



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Juice High Fibre Cream of Wheat Pancake Syrup Scrambled Egg ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Wheat Bagel Cream Cheese Scrambled Egg ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Fried Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Egg Omelette Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal Assorted Yogurt Carrot Muffin Hard Boiled Egg ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
Lunch	Tuscan Bean & Vegetable Soup Unsalted Crackers Chicken and Mango Salad Wheat Roll Fresh Grapes ----- Grilled Cheese Sandwich Broccoli Slaw Butterscotch Pudding	Corn Chowder Unsalted Crackers Turkey & Cranberry on Wheat Cucumber Salad Sliced Pears ----- Cod Nuggets Sweet Potato Wedges Mushy Peas Butter Tart	Split Pea Soup Unsalted Crackers Yogurt Fruit Plate Bran Muffin Macaroon Madness Bar ----- Corned Beef on Rye Spinach Tomato Salad Mandarin Oranges	Cream Vegetable Soup Unsalted Crackers Beef and Corn Cassorole Zucchini Parmesan Wheat Roll Chilled Peach Slices ----- Crab Salad on Brioche Bun Grilled Vegetable Salad Banana Loaf	Cream of Broccoli Soup Unsalted Crackers Pork Tourtiere Pie Pork Gravy California Vegetables Fruit Salad ----- Chicken Salad Wrap Pear & Pecan Lettuce Salad Frozen Yogurt	Chicken, Lentil & Sweetcorn Soup Unsalted Crackers Pepperoni Mushroom & Green Pepper Pizza Tossed Garden Salad Stewed Rhubarb ----- Cream Cheese & Cucumber Sandwich Carrot Raisin Salad Chocolate Chip Cookie	Veggie Florentine Soup Unsalted Crackers Egg Salad on Wheat Red Beet Citrus Salad Orange Applesauce Gelatin ----- Deli Beef Salad Plate Wheat Roll Nanaimo Bar
Dinner	Pork Chop & Apple Chutney Roasted New Potatoes PEI Vegetables Wheat Roll Diced Cantaloupe & Honeydew ----- Lemon Parsley Salmon Mashed Potatoes Tossed Salad Lemon Blueberry Mousse Cake	Chicken Jambalaya Baby Carrots Wheat Roll Vanilla Ice Cream ----- Swedish Meatballs Whipped Potatoes Sunrise Vegetables Cherry Pie	Turkey Scallopini Whipped Potatoes Green Beans Wheat Roll Pineapple Tidbits ----- Baked Sausage Red Potato Salad 5-Way Mixed Vegetables Coconut Cream Pie	Roast Lamb Mint Jelly Brown Gravy Rosemary Potatoes Whole Mixed Beans Wheat Roll Fruit Gelatin ----- Coq au Vin Mashed Potatoes Whipped Squash Brownie	Tomato Feta Penne Italian Mix Vegetables Wheat Roll Fresh Watermelon ----- Fish 'n Chips Lemon Wedge Tartar Sauce Creamy Coleslaw Raspberry Mousse	Beef Shepherds Pie Buttered Corn Wheat Roll Chilled Apricots ----- Glazed Ham Brown Gravy Scalloped Potatoes Parslied Parsnips Raisin Rice Pudding	Roast Turkey Sage Bread Stuffing Turkey Gravy Whipped Potatoes Buttered Brussels Sprouts Fruit Cocktail ----- Shrimp and Scallop Skewer Garden Rice Grilled Peppers & Onions Wheat Roll Peach Custard Pie