



WEEK ONE

Monday

BREAKFAST

Assorted Juice

Cinnamon Oatmeal

Pork Sausage Pattie

Whole Wheat Toast

Assorted Cold Cereal

White Toast



WEEK ONE~Monday

LUNCH

Captain Burger on Bun

Coleslaw Vinaigrette

OR

Egg Salad Platter

(Egg Salad, Tossed Salad)

DESSERT

Raspberry Mousse

SUPPER

Roasted Sage Chicken Drumstick

Herb Roasted Potatoes

Peas & Pearl Onions

OR

Alfredo Fettuccine

Mixed Green Salad

DESSERT

Chocolate Roll Cake



WEEK ONE

Tuesday

BREAKFAST

Assorted Juice

Oatmeal

Hard Boiled Egg

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE ~ *Tuesday*

LUNCH

Corn Chowder Soup

Deviled Ham Salad

Beet Salad

Or

Chicken Shawarma Plate

Mediterranean Salad

DESSERT

Butter Tart

DINNER

Salmon Pie

Sauteed Spinach Mushrooms

Or

Moroccan Lamb Tagine

Parsley Carrots and Buttered Cabbage

DESSERT

Chocolate Ice Cream



WEEK ONE

Wednesday

BREAKFAST

Assorted Juice

Oatmeal

Breakfast Ham

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE~*Wednesday*

LUNCH

Roasted Cauliflower Soup

Turkey Deli Plate

Wheat Roll

Or

Grilled Cheese Sandwich

Tomato Slices

DESSERT

Mandarin Oranges or Peanut Butter Cookies

DINNER

Salisbury Steak & Mushroom Sauce

Mashed Potatoes and Green Beans

Or

Oktoberfest Sausage

Red Potato Salad & Sweet and Sour Cabbage

DESSERT

Coconut Cream Pie



WEEK ONE

Thursday

BREAKFAST

Assorted Juice

Oatmeal

Raisin Bread

Peanut Butter

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE~ *Thursday*

LUNCH

Chicken Noodle Soup

Egg Salad on Multi-Grain

Or

Bacon and Tomato Sandwich

Both Served with Corn & Bean Salad

DESSERT

Rainbow Parfait

SUPPER

Beef Shepherds Pie

Pearl Harvest Vegetables

Or

Turkey Schnitzel

Herb Roasted Potatoes and Broccoli Florets

DESSERT

Vanilla Tart



WEEK ONE

Friday

BREAKFAST

Assorted Juice

Oatmeal

Poached Egg

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE~Friday

LUNCH

Potato Leek Soup

Homemade Quiche

Seasoned Green Peas

Or

Hot Dog on a Bun

Tossed Salad

DESSERT

Nanaimo Bar

SUPPER

Fish n' Chips

Tartar Sauce & Lemon Wedge

Creamy Coleslaw

Or

Eggplant Parmigiana Casserole

Savoury Diced Potatoes and Italian Mixed Vegetables

DESSERT

Carrot Cake



WEEK ONE

Saturday

BREAKFAST

Assorted Juice

Cream of Wheat

Hard Boiled Egg

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE~Saturday

LUNCH

Scotch Broth

Cucumber and Cream Cheese Sandwich

Or

Crab Cake

Potato Wedges

Both Served with Spinach and Mushroom Salad

DESSERT

Lemon Chiffon

SUPPER

Honey Garlic Pork Loin

Or

Chicken Cacciatore

Fluffy Rice, Oriental Vegetables and Sugar Snap Peas

DESSERT

Berry Cobbler



WEEK ONE

Sunday

BREAKFAST

Assorted Juice

Oatmeal

Scrambled Eggs

Crispy Bacon

Assorted Cold Cereal

Whole Wheat or White Toast



WEEK ONE ~ *Sunday*

LUNCH

Minestrone Soup

Pancake with Syrup

Crispy Bacon and Spiced Apples

Or

Zesty Hummus Plate

DESSERT

Raspberry Sherbet

SUPPER

Roast Beef

Horseradish & Gravy

Baked Potato and Classic Vegetables

Or

Turkey a la King

Puff Pastry Wedge and Classic Vegetables

DESSERT

Cherry Pie