

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Assorted Juice High Fibre Cream of Wheat Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Cinnamon Oatmeal Pancake Syrup Pancake ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Fried Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal Sausage Link Whole Wheat Toast ----- Assorted Cold Cereal 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 Carrot Muffin ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Crispy Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
L U N C H	Tuscan Bean & Vegetable Soup Unsalted Crackers Beef Taco Salad Mini Pita Bread Red Seedless Grapes ----- Grilled Cheese Sandwich Creamy Coleslaw Butterscotch Pudding	Corn Chowder Unsalted Crackers Turkey Salad on Wheat Tossed Salad Chilled Poached Pears ----- Haddock Bites Sweet Potato Wedges Seasoned Green Peas Butter Tart	Split Pea Soup Unsalted Crackers Yogurt Fruit Plate Banana Loaf Tiramisu Mousse with Ladyfinger ----- Corned Beef on Rye Horseradish Beet Salad Mandarin Oranges	Veggie Florentine Soup Unsalted Crackers Enchilada Casserole Mexican Vegetables Chilled Peaches ----- Crab Salad on Croissant Tomato Slices Rainbow Parfait	Cream of Broccoli Soup Unsalted Crackers Pulled Pork on Wheat Bun Carrot Pineapple Salad Fruit Cocktail ----- Chicken Salad Wrap Pear & Pecan Lettuce Salad Frozen Yogurt	Chicken Lentil & Sweetcorn Soup Unsalted Crackers Tuna Pesto Salad Mixed Green Salad Wheat Roll Stewed Rhubarb ----- Hawaiian Pizza Zucchini Parmesan Lemon Chiffon	Tortellini Vegetable Soup Unsalted Crackers Hot Beef Dip Sandwich Tarragon Roast Beets Blueberries ----- Egg Salad Sandwich Sunshine Salad Nanaimo Bar
D I N N E R	Pork Chop & Apple Chutney Double Boiled Potato PEI Vegetables Wheat Roll Cantaloupe Chunks ----- Salmon Pie Tomato Cucumber Salad Lemon Blueberry Mousse Cake	Chicken Jambalaya Steamed Asparagus Wheat Roll Mixed Berries ----- Creamy Stroganoff Meatballs Buttered Egg Noodles Sunrise Vegetables Assorted Ice Cream	Baked Farmers Sausage Red Potato Salad Sweet & Sour Cabbage Wheat Roll Pineapple Salad ----- Turkey Dijonnaise Mashed Potatoes Parslied Parsnips Coconut Cream Pie	Curried Lamb Basmati Rice Golden Cauliflower Wheat Roll Fresh Fruit Salad ----- Coq au Vin Rosemary Potatoes Whole Mixed Beans Custard Glazed Bread Pudding	Tomato Basil Gnocchi Italian Mix Vegetables Wheat Roll Fresh Watermelon ----- Fish 'n Chips Lemon Wedge Tartar Sauce Creamy Coleslaw Peach Upside-Down Cake	Beef Shepherds Pie Buttered Corn Wheat Roll Chilled Apricots ----- Wine Mustard Glazed Ham Scalloped Potatoes Baby Carrots Homemade Cinnamon Rice Pudding	Roast Turkey Sage Bread Stuffing Turkey Gravy Cranberry Sauce Whipped Potatoes Buttered Brussels Sprouts Tropical Fruit ----- Shrimp & Scallops Garden Rice Grilled Peppers & Onions Wheat Roll Cherry Pie

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BREAKFAST	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Marble Cheese Slice Bran Muffin ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Maple Syrup Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Assorted Yogurt Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal French Toast Syrup ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Pork Sausage Patty Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Cinnamon Oatmeal Crispy Bacon Scrambled Eggs Whole Wheat Toast ----- Assorted Cold Cereal White Toast		
