



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Breakfast**

Assorted Juice  
Oatmeal  
Belgian Waffle  
Syrup  
Poached Egg  
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Assorted Cold Cereal  
Whole Wheat Toast  
White Toast

Assorted Juice  
High Fibre Cream of  
Wheat  
Assorted Yogurt  
Scrambled Egg  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

Assorted Juice  
Oatmeal  
Hard Boiled 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  
Pancake with Maple  
Syrup  
Scrambled Egg  
-----  
Assorted Cold Cereal  
Whole Wheat Toast  
White Toast

Assorted Juice  
High Fibre Cream of  
Wheat  
Fried Egg  
Whole Wheat Toast  
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Assorted Cold Cereal  
White Toast

Assorted Juice  
Oatmeal  
Scrambled Eggs  
Bacon  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

**Lunch**

White Bean and Fennel  
Soup  
Unsalted Crackers  
Cottage Cheese & Fruit  
Bran Muffin  
Strawberries & Bananas  
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Peameal Bacon on WW  
Bun  
Garden Salad  
Fruit Gelatin

Butternut Squash Soup  
Unsalted Crackers  
Spinach & Roasted Red  
Pepper Strata  
Broccoli Florets  
Wheat Roll  
Fruit Cocktail  
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Mini Turkey Club on a  
Bun  
Beet & Onion Salad  
Chocolate Mousse

Cream of Celery Soup  
Unsalted Crackers  
Tuna Salad on Wheat  
Waldorf Salad  
Stewed Rhubarb &  
Berries  
-----  
Hot Dog on Bun  
Ketchup/Mustard/Relish  
Corn Cobbette  
Ice Cream Sandwich

Cream of Tomato Soup  
Unsalted Crackers  
Roast Beef on Wheat  
Cucumber Salad  
Fruit Salad  
-----  
Creamy White Pizza  
Greek Salad  
Oatmeal Raisin Cookies

Cream of Mushroom  
Soup  
Unsalted Crackers  
Turkey Cranberry  
Monte Cristo  
Roasted Asparagus  
Raspberry Gel  
-----  
Pork Tourtiere  
Pork Gravy  
Spring Salad Mix  
Mandarin Oranges

Roasted Red Pepper  
Soup  
Unsalted Crackers  
Grilled Cheese  
Sandwich  
Black Bean Corn Salad  
Fresh Grapes  
-----  
Chicken Fingers with  
Plum Sauce  
Potato Wedges  
Caesar Salad  
Banana Pudding

Cabbage Beef Soup  
Unsalted Crackers  
Salmon Salad on Wheat  
Tossed Salad  
Chilled Peach Slices  
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Zesty Hummus Salad  
Plate  
Lime Daiquiri Dessert

**Dinner**

Grilled Lemon Garlic  
Chicken  
Red Potato Salad  
Zucchini Medley  
Wheat Roll  
Chilled Apricots  
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Braised Beef Liver &  
Onions  
Brown Gravy  
Mashed Potatoes  
Seasoned Green Peas  
Assorted Ice Cream

Baked Basa  
Herb Roasted Potatoes  
Buttered Brussels  
Sprouts  
Wheat Roll  
Cantaloupe Chunks  
-----  
Oriental Meatballs  
Fluffy Rice  
Oriental Vegetables  
Lemon Meringue Pie

Lamb Stew with Potato  
Dumplings  
Green Beans  
Wheat Roll  
Pineapple Tidbits  
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Salisbury Steak & Gravy  
Mashed Potatoes  
California Vegetables  
English Trifle

Herb Baked Chicken  
Thigh  
Roasted New Potatoes  
Mashed Turnips  
Wheat Roll  
Sliced Pears  
-----  
Pork Tenderloin  
Brown Gravy  
Mashed Potatoes  
Fancy Blend Vegetables  
Hawaiian Wedding Cake

Crispy Ginger Beef  
Brown Rice  
Asian Vegetables  
Wheat Roll  
Peach Crisp  
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Cod with Lemon and  
Capers  
Mashed Potatoes  
Italian Mix Vegetables  
Fresh Watermelon

Penne & Meat Sauce  
Carrot Coins  
Wheat Roll  
Tropical Fruit  
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Swiss & Onion Quiche  
Zucchini Parmesan  
Strawberry Shortcake

Roast Beef  
Beef Gravy  
Horseradish  
Mashed Potatoes  
Rainbow Vegetables  
Wheat Roll  
Vanilla Ice Cream  
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Honey Garlic Ribs  
Herb Roasted Potatoes  
Buttered Corn on the  
Cob  
Apple Pie Slice