Perogie & LTF Sour Cream	Sausage Links
arden Salad	Tossed Salad	Tossed Green Salad	Wheat Roll	Red Beet Citrus Salad	Marinated Tomato Salad	French Toast
largarine	Margarine	Margarine	Margarine	Margarine	Margarine	Syrup
ugar	Sugar	Sugar	Sugar	Sugar	Sugar	Strawberries
offee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Coffee Creamer	Margarine
hilled Peaches	Mango & Pineapple Salad	Chilled Poached Pears	Diced Cantaloupe & Honeydew	Stewed Rhubarb & Berries	Fresh Grapes	Sugar
nglish Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Tomato Soup	Vegetable Soup	Potato Bacon Soup	Coffee Creamer
nsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Fresh Fruit Salad
am & Swiss on Croissant	Zest Shrimp Pasta Salad	Balsamic Chicken Salad	Hamburger w/Mushrooms	Chicken Citrus Salad	Roast Beef Sandwich	Squash Apple Soup
arden Salad	Tossed Salad	Wheat Roll	Tossed Salad	Wheat Roll	Margarine	Unsalted Crackers
largarine	Margarine	Margarine	Wheat Roll	Margarine	Sugar	Sausage Links
ugar	Sugar	Sugar	Margarine	Sugar	Coffee Creamer	French Toast
offee Creamer	Coffee Creamer	Coffee Creamer	Sugar	Coffee Creamer	Fresh Grapes	Strawberries
hilled Peaches	Mango & Pineapple Salad	Chilled Poached Pears	Coffee Creamer	Stewed Rhubarb & Berries	•	Margarine
			Diced Cantaloupe & Honeydew			Sugar
						Coffee Creamer
						Fresh Fruit Salad
			DINNER			
uffed Cabbage Roll	Olive & Tomato Braised Chicken	Homemade MeatLoaf	Marmalade Pork Loin	Beef Shepherds Pie	Turkey a la King	Homemade Roast Beef
teamed Potato	Multigrain Rice Pilaf	Beef Gravy	Roasted Red Skin Potatoes	Baked Parmesan Tomato	Puff Pastry Wedge	Brown Gravy
alifornia Vegetables	Steamed Snow Peas	Garlic Mashed Potatoes	Glazed Butternut Squash	Wheat Roll	Caesar Salad	Chives & Sour Cream Mashed Potat
/heat Roll	Wheat Roll	Fresh Golden Cauliflower	Wheat Roll	Margarine	Wheat Roll	Yorkshire Pudding
argarine	Margarine	Wheat Roll	Margarine	Sugar	Margarine	Fresh Green Beans
ugar	Sugar	Margarine	Sugar	Coffee Creamer	Sugar	Wheat Roll
-	Coffee Creamer	Sugar	Coffee Creamer	Uniced Chocolate Brownie	Coffee Creamer	Margarine
	Berry Trifle	Coffee Creamer	Cherry Crisp	Multigrain Tilapia	Vanilla Ice Cream & Fruit Sauce	Sugar
offee Creamer		conce creamer		Sweet Potato Wedges	Ham Fettuccini Carbonara	Coffee Creamer
lini Pancakes w/Berries &Choc Sc		Chocolate Pudding		SWEEL I OLULO WELUBES	riaini i ettacciiii cal bullal a	
lini Pancakes w/Berries &Choc Sc urried Lamb	Cheese Tortellini in Pesto Sauce	Chocolate Pudding	Portuguese Grilled Chicken	Raked Parmesan Tomato	Capsar Salad	Rijigherry Die Slice
ini Pancakes w/Berries &Choc Sc urried Lamb eamed Potato	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf	Baked Ocean Perch	Roasted Red Skin Potatoes	Baked Parmesan Tomato	Caesar Salad	Blueberry Pie Slice
ini Pancakes w/Berries &Choc Sc urried Lamb seamed Potato alifornia Vegetables	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas	Baked Ocean Perch Garlic Mashed Potatoes	Roasted Red Skin Potatoes Glazed Butternut Squash	Wheat Roll	Wheat Roll	Homemade Roast Beef
ini Pancakes w/Berries &Choc Sc urried Lamb eamed Potato alifornia Vegetables heat Roll	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll	Baked Ocean Perch Garlic Mashed Potatoes Fresh Golden Cauliflower	Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll	Wheat Roll Margarine	Wheat Roll Margarine	Homemade Roast Beef Brown Gravy
ini Pancakes w/Berries &Choc Sc urried Lamb leamed Potato alifornia Vegetables 'heat Roll argarine	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Margarine	Baked Ocean Perch Garlic Mashed Potatoes Fresh Golden Cauliflower Wheat Roll	Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Margarine	Wheat Roll Margarine Sugar	Wheat Roll Margarine Sugar	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoo
iini Pancakes w/Berries &Choc Sc urried Lamb eamed Potato alifornia Vegetables /heat Roll argarine ugar	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Margarine Sugar	Baked Ocean Perch Garlic Mashed Potatoes Fresh Golden Cauliflower Wheat Roll Margarine	Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Margarine Sugar	Wheat Roll Margarine Sugar Coffee Creamer	Wheat Roll Margarine Sugar Coffee Creamer	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoe Yorkshire Pudding
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lini Pancakes w/Berries &Choc Sc urried Lamb teamed Potato alifornia Vegetables /heat Roll largarine ugar	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Margarine Sugar Coffee Creamer	Baked Ocean Perch Garlic Mashed Potatoes Fresh Golden Cauliflower Wheat Roll Margarine Sugar	Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Margarine Sugar Coffee Creamer	Wheat Roll Margarine Sugar Coffee Creamer	Wheat Roll Margarine Sugar Coffee Creamer	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoe Yorkshire Pudding Fresh Green Beans Wheat Roll Margarine
lini Pancakes w/Berries &Choc Sc	Cheese Tortellini in Pesto Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Margarine Sugar Coffee Creamer	Baked Ocean Perch Garlic Mashed Potatoes Fresh Golden Cauliflower Wheat Roll Margarine Sugar Coffee Creamer	Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Margarine Sugar Coffee Creamer	Wheat Roll Margarine Sugar Coffee Creamer	Wheat Roll Margarine Sugar Coffee Creamer	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoe Yorkshire Pudding Fresh Green Beans Wheat Roll

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