	LUNCH	Cream of Asparagus Soup Unsalted Crackers Perogies w/Bacon & Onion Sour Cream Buttered Red Cabbage Fresh Watermelon ----- Cream Cheese & Cucumber Sandwich Triple Bean Salad Strawberry Mousse & Whip Topping	Carrot Potato Ginger Soup Unsalted Crackers Eggs Florentine Baked Parmesan Tomato Chilled Peaches ----- Salmon Salad Plate Ice Cream Sandwich	Mushroom Wild Rice Soup Unsalted Crackers Pork Souvlaki Mediterranean Salad Herb Focaccia Red Seedless Grapes ----- Belgian Waffle & Fresh Berries Turkey Bacon Peanutbutter Cookies	Roasted Cauliflower Soup Unsalted Crackers Spinach & Feta Quiche Paradisio Vegetables Tropical Fruit ----- Tuna Salad on Wheat Chickpea Salad Ambrosia Pudding	Minestrone Soup Unsalted Crackers Texan Chicken Casserole Grilled Vegetable Blend Mixed Berries ----- Deviled Ham Salad Sandwich Zesty Citrus Spinach Salad Lime Sherbet	Potato Leek Soup Unsalted Crackers Cheddar Fruit Plate Lemon Poppysed Loaf Strawberry Gelatin ----- Philly Steak & Cheese Melt Marinated Fresh Vegetable Salad Pecan Streusel Cake	Cream of Tomato Soup Unsalted Crackers Grilled Cheese Sandwich Marinated Corn Salad Peach Raspberry Compote ----- Turkey Pot Pie Turkey Gravy Roasted Root Medley Tapioca Pudding	
		DINNER	Veal Cacciatore Buttered Egg Noodles Fancy Blend Vegetables Wheat Roll Spiced Scalloped Apples ----- BBQ Pork Ribs Potato Salad Seasoned Spinach Homemade Cheesecake Brownie	Butter Chicken Fluffy Rice Herbed Green Beans Mango ----- Hamburger on Wheat Bun Fried Onions Tomato Slices & Lettuce Ketchup/Mustard/Relish Potato Wedges Grilled Zucchini Salad Jammy Shortbread Bar	Turkey a la King Tea Biscuit Parsley Carrots Chilled Apricots ----- Steamed Haddock & Mango Salsa Mashed Potatoes Niagara Mix Vegetables Wheat Roll Black Forest Cake	Creamy Dijon Pork Loin Herb Roasted Potatoes Seasoned Green Peas Wheat Roll Chilled Poached Pears ----- Pasta & Meat Sauce Tossed Salad Garlic Bread Iced Orange Cake	Spiced Chickpeas Naan Bread Wedges Rainbow Vegetables Wheat Roll Diced Cantaloupe & Honeydew ----- Krunchie Perch Lemon Wedge Oven-browned Potatoes Confetti Coleslaw Cherry Cobbler	Tuscan Lemon Chicken Garlic Mashed Potatoes Pearl Harvest Veggies Wheat Roll Fruit Cocktail ----- Tomato Spinach Tortellini Mixed Greens Salad Soft Garlic Stick Warm Lemon Pudding Cake	Roast Beef Beef Gravy Whipped Potatoes Broccoli Florets Wheat Roll Mandarin Oranges ----- Teriyaki Salmon Seven Grain Rice Sauteed Bok Choy Strawberry Rhubarb Pie

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L U N C H	Thai Coconut Soup Unsalted Crackers Egg Salad on Multi-Grain Chickpea & Couscous Salad Mango ----- Cheesy Tuna Pasta Casserole Peas & Carrots Lemon Mousse & Whipped Topping	Cabbage Beef Soup Unsalted Crackers Yogurt Fruit Plate Morning Glory Muffin Cherry Panna Cotta ----- Captain Burger on WW Bun Cucumber Dill Salad Date Square	English Pea Soup Unsalted Crackers Chicken Salad Sandwich Beet & Onion Salad Chilled Poached Pears ----- Vegetarian Pizza Citrus Spinach Salad Butterscotch Ice Cream	Cream of Celery Soup Unsalted Crackers Seafood Salad Plate Mandarin Pineapple Cup ----- Ham & Havarti on Onion Bun Waldorf Salad Buttertart Square	Broccoli Cheese Soup Unsalted Crackers Pepper Frittata Cocktail Vegetables Herb Focaccia Red Seedless Grapes ----- Hot Dog on Bun Ketchup/Mustard/Relish Carrot Raisin Salad Orange Gelatin with Whip Topping	English Garden Soup Unsalted Crackers Macaroni & Cheese Baked Parmesan Tomato Strawberries ----- Thai Chicken Salad Puff Pastry Wedge Oatmeal Raisin Cookies	Italian Wedding Soup Unsalted Crackers Zesty Hummus Salad Plate Fresh Watermelon ----- Sloppy Joes on Kaiser Asian Coleslaw Lemon Poppyseed Loaf
