



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	Oatmeal	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal
Hard Boiled Egg	Assorted Greek Yogurt Cup	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Assorted Cold Cereal	Fresh Fruit Bowl	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Assorted Cold Cereal	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
	Assorted Greek Yogurt Cup					
LUNCH						
Minestrone Soup	Cream of Mushroom Soup	Beef & Noodle Soup	Split Pea Soup	Veggie Florentine Soup	Potato Bacon Soup	Chicken Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Ham & Havarti on Onion Bun	Chicken Caesar Salad	Salmon Salad on Rye	Boneless Chicken Wings	Hamburger on Wheat Bun	Crab Salad on Croissant	Belgian Waffle & Berries
Cucumber Dill Salad	Fruit Gelatin	Beet & Onion Salad	Coleslaw Vinaigrette	Greek Salad	Garden Salad	Turkey Breakfast Sausage
Fresh Watermelon		Orange Sections	Tropical Fruit	Stewed Rhubarb	Chilled Apricots	Cinnamon Applesauce
			Custard			
DINNER						
Dijon Maple Glazed Salmon	Braised beef and Broccoli	Baked Chicken with Chalet Sauce	Swiss Steak	Herbed Pork Chops in Gravy	Tandoori Chicken	Honey Garlic Ribs
Mashed Sweet Potatoes	Fluffy Rice	Potato Wedges	Mashed Potatoes	Garlic Mashed Potatoes	Basmati Rice	Roasted Red Skin Potatoes
Grilled Peppers & Onions	5-Way Mixed Vegetables	Parsley Carrots	Fresh Diced Beets	San Francisco Vegetables	Whole Mixed Beans	Buttered Corn
German Chocolate Cake	Tapioca Pudding	Vanilla Ice Cream	Date Square Bar	Berry Cobbler	Homemade Carrot Cake	Lemon Meringue Pie
Blackened Chicken	Vegan Lasagna	Fresh Strawberries	Primavera Pasta	G-F Breaded Lemon Sole Fillet	Roast Lamb	
Mashed Sweet Potatoes	5-Way Mixed Vegetables	Sausage Jambalaya	Fresh Diced Beets	Garlic Mashed Potatoes	Basmati Rice	
Grilled Peppers & Onions	Tapioca Pudding	Parsley Carrots	Date Square Bar	San Francisco Vegetables	Whole Mixed Beans	
German Chocolate Cake		Vanilla Ice Cream		Berry Cobbler	Homemade Carrot Cake	
		Fresh Strawberries				



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BREAKFAST						
Oatmeal	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat
Assorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Peanut Butter
Assorted Fresh Fruit Bowl	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Assorted Cold Cereal	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Peanut Butter
Assorted Greek Yogurt Cup						
LUNCH						
Spring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Potato Leek Soup	Chicken Creole Soup	Cream of Celery Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Asparagus & Red Pepper Quiche	Cheesy Tuna Melt	Pulled Pork on White Bun	Egg Salad Sandwich	Chef Salad Plate	Lemon Ricotta Penne	Eggs Benedict with Peameal
Citrus Spinach Salad	Mixed Green Salad	Marinated Vegetable Salad	Coleslaw	Baked Spiced Pears	Fresh Pineapple	Baked Apple
Chilled Peaches	Fresh Fruit Salad	Mixed Berries	Mandarin Oranges			Fresh Melon
DINNER						
Corned Beef	Pork Roast	Baked Trout	Chicken Cordon Bleu	Salisbury Steak & Gravy	Butter Chicken	Roast Turkey
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Baked Potato	Rosemary Potatoes	Basmati Rice	Turkey Gravy
Glazed Carrots	Roasted Mediterranean Vegetables	Fresh Broccoli Florets	5-Way Mixed Vegetables	Green Beans w/Almonds	Peas & Carrots	Cheesy Mashed Potatoes
Strawberry Rhubarb Crisp	Luscious Lemon Square	Chocolate Mousse	Coconut Poke Cake	Angel Cake with Berries	Ice Cream with Cherry Sauce	Glazed Butternut Squash
Chicken Provencal		Homemade Beef Lasgana	Tomato Braised Lamb Chop	Garlic Shrimp	Pork Schnitzel w/Mushroom Gravy	Pecan Pie
Parslied New Potatoes	Zesty Honey Dijon Baked Fish	Wild & Brown Rice	5-Way Mixed Vegetables	Rosemary Potatoes		
Glazed Carrots	Sweet Potatoes	Fresh Broccoli Florets	Coconut Poke Cake	Green Beans w/Almonds	Peas & Carrots	
Strawberry Rhubarb Crisp	Roasted Mediterranean Vegetables	Chocolate Mousse		Angel Cake with Berries	Ice Cream with Cherry Sauce	
	Luscious Lemon Square					



