

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Juice High Fibre Cream of Wheat Strawberry Cream Crepe ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Oatmeal Scrambled Eggs ----- Assorted Cold Cereal Whole Wheat Toast 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 Orange Cranberry Muffin Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Assorted Juice High Fibre Cream of Wheat Scrambled Eggs Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
<b>Lunch</b>	Cream of Celery Soup Unsalted Soda Crackers Egg Salad on Multi-Grain Tossed Salad Mango ----- Captain Burger Tartar Sauce Cucumber Salad Lemon Mousse & Whipped Topping	Chicken Noodle Soup Unsalted Crackers Yogurt Fruit Plate Morning Glory Muffin Chocolate Pudding ----- Tuna Melt Tossed Garden Salad Date Square	Spring Pea Soup Unsalted Crackers Chicken Salad on Wheat Beet & Onion Salad Sliced Pears ----- Macaroni & Cheese Baked Parmesan Tomato Wheat Roll Butterscotch Ice Cream	Tuscan Bean & Vegetable Soup Unsalted Crackers Bacon & Tomato Sandwich Cucumber Dill Salad Mandarin Oranges ----- Turkey Pot Pie Poultry Gravy Glazed Butternut Squash Wheat Roll Buttertart Square	Tomato Soup Unsalted Soda Crackers Vegetable Quiche Tossed Salad Fresh Grapes ----- Hamburger on WW Bun Ketchup/Mustard/Relish Pickle Spear Carrot Raisin Salad Orange Gelatin with Whip Topping	English Garden Soup Unsalted Crackers Vegetarian Pizza Marinated Asparagus Salad Strawberries ----- Chef Salad Plate Wheat Roll Oatmeal Raisin Cookies	Potato Soup Unsalted Soda Crackers Mushroom Cheese Omelet Home Fries with Pepper & Onions Whole Mixed Beans Fresh Watermelon ----- Deli Roast Beef on Wheat Triple Bean Salad Lemon Poppyseed Loaf
<b>Dinner</b>	Rosemary Chicken G-F Brown Gravy Baked Potato Sour Cream Broccoli Florets Wheat Roll Blueberries ----- Sausage on Bun Grilled Peppers & Onions Frosted Vanilla Cake	Veal Piccata Banana Seasoned Egg Noodles Green Beans Wheat Roll Chilled Peach Slices ----- Glazed Ham Pineapple Slices Scalloped Potatoes Baby Carrots Apple Caramel Tart	Homemade MeatLoaf Brown Gravy Mashed Potatoes 5-Way Mixed Vegetables Wheat Roll Fruit Cocktail ----- Crab Cake Lemon Aioli Couscous Salad Tuscan Greens with Dressing Tapioca Pudding	Crispy Baked Chicken Poultry Gravy Mashed Potatoes Corn Cobbette Wheat Roll Mixed Berries ----- Corned Beef Dijon Mustard Parslied New Potatoes Buttered Cabbage Red Velvet Cake	Lemon Pepper Cod Lemon Wedge Tartar Sauce Savory Diced Potatoes Coleslaw Vinaigrette Wheat Roll Pineapple Tidbits ----- Pork Rice Casserole Fluffy Rice Seasoned Green Peas Cherry Cheesecake	BBQ Chicken Leg German Potato Salad Baked Beans Warm Apple Compote ----- Beef Pie Brown Gravy Mashed Potatoes Cauliflower Wheat Roll Vanilla Ice Cream	Ginger Roast Pork Brown Gravy Roasted New Potatoes Julienne Carrots Wheat Roll Tropical Fruit ----- Chicken Burger on WW Bun Mayonnaise Garden Vegetable Boston Cream Pie