



	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 Cream Cheese Wheat Bagel Egg Omelette ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal Assorted Yogurt Scrambled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal Fried Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
Lunch	Cream of Mushroom Soup Unsalted Crackers Egg Salad on Multi-Grain Tossed Salad Mango ----- Captain Burger Tartar Sauce Cucumber Salad Lemon Mousse & Whipped Topping	Chicken Noodle Soup Unsalted Crackers Yogurt Fruit Plate Morning Glory Muffin Chocolate Pudding ----- Tuna Melt Tossed Garden Salad Date Square	Spring Pea Soup Unsalted Crackers Chicken Salad on Wheat Beet & Onion Salad Sliced Pears ----- Vegetarian Pizza Spinach Orange Salad Butterscotch Ice Cream	Tuscan Bean & Vegetable Soup Unsalted Crackers Pork Tourtiere Pie Pork Gravy Seasoned Green Peas Bananas and Oranges ----- Seafood Salad Plate Wheat Roll Buttertart Square	Wonton Soup Unsalted Crackers Vegetable Quiche Tossed Salad Fresh Grapes ----- Hamburger on WW Bun Tomato Slices & Lettuce Ketchup/Mustard/Relish Carrot Raisin Salad Orange Gelatin with Whip Topping	English Garden Soup Unsalted Crackers Macaroni & Cheese Baked Parmesan Tomato Strawberries ----- Chef Salad Plate Wheat Roll Oatmeal Raisin Cookies	Homemade Garlic Soup Unsalted Crackers Mushroom Cheese Omelet Home Fries with Pepper & Onions Whole Mixed Beans Fresh Watermelon ----- Deli Roast Beef on Wheat Triple Bean Salad Lemon Poppysed Loaf
Dinner	Rosemary Chicken Baked Potato Sour Cream Broccoli Florets Wheat Roll Blueberries ----- Sausage on Bun Grilled Peppers & Onions Orange Dream Shortcake	Braised Veal Tips Seasoned Egg Noodles Green Beans Wheat Roll Chilled Peach Slices ----- Glazed Ham Pineapple Slices Scalloped Potatoes Baby Carrots Apple Caramel Tart	Homemade MeatLoaf Brown Gravy Mashed Potatoes Roasted Asparagus Wheat Roll Fruit Cocktail ----- Crab Cake Lemon Aioli Couscous Salad Tuscan Greens with Dressing Tapioca Pudding	Crispy Baked Chicken Mashed Potatoes Corn Cobbette Wheat Roll Mixed Berries ----- Corned Beef Dijon Mustard Parslied New Potatoes Buttered Cabbage Red Velvet Cake	Sweet & Sour Pork Fluffy Rice Sugar Snap Peas Stewed Rhubarb with Custard ----- Lemon Pepper Cod Lemon Wedge Savory Diced Potatoes Coleslaw Vinaigrette Wheat Roll Cherry Cheesecake	Curried Lamb Naan Bread Peas & Pearl Onions Warm Apple Compote ----- BBQ Chicken Leg German Potato Salad Buttered Corn on the Cob Wheat Roll Vanilla Ice Cream	Ginger Roast Pork Applesauce Brown Gravy Roasted New Potatoes Julienne Carrots Wheat Roll Tropical Fruit ----- Roast Turkey Savory Bread Stuffing Cranberry Sauce Mashed Potatoes Whipped Squash Boston Cream Pie