

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Assorted Yogurt Pancake ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Cheddar Cheese Slice Rhubarb Streusel Muffin Hmd 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 Sausage Link Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal 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 ----- Harvest Vegetable Cass Seasoned Green Peas Wheat Roll Strawberry Mousse & Whip Topping	Carrot Potato Ginger Soup Unsalted Crackers Creamed Smoked Salmon on Rye Spinach Orange Salad Chilled Peach Slices ----- Eggs Benedict w/Peameal & Hollandaise Sc Cucumber Dill Salad Ice Cream Sandwich	Chicken Rice Soup Unsalted Crackers Toasted Monterey Jack & Tomato Sandwich Heritage Blend Salad Peanutbutter Cookies ----- Hot Dog on Bun Ketchup/Mustard/Relish Corn Cobbette Fresh Grapes	Veggie Florentine Soup Unsalted Soda Crackers Tuna Salad on Wheat Chickpea Salad Tropical Fruit ----- Sausage Links Belgian Waffle & Fresh Berries Ambrosia	Minestrone Soup Unsalted Crackers Pepper Frittata Parsley Carrots Potato Scallion Dinner Roll Fresh Banana ----- Ham Salad on Wheat Spinach and Asparagus Salad Butterscotch Pudding	Potato Leek Soup Unsalted Crackers Cottage Cheese & Fruit Bran Muffin Strawberry Gelatin ----- Philly Steak & Cheese Melt Marinated Fresh Vegetable Salad Pecan Streusel Cake	Tomato Soup Unsalted Soda Crackers Chicken Caesar Salad Plate Wheat Roll Vanilla Pudding ----- Grilled Havarti Sandwich Pear & Pecan Lettuce Salad Peach Raspberry Compote
Dinner	BBQ Pork Ribs Potato Salad Mexican Bean Salad Wheat Roll Scalloped Apples ----- Veal Cacciatore Buttered Egg Noodles Fancy Blend Vegetables Peanut Butter Brownie	Lemon Herb Baked Chicken Thighs Sour Cream Potatoes Glazed Butternut Squash Tropical Fruit ----- Pasta & Meat Sauce Tossed Salad Garlic Bread Jammy Shortbread Bar	Mango Salsa Haddock Mashed Potatoes Broccoli Florets Wheat Roll Blueberries ----- Hot Turkey Sndw on White w/Gravy 5-Way Mixed Vegetables Warm Bread Pudding	Cuban Pork Chop G-F Pork Gravy Mashed Potatoes Seasoned Green Peas Wheat Roll Sliced Pears ----- Hamburger on WW Bun Ketchup/Mustard/Relish Pickle Spear Diced Beets Iced Orange Cake	Krunchie Perch Lemon Wedge Potato Wedges Creamy Coleslaw Wheat Roll Diced Cantaloupe & Honeydew ----- Meat Lasagna Strawberries Mixed Green Salad Chocolate Ice Cream Cup	Tuscan Lemon Chicken Whipped Potatoes Sweet Balsamic Brussels Sprouts Wheat Roll Fruit Cocktail ----- Poached Tilapia Wild & Brown Rice Sauteed Bok Choy Lemon Pudding Cake	Roast Beef Beef Gravy Yorkshire Pudding Whipped Potatoes PEI Vegetables Wheat Roll Mandarin Oranges ----- Turkey Tetrazzini Tossed Garden Salad Strawberry Rhubarb Pie