



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Assorted Juice
Oatmeal
Poached Egg
Whole Wheat Toast

Assorted Cold Cereal
White Toast

Assorted Juice
High Fibre Cream of
Wheat
Scrambled Egg

Assorted Cold Cereal
Bran Muffin
Cheddar Cheese Slice
Whole Wheat Toast
White Toast

Assorted Juice
Oatmeal
Hard Boiled Egg
Whole Wheat Toast

Assorted Cold Cereal
White Toast

Assorted Juice
High Fibre Cream of
Wheat
Scrambled Egg
Whole Wheat Toast

Assorted Cold Cereal
Yogurt & Granola
Parfait
White Toast

Assorted Juice
Oatmeal
French Toast
Syrup

Assorted Cold Cereal
Hard Boiled Egg
Whole Wheat Toast
White Toast

Assorted Juice
High Fibre Cream of
Wheat
Sausage Link
Fried Egg
Whole Wheat Toast

Assorted Cold Cereal
White Toast

Assorted Juice
Oatmeal
Bacon
Scrambled Egg
Whole Wheat Toast

Assorted Cold Cereal
White Toast

Lunch

Cream of Asparagus
Soup
Unsalted Crackers
Grilled Vegetable Soft
Taco
Mexican Bean Salad
Fresh Watermelon

Perogies w/Bacon &
Onion
Sour Cream
Buttered Red Cabbage
Strawberry Mousse &
Whip Topping

Cream of Tomato Soup
Unsalted Crackers
Salmon Salad on Wheat
Spinach Orange Salad
Chilled Peach Slices

Eggs Benedict
w/Peameal & Hollandaise
Sc
Tomato Slices
Ice Cream Sandwich

Chicken Rice Soup
Unsalted Crackers
Toasted Monterey Jack
& Tomato Sandwich
Heritage Blend Salad
Peanutbutter Cookies

Hot Dog on Bun
Ketchup/Mustard/Relish
Corn Coblette
Fresh Grapes

Roasted Cauliflower
Soup
Unsalted Crackers
Tuna Salad on Wheat
Chickpea Salad
Tropical Fruit

Belgian Waffle & Fresh
Berries
Sausage Links
Ambrosia Pudding

Minestrone Soup
Unsalted Crackers
Pepper Frittata
Broccoli Florets
Potato Scallion Dinner
Roll
Mixed Berries

Ham Salad on Wheat
Spinach and Asparagus
Salad
Butterscotch Pudding

Potato Leek Soup
Unsalted Crackers
Cottage Cheese & Fruit
Bran Muffin
Strawberry Gelatin

Philly Steak & Cheese
Melt
Marinated Fresh
Vegetable Salad
Pecan Streusel Cake

Creamy Onion Soup
Unsalted Crackers
Chicken Caesar Salad
Plate
Wheat Roll
Vanilla Pudding

Grilled Havarti Sandwich
Pear & Pecan Lettuce
Salad
Peach Raspberry
Compote

Dinner

Veal Cacciatore
Buttered Egg Noodles
Fancy Blend Vegetables
Scalloped Apples

BBQ Pork Ribs
Potato Salad
Sugar Snap Peas
Wheat Roll
Homemade Cheesecake
Brownie

Lemon Herb Baked
Chicken Thighs
Sour Cream Potatoes
Glazed Butternut
Squash

Tropical Fruit

Pasta & Meat Sauce
Tossed Salad
Garlic Bread
Jammy Shortbread Bar

Turkey a la King
Tea Biscuit
Parsley Carrots
Blueberries

Steamed Haddock with
Mango Salsa
Mashed Potatoes
Broccoli Florets
Wheat Roll
Warm Bread Pudding

Cuban Pork Chop
Mashed Potatoes
Seasoned Green Peas
Wheat Roll
Sliced Pears

Hamburger on WW Bun
Fried Onions
Ketchup/Mustard/Relish
Tomato Slices &
Lettuce
Potato Wedges
Roasted Mixed Peppers
Iced Orange Cake

Krunchie Perch
Lemon Wedge
Oven-browned
Potatoes
Creamy Coleslaw
Wheat Roll

Diced Cantaloupe &
Honeydew

Meat Lasagna
Tuscan Greens with
Dressing
Pineapple Fluff Dessert

Tuscan Lemon Chicken
Whipped Potatoes
Sweet Balsamic
Brussels Sprouts
Wheat Roll
Fruit Cocktail

Teriyaki Salmon
Seven Grain Rice
Sauteed Bok Choy
Warm Lemon Pudding
Cake

Roast Beef
Yorkshire Pudding
Beef Gravy
Whipped Potatoes
PEI Vegetables
Wheat Roll
Mandarin Oranges

Three Cheese Penne
Tossed Garden Salad
Strawberry Rhubarb Pie