

	Monday Aug. 17	Tuesday Aug. 18	Wednesday Aug. 19	Thursday Aug. 20	Friday Aug. 21	Saturday Aug. 22	Sunday Aug. 23
B R E A K F A S T	Orange Juice Banana Half High Fibre Oatmeal Cottage Cheese Waffles Maple Syrup ----- Special K Cereal Peanut Butter Whole Wheat Toast Margarine Raspberry Jam	Cranberry Juice Chilled Apricots Cream of Wheat with Bran Scrambled Eggs Orange Marmalade PC ----- Honey Nut Cheerios Cereal Peanut Butter Whole Wheat Toast Margarine	Apple Juice Chilled Peach Slices High Fibre Cinnamon Oatmeal Hard Boiled Egg Toasted English Muffin Margarine Strawberry Jam ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Stewed Prunes Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast Margarine Strawberry Jam ----- Special K Cereal Peanut Butter Lemon Poppyseed Muffin	Orange Juice Chilled Diced Pears High Fibre Oatmeal Poached Egg Whole Wheat Toast Raspberry Jam Margarine ----- Shreddies Cereal Peanut Butter White Toast	Cranberry Juice Fresh Apple Slices Cream of Wheat with Bran Cheddar Cheese Slice Rye Toast Margarine Raspberry Jam ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Apple Juice Fresh Grapes High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast Margarine Strawberry Jam ----- Bran Flakes Cereal Peanut Butter White Toast
L U N C H	Unsalted Crackers Roasted Cauliflower Soup Captain Burger on WW Bun Creamy Coleslaw Tartar Sauce Vanilla Pudding ----- Sliced Egg & Salad Plate White Roll Margarine Fresh Watermelon	Unsalted Crackers Butternut Squash Soup Heather's Macaroni and Cheese Stewed Tomatoes Lime Gelatin ----- Beef Roast Sandwich on Wheat Heritage Blend Salad with French Dressing Strawberries	Unsalted Crackers Cream of Vegetable Soup Salmon Salad on WW Corn Salad ----- Cheesy Eggplant Parmesan Penne ----- Steamed Asparagus Garlic Bread Pineapple Tidbits Tiramisu Mousse	Lemonade Beef Burger on White Bun Buttered Corn on the Cob Tomato Slices Onion Slice Super Cone Caramel Centre ----- Tuna Salad Sndw on WW Cucumber & Red Onion Salad Mandarin Oranges	Unsalted Soda Crackers Corn Chowder Baked Beans on Toast Green Peas Lemonicious Bar ----- Egg Salad Sndw on Wheat Mushroom & Spinach Salad Banana	Unsalted Crackers Lentil & Vegetable Soup Spanish Omelet Marinated 4 Bean Salad White Roll Margarine Creme Caramel ----- Turkey Pot Pie Tomato & Onion Salad Poultry Gravy Chilled Peach Slices	Unsalted Crackers Cream of Celery Soup Chicken Salad Cucumber Slices Mini Croissant Ice Cream Sandwich ----- BBQ Pork Ribette on WW Bun Wax Beans Margarine Mango
D I N N E R	Beef Taco Casserole Cornbread Parsley Carrots Margarine Chocolate Cream Pie Slice ----- Spiced Chicken Thigh Mashed Potatoes Steamed Broccoli Honeydew Melon LS Tomato Juice	Pork Roast Brown Gravy Mashed Sweet Potatoes Scandinavian Vegetables White Roll Margarine ----- Cranberry Bars ----- Baked Tilapia Rice Pilaf Buttered Brussels Sprouts Fresh Grapes V8 Juice	Veal Paprika Chive Whipped Potatoes Diced Squash Margarine Cherry Crisp ----- Sweet & Sour Chicken Balls ----- Fluffy Rice Oriental Vegetables White Dinner Roll Blushing Pears LS Tomato Juice	Turkey & Sausage Fricassee Buttered Egg Noodles Seasoned Green Beans White Dinner Roll Margarine ----- Iced Brownie ----- Roast Leg of Lamb & Veg Roasted Red Skin Potatoes Diced Parsnips Chilled Apricots V8 Juice	Baked Lemon Pepper Cod Baked Sliced Potatoes Florentine Veg Mix Margarine Van Caramel Swirl Cake ----- Pork Loaf Creamed Corn White Roll Chilled Tropical Fruit LS Tomato Juice	Salisbury Steak & Gravy Whipped Potatoes Montego Vegetables Margarine Cinnamon Roll Cake ----- Broccoli Cheese Pasta Bake Cauliflower White Dinner Roll Cantaloupe Chunks V8 Juice	Roast Beef Beef Gravy Mashed Potatoes Steamed Snow Peas Margarine Blueberry Pie ----- Roasted Vegetable Lasagna Caesar Salad Cheddar Garlic Biscuit Stewed Rhubarb LS Tomato Juice