D I N N E R	Rosemary Chicken Mashed Potatoes Sweet Balsamic Brussels Sprouts Wheat Roll Blueberries ----- Oktoberfest Sausage German Potato Salad Roasted Mixed Peppers Orange Dream Shortcake	Glazed Ham Pineapple Slices Whipped Potatoes Glazed Turnips Wheat Roll Chilled Peaches ----- Veal Parmesan Herb Roasted Potatoes Herbed Green Beans Apple Caramel Tart	Homemade MeatLoaf Brown Gravy Mashed Potatoes Roasted Asparagus Wheat Roll Fruit Cocktail ----- Crab Cake Lemon Aioli Couscous Salad Spring Salad Mix Tapioca Pudding	Crispy Baked Chicken Baked Potato Sour Cream Corn Cobbette Wheat Roll Mixed Berries ----- Corned Beef Dijon Mustard Parslied New Potatoes Buttered Cabbage Red Velvet Cake	Pork Tenderloin Orange Sage Mashed Sweet Potato California Vegetables Wheat Roll Stewed Rhubarb with Custard ----- Lemon Pepper Cod Lemon Wedge Savory Diced Potatoes Coleslaw Vinaigrette Cherry Cheesecake	Lamb Stew with Potato Dumplings Florentine Vegetables Wheat Roll Warm Apple Compote ----- BBQ Chicken Leg Mushroom Barley Pilaf Garden Salad Vanilla Ice Cream	Seafood a La King Herb Focaccia 5-Way Mixed Vegetables Tropical Fruit ----- Roast Turkey Savory Bread Stuffing Cranberry Sauce Turkey Gravy Mashed Potatoes Whipped Squash Boston Cream Pie

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	LUNCH	White Bean & Fennel Soup Unsalted Crackers Cottage Cheese & Fruit Bran Muffin Fruit Gelatin ----- Peameal Bacon on Bun Heritage Blend Salad Assorted Ice Cream	Chicken Vegetable Soup Unsalted Crackers Spinach & Roasted Red Pepper Strata Scandinavian Vegetables Blueberries with Whip Cream ----- Turkey Salad on Wheat Cranberry Pumpkin Seed Slaw Chocolate Mousse	Cream of Tomato Soup Unsalted Crackers Salmon Salad Sandwich Cucumber Pea Salad Mango ----- Weiners & Beans Corn Cobbette Ice Cream Sandwich	Turkey Rice Soup Unsalted Crackers Roast Beef Sandwich Harvard Beets Fresh Fruit Salad ----- Margarita Flatbread Pizza Spring Salad Mix Oatmeal Raisin Cookies	Cream of Mushroom Soup Unsalted Crackers Savory Brunch Bake Florentine Vegetables Raspberry Gelatin ----- Ravioli with Rose Sauce Greek Salad Mandarin Oranges	Barley Beef Soup Unsalted Crackers Cream Cheese & Cucumber Sandwich Black Bean Corn Salad Red Seedless Grapes ----- Chicken Fingers with Plum Sauce Sweet Potato Fries Caesar Salad Banana Pudding	Roasted Red Pepper Soup Unsalted Crackers Tuna Salad on Rye Tossed Salad Chilled Peaches ----- Creamy Chicken & Broccoli Bake Puff Pastry Wedge Iced Banana Cake	
		DINNER	Grilled Lemon Garlic Chicken Roasted Baby Potatoes Zucchini Medley Wheat Roll Chilled Apricots ----- Italian-Style Beef Liver Whipped Potatoes Italian Mix Vegetables Decadent Brownie	Beef & Broccoli Stir-Fry Fluffy Rice Wheat Roll Cantaloupe Chunks ----- Zesty Honey Dijon Baked Fish Garlic Mashed Potatoes Julienne Carrots Lemon Meringue Pie	Roast Lamb Mint Jelly Scalloped Potatoes Whole Mixed Beans Wheat Roll Pineapple Salad ----- Salisbury Steak & Gravy Brown Gravy Mashed Potatoes Montego Vegetables English Trifle	Smoked Pork Loin Roasted New Potatoes Mashed Turnips Wheat Roll Chilled Poached Pears ----- Turmeric Chicken Ranch Mashed Potatoes Fancy Blend Vegetables Hawaiian Wedding Cake	Crispy Ginger Beef Heritage Blend Rice Wheat Roll Fresh Watermelon ----- Cod with Lemon & Capers Mashed Sweet Potatoes Seasoned Green Peas Peach Crisp	Homemade Vegetable Lasagna Carrot Coins Wheat Roll Tropical Fruit ----- Honey Garlic Ribs Herb Roasted Potatoes Zucchini Parmesan Strawberry Shortcake	Roast Beef Beef Gravy Horseradish Mashed Potatoes Rainbow Vegetables Wheat Roll Vanilla Ice Cream ----- Homemade Turkey Loaf Turkey Gravy Baked Potato Sour Cream & Chives Roasted Butternut Squash Assorted Pies