



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Juice High Fibre Cream of Wheat Pancake Syrup Creamy Yogurt ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Garden Vegetable & Cheese Omelet Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Whole Wheat English Muffin Sausage Patty 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 Poached Egg ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
Lunch	Tuscan Bean & Vegetable Soup Unsalted Crackers Chicken and Mango Salad Wheat Roll Fresh Grapes ----- Grilled Cheese Sandwich Broccoli Slaw Butterscotch Pudding	Corn Chowder Unsalted Crackers Turkey & Lettuce on Wheat Cucumber Salad Sliced Pears ----- Cod Nuggets Sweet Potato Wedges Mushy Peas Butter Tart	Cream Vegetable Soup Unsalted Soda Crackers Yogurt Fruit Plate Bran Muffin Macaroon Madness Bar ----- Corned Beef on Rye Spinach Tomato Salad Mandarin Oranges	Pea Soup Unsalted Soda Crackers Beef and Corn Cassorole Seasoned Zucchini Wheat Roll Chilled Peach Slices ----- Crab Salad on Croissant Marinated Vegetables Banana Loaf	Cream of Broccoli Soup Sloppy Joes Wheat Roll Carrot Sticks Ranch Dressing Fruit Salad ----- Unsalted Crackers Chicken Salad on Wheat Pear & Pecan Lettuce Salad Frozen Yogurt	Roasted Cauliflower Soup Unsalted Soda Crackers Hot Dog on Bun Grilled Peppers & Onions Strawberries ----- Cream Cheese & Cucumber Sandwich Red Beet Citrus Salad Chocolate Chip Cookie	Chicken, Lentil & Sweetcorn Soup Unsalted Soda Crackers Roast Beef on Wheat Carrot Raisin Salad Orange Applesauce Gelatin ----- Vegetable Pizza Casserole Broccoli Florets Wheat Roll Nanaimo Bar
Dinner	Pork Chop & Apple Chutney Roasted New Potatoes PEI Vegetables Wheat Roll Diced Cantaloupe & Honeydew ----- Lemon Parsley Salmon Mashed Potatoes Tossed Salad Blueberry Pudding Cake	Swedish Meatballs Whipped Potatoes Sunrise Vegetables Cherry Pie ----- Chicken Jambalaya Baby Carrots Wheat Roll Vanilla Ice Cream	Turkey Scallopini Turkey Gravy Whipped Potatoes Green Beans Wheat Roll Pineapple Tidbits ----- Sausage on Bun 5-Way Mixed Vegetables Coconut Cream Pie	Coq au Vin Rosemary Potatoes Scandinavian Vegetables Fruit Gelatin ----- Pasta Primavera Mashed Potatoes Italian Mix Vegetables Wheat Roll Brownie	Glazed Ham Pork Gravy Scalloped Potatoes Parslied Parsnips Wheat Roll Fresh Watermelon ----- Fish 'n Chips Tartar Sauce Lemon Wedge Creamy Coleslaw Raspberry Mousse	Beef Shepherds Pie Brown Gravy Buttered Corn Wheat Roll Chilled Apricots ----- Tomato Feta Penne House Salad/Dressing Raisin Rice Pudding	Roast Turkey Turkey Gravy Mashed Potatoes Whipped Squash Bread Stuffing Fruit Cocktail ----- Zucchini Parmigiana Caesar Salad Soft Garlic Stick Baked Peach Bar