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BREAKFAST						
Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal
Pork Sausage Pattie	Hard Boiled Egg	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Pork Sausage Pattie	Hard Boiled Egg	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Scrambled Eggs
LUNCH						
Creamy Carrot & Parsnip Soup	Beef Vegetable Soup	Roasted Red Pepper Soup	Potato Leek Soup	Cream of Asparagus Soup	Lentil Soup	Wild Rice Chicken Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Corned Beef on Rye	Philly Steak & Cheese Melt	Mini Turkey Club on a Bun	Margarita Pizza	Hot Dog on Bun	Grilled Cheese Sandwich	Pancake with Maple Syrup
Marinated 4 Bean Salad	Iceberg & Carrot Salad	Spring Salad Mix	Cranberry Almond Salad	Spinach Tomato Salad	Coleslaw Vinaigrette	Turkey Breakfast Sausage
Stewed Berries	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Ambrosia Salad	Fresh Grapes	Blueberries
Custard						Mandarin Dream Gelatin
DINNER						
Crispy Baked Chicken	Pork Chop & Apple Chutney	Spaghetti & Meatballs	Salmon with Dill Sauce	Oriental Beef & Vegetables	Chicken in Creamy Leek Sauce	Homemade Roast Beef
Cauliflower & Peppers	Mashed Potatoes	Baked Zucchini & Tomato	Scalloped Potatoes	Brown Rice	Mashed Potatoes	Brown Gravy
Brownie Pudding Cake	Sweet & Sour Cabbage	Tripleberry Square	Fresh Green Beans	Sauteed Bok Choy	Fresh Broccoli Florets	Cheesy Mashed Potatoes
Moroccan Lamb Tagine	Homemade Peach Cobbler	Jerk Chicken Thigh	Creamy Rice Pudding	Summer Berry Flan	Ice Cream Sundae	Yorkshire Pudding
Couscous Pilaf	Braised Beef Liver & Onions	Spaghetti	Grilled Chicken Souvlaki	Baked Sole & Tomato Ginger Sauce	Beef Shepherds Pie	Fresh Brussels Sprouts
Cauliflower & Peppers	Mashed Potatoes	Baked Zucchini & Tomato	Tzatziki Sauce	Brown Rice	Fresh Broccoli Florets	Pumpkin Pie
Brownie Pudding Cake	Sweet & Sour Cabbage	Tripleberry Square	Scalloped Potatoes	Sauteed Bok Choy	Ice Cream Sundae	
	Homemade Peach Cobbler		Fresh Green Beans	Summer Berry Flan		
			Creamy Rice Pudding			



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BREAKFAST						
High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
LUNCH						
English Pea Soup	Unsalted Crackers	Chicken Noodle Soup	Barley Beef Soup	Herbed Tomato Bisque	Vegetable Soup	Broccoli Cheese Soup
Unsalted Crackers	Navy Bean Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Balsamic Chicken Salad	Turkey Swiss Cranwich	Deviled Ham Salad Sandwich	Grilled Chicken Ranch Cobb Salad	Macaroni & Cheese	Roast Beef Sandwich	Sausage Links
Chilled Apricots	Greek Salad	Chilled Poached Pears	Diced Cantaloupe & Honeydew	Red Beet Citrus Salad	Marinated Tomato Salad	French Toast
	Mango & Pineapple Salad			Stewed Rhubarb & Berries	Fresh Grapes	Strawberries
						Fresh Fruit Salad
DINNER						
Stuffed Cabbage Roll	Olive & Tomato Braised Chicken	Baked Ocean Perch	Marmalade Pork Loin	Krunchie Haddock	Turkey Schnitzel	BBQ Chicken Leg
Steamed Potato	Multigrain Rice Pilaf	Tartar Sauce	Roasted Red Skin Potatoes	French Fries	Mashed Potatoes	Poultry Gravy
Buttered Corn	Seasoned Green Peas	Mashed Sweet Potatoes	Glazed Butternut Squash	Peas & Carrots	Sauteed Broccoli	Chives & Sour Cream Mashed Potatoes
Mini Pancakes w/Berries &Choc Sc	Berry Trifle	Fresh Golden Cauliflower	Cherry Crisp	Coleslaw	Vanilla Ice Cream & Fruit Sauce	Sunrise Vegetables
	Cheese Tortellini in Pesto Sauce	Lemon Pudding	Portuguese Grilled Chicken	Chocolate Zucchini Cake	Ham Fettuccini Carbonara	Apple Pie Slice
Curried Lamb	Multigrain Rice Pilaf	Pork Loaf	Roasted Red Skin Potatoes		Sauteed Broccoli	
Steamed Potato	Seasoned Green Peas	Mashed Sweet Potatoes	Glazed Butternut Squash		Vanilla Ice Cream & Fruit Sauce	
Buttered Corn	Berry Trifle	Fresh Golden Cauliflower	Cherry Crisp			
Mini Pancakes w/Berries &Choc Sc		Lemon Pudding				