



MONDAY	JUN 28	TUESDAY	JUN 29	WEDNESDAY	JUN 30	THURSDAY	JUL 01	FRIDAY	JUL 02	SATURDAY	JUL 03	SUNDAY	JUL 04
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**BREAKFAST**

Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
High Fibre Cream of Wheat	High Fibre Oatmeal	High Fibre Cream of Wheat	High Fibre Oatmeal	High Fibre Cream of Wheat	High Fibre Oatmeal	High Fibre Cinnamon Oatmeal	High Fibre Cream of Wheat	High Fibre Cream of Wheat	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Cream of Wheat	High Fibre Cream of Wheat	High Fibre Cream of Wheat
Pork Sausage Pattie	Hard Boiled Egg	Breakfast Ham	Hard Boiled Egg	Breakfast Ham	Hard Boiled Egg	Maple Syrup	Poached Egg	Poached Egg	Hard Boiled Egg	Hard Boiled Egg	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	French Toast	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Stewed Prunes	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast

**LUNCH**

Tuscan Bean & Vegetable Soup	Unsalted Crackers	Roasted Cauliflower Soup	Chicken Noodle Soup	Potato Leek Soup	Tomato & Rice Soup	Minestrone Soup
Unsalted Crackers	Corn Chowder	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Tuna Salad on Rye	Chicken Shawarma Plate	Turkey Deli Plate	Egg Salad on Multi-Grain	Homemade Quiche	Pimento Cream Cheese Sandwich	Crispy Bacon
Cabbage & Apple Salad	Mediterranean Salad	Wheat Roll	Corn & Bean Salad	Seasoned Green Peas	Spinach & Mushroom Salad	Pancake with Maple Syrup
Fruit Gelatin	Chilled Poached Pears	Mandarin Oranges	Chilled Peaches	Wheat Roll	Chilled Apricots	Spiced Scalloped Apples
Buttered Bran Loaf	Deviled Ham Salad Sandwich	Grilled Cheese Sandwich	Pork Souvlaki	Fruit Cocktail	Crab Cake	Tropical Fruit
Yogurt Fruit Plate	Horseradish Beet Salad	Tomato Slices	Pita Bread Wedges	Hot Dog on Bun	Potato Wedges	Zesty Hummus Salad Plate
Butterscotch Pudding	Butter Tart	Peanut Butter Cookies	Cucumber Dill Salad	Tossed Salad	Carrot Pineapple Salad	Orange Sherbet
			Rainbow Parfait	Strawberry Ice Cream Cup	Lemon Chiffon	

**DINNER**

Turmeric Chicken	Salisbury Steak & Mushroom Sauce	Salmon Pie	Beef Shepherds Pie	Lemon Wedge	Honey Garlic Pork Loin	Roast Beef
Garden Rice	Mashed Potatoes	Sauteed Spinach & Mushrooms	Pearl Harvest Veggies	Fish 'n Chips	Whipped Potatoes	Horseradish
Fancy Blend Vegetables	Green Beans	Wheat Roll	Wheat Roll	Creamy Coleslaw	Oriental Vegetables	Brown Gravy
Wheat Roll	Wheat Roll	Chilled Pineapples	Fresh Fruit Salad	Wheat Roll	Wheat Roll	Baked Potato
Fresh Watermelon	Mixed Berries	Oktoberfest Sausage	Poultry Gravy	Cantaloupe Chunks	Mango	5-Way Mixed Vegetables
Lemon Ricotta Penne	Vegetarian Burger Patty	Red Potato Salad	Turkey Schnitzel	Eggplant Parmigiana	Chicken Cacciatore	Wheat Roll
Zucchini Medley	Carrot Raisin Salad	Sweet & Sour Cabbage	Herb Roasted Potatoes	Savory Diced Potatoes	Fluffy Rice	Stewed Rhubarb
Peach Upside Down Cake	Wheat Hamburger Bun	Coconut Cream Pie	Broccoli Florets	Italian Mix Vegetables	Sugar Snap Peas	Turkey a la King
	Vanilla Ice Cream Cup		Lemon Pudding Cake	Carrot Cake	Berry Cobbler	Puff Pastry Wedge
						Buttered Brussels Sprouts
						Cherry Pie