

	Monday Aug. 31	Tuesday Sep. 01	Wednesday Sep. 02	Thursday Sep. 03	Friday Sep. 04	Saturday Sep. 05	Sunday Sep. 06
B R E A K F A S T	Apple Juice	Pineapple Juice	Orange Juice	Cranberry Juice	Apple Juice	Pineapple Juice	Orange Juice
	Chilled Tropical Fruit	Chilled Apricots	Stewed Prunes	Chilled Apple Slices	Banana Half	Fruit Cocktail	Sliced Pears
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon	Cream of Wheat with Bran	High Fibre Oatmeal
	Cheddar Cheese Slice	Scrambled Eggs	Cottage Cheese	Poached Egg	Oatmeal	Hard Boiled Egg	Fried Egg
	Banana Muffin	Whole Wheat Toast	Bran Muffin	Whole Wheat Toast	Vanilla Yogurt	Whole Wheat Toast	Bacon
	Margarine	Margarine	Margarine	Margarine	Wheat Bagel	Margarine	Whole Wheat Toast
	Raspberry Jam	-----	-----	-----	Strawberry Jam	-----	Margarine
	-----	Special K Cereal	Corn Flakes Cereal	Special K Cereal	Cream Cheese	Special K Cereal	Strawberry Jam
	Bran Flakes Cereal	Peanut Butter	Peanut Butter	Peanut Butter	-----	Peanut Butter	-----
	Peanut Butter	White Toast	Whole Wheat Toast	White Toast	Bran Flakes Cereal	White Toast	Shreddies Cereal
Whole Wheat Toast	Strawberry Jelly	Strawberry Jam	Orange Marmalade PC	Peanut Butter	Orange Marmalade PC	Peanut Butter	
				Whole Wheat Toast		White Toast	
				Margarine			
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Lemonade	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Tomato Soup	Country Bean & Vegetable	Beef Vegetable & Noodle	Beef Burger on White Bun	Fall Harvest Soup	Split Pea Soup	Harvest Vegetable Soup
	BBQ Beef Ribette on WW	Soup	Soup	Buttered Corn on the Cob	Cheese Ravioli & Sauce	Hot Dog on White Bun	Turkey Balsamic
	Bun	Vegetable & Swiss	Grilled Cheese on Brown	Tomato Slices	Green Peas	Four Bean Salad	Vinaigrete Salad
	Green Beans	w/Mushrooms Quiche	Bread	Onion Slice	Baked Custard	Chocolate Pudding	Spinach Onion Salad
	Orange Gelatin	Buttered Corn	Mixed Green Italian Salad	Super Cone Caramel Centre	-----	-----	Whole Wheat Bread
	-----	Toast Points	Lemon Pudding	-----	Butter Egg Bistro Pastry	Sliced Turkey on Wheat	Margarine
	Dillish Chicken Sndw on WW	Margarine	-----	Cod Nuggets	Bacon	Carrot Raisin Salad	Vanilla Ice Cream
	Tossed Ranch Salad	Chocolate Mousse	Vegetarian Chili	French Fries	Tomato Slices	White Dinner Roll	-----
	Strawberries	-----	Zucchini Medley	Coleslaw	White Dinner Roll	Margarine	Spaghetti & Meat Sauce
	Chicken Caesar Salad	Whole Wheat Bread	Tartar Sauce	Margarine	Chilled Apricots	Seasoned Green Beans	
	Cheese & Garlic Breadstick	Margarine	Mandarin Oranges	Fresh Grapes		Cheddar Garlic Biscuit	
	Cantaloupe Chunks	Mandarin Oranges				Mango	
D I N N E R	Italian Baked Fish	Lentil Infused Meatloaf	Bologna	Rubbed Pork Loin	Beef Tips in Red Wine	Swiss Veal Cutlet	Baked Ham in Pineapple
	Lemon Wedge	Beef Gravy	Hashbrown Casserole	Mashed Sweet Potatoes	Gravy	Buttered Egg Noodles	Juice
	Roasted New Potatoes	Garlic Mashed Potatoes	Wax Beans	Buttered Brussels Sprouts	Whipped Potatoes	Butternut Squash	Scalloped Potatoes
	Steamed Asparagus	Baked Tomato au Gratin	Carrot Cake	Margarine	Calico Corn	White Dinner Roll	Mashed Turnips
	Margarine	Margarine	-----	Buttertart Square	Pumpkin Pie	Margarine	White Dinner Roll
	Tart Butter Coconut	Bread Pudding	Baked Chicken with Chalet	-----	-----	Blueberry Crisp	Margarine
	Raspberry	-----	Sauce	Rotini Primavera w/Alfredo	Creamy Dill Salmon	-----	Cherry Pie
	-----	Turkey Meatballs	Steamed Broccoli	Sc	Rice Pilaf	Red Pepper & Basil Frittata	-----
	Breaded Pork Cutlet	Sweet and Sour Sauce	White Dinner Roll	Sliced Carrots	Cauliflower	w/Parmesan Cheese	Sole Florentine
	Mustard Sauce	Fluffy Rice	Margarine	White Dinner Roll	Cinnamon Pears	Diced Hashbrown	Brown Rice
Fluffy Rice	California Vegetables	Banana & Chocolate Sauce	Chilled Peach Slices	LS Tomato Juice	Broccoli Florets	Green Peas	
Sliced Beets	White Dinner Roll	LS Tomato Juice	V8 Juice		Crushed Pineapple	Chilled Tropical Fruit	
White Dinner Roll	Mango				V8 Juice	LS Tomato Juice	
Fresh Grapes	V8 Juice						
LS Tomato Juice							