

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Juice Oatmeal Syrup French Toast ----- Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice High Fibre Cream of Wheat Assorted Yogurt 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 Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal 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 Scrambled Eggs Bacon Whole Wheat Toast ----- Assorted Cold Cereal White Toast
Lunch	Butternut Squash Soup Unsalted Soda Crackers Cottage Cheese & Fruit Blueberry Muffin Strawberries & Bananas ----- Bacon & Tomato on Wheat Garden Salad Fruit Gelatin	Tomato Basil Soup Unsalted Soda Crackers Spinach & Roasted Red Pepper Strata Broccoli Florets Wheat Roll ----- Fruit Cocktail ----- Salami Sndw on Kaiser Beet & Onion Salad Chocolate Mousse	Cream of Celery Soup Unsalted Crackers Tuna Salad on Wheat Waldorf Salad Stewed Strawberries & Rhubarb ----- Hot Dog on Bun Ketchup/Mustard/Relish Corn Cobbette Ice Cream Sandwich	Lemon Lentil Soup Unsalted Crackers Roast Beef on Wheat Cucumber Salad Fruit Salad ----- Hmd Cheese Pizza Greek Salad Oatmeal Raisin Cookies	Cream of Mushroom Soup Unsalted Crackers Turkey Cranberry Monte Cristo Roasted Asparagus Raspberry Gel ----- Pork Tourtiere Pork Gravy Spring Salad Mix Mandarin Oranges	Roasted Red Pepper Soup Unsalted Crackers Salmon Salad on Wheat Black Bean Corn Salad Fresh Grapes ----- Swiss & Onion Quiche Carrot Coins Wheat Roll Banana Pudding	Cabbage Beef Soup Unsalted Crackers Fajita Chicken Tossed Salad Chilled Peach Slices ----- Zesty Hummus Salad Plate Lime Daiquiri Dessert
Dinner	Grilled Lemon Garlic Chicken Red Potato Salad Zucchini Medley Wheat Roll Chilled Apricots ----- Braised Beef Liver & Onions Brown Gravy Mashed Potatoes Seasoned Green Peas Assorted Ice Cream	Haddock Strips Herb Roasted Potatoes Buttered Brussels Sprouts Wheat Roll Cantaloupe Chunks ----- Oriental Meatballs Fluffy Rice Oriental Vegetables Lemon Meringue Pie	Salisbury Steak & Gravy Mashed Potatoes Green Beans Wheat Roll Pineapple Tidbits ----- Lamb Moussaka California Vegetables Angel Cake w/Peaches	Herb Baked Chicken Thigh Roasted New Potatoes Mashed Turnips Wheat Roll Sliced Pears ----- Pork Tenderloin Brown Gravy Mashed Potatoes Fancy Blend Vegetables Hawaiian Wedding Cake	Crispy Ginger Beef Brown Rice Asian Vegetables Wheat Roll Peach Crisp ----- Cod Au Gratin Brown Gravy Mashed Potatoes Italian Mix Vegetables Fresh Watermelon	Penne & Meat Sauce Caesar Salad Wheat Roll Tropical Fruit ----- Chicken Fingers with Plum Sauce Potato Wedges Seasoned Zucchini Strawberry Shortcake	Beef Tenderloin Steak Beef Gravy Horseradish Mashed Potatoes Rainbow Vegetables Wheat Roll Vanilla Ice Cream ----- Honey Garlic Ribs Herb Roasted Potatoes Broccoli Florets Apple Pie Slice