

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Orange Juice	Cranberry Juice	Apple Juice	Pineapple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Banana Half	Chilled Apricots	Chilled Peach Slices	Stewed Prunes	Chilled Diced Pears	Fresh Apple Slices	Fresh Grapes
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
	Cottage Cheese	Scrambled Eggs	Oatmeal	Vanilla Yogurt	Poached Egg	Cheddar Cheese Slice	Fried Egg
	Waffles	Orange Marmalade PC	Hard Boiled Egg	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Bacon
	Maple Syrup	-----	Toasted English Muffin	Margarine	Raspberry Jam	Margarine	Whole Wheat Toast
	-----	Honey Nut Cheerios Cereal	Margarine	Strawberry Jam	Margarine	Raspberry Jam	Margarine
	Special K Cereal	Peanut Butter	Strawberry Jam	-----	-----	-----	Strawberry Jam
	Peanut Butter	Whole Wheat Toast	-----	Corn Flakes Cereal	Shreddies Cereal	Rice Krispies Cereal	-----
	Whole Wheat Toast	Margarine	Rice Krispies Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
Margarine		Peanut Butter	Lemon Poppysseed Muffin	White Toast	Whole Wheat Toast	Peanut Butter	
Raspberry Jam		Whole Wheat Toast				White Toast	
LUNCH	Unsalted Crackers	Iced Tea	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Cream of Celery Soup
	Roasted Cauliflower Soup	Oktoberfest on Bun	Cream of Vegetable Soup	Cabbage & Potato Soup	Corn Chowder	Lentil & Vegetable Soup	Unsalted Soda Crackers
	Captain Burger on WW Bun	Heritage Blend Salad with	Salmon Salad on WW	Baked Beans on Toast	Beef Burger on WW Bun	Spanish Omelet	Honey Garlic Chicken
	Creamy Coleslaw	French Dressing	Greek Salad	Green Peas	Macaroni Salad	Marinated 4 Bean Salad	Wings
	Tartar Sauce	Sauerkraut	Tiramisu Mousse	Margarine	Diced Beets	White Roll	Baked Potato Wedges
	Vanilla Pudding	Old-fashioned Donut	-----	Strawberry Ice Cream	Sliced Tomato	Margarine	Cucumber Slices
	-----	-----	Cheesy Eggplant Parmesan	-----	Onion Slice	Creme Caramel	Ice Cream Sandwich
	Sliced Egg & Salad Plate	Heather's Macaroni and	Penne	Tuna Salad Sndw on WW	Lemonicious Bar	-----	-----
	White Roll	Cheese	Steamed Asparagus	Cucumber & Red Onion	-----	Turkey Pot Pie	BBQ Pork Ribette on WW
	Margarine	Stewed Tomatoes	Garlic Bread	Salad	Egg Salad Sndw on Wheat	Tomato & Onion Salad	Bun
Fresh Watermelon	Strawberries	Pineapple Tidbits	Mandarin Oranges	Spinach & Mushroom Salad	Poultry Gravy	Wax Beans	
				Margarine	Chilled Peach Slices	Mango	
				Banana			
DINNER	Beef Shepherd's Pie	Pork Roast	Veal Paprika	Turkey & Sausage	Baked Lemon Pepper Cod	Salisbury Steak & Gravy	Roast Beef
	White Dinner Roll	Brown Gravy	Chive Whipped Potatoes	Fricassee	Baked Sliced Potatoes	Whipped Potatoes	Beef Gravy
	Sliced Carrots	Mashed Sweet Potatoes	Diced Squash	Buttered Egg Noodles	Florentine Veg Mix	Montego Vegetables	Horseradish
	Honeydew Melon	Scandinavian Vegetables	Margarine	Seasoned Green Beans	Margarine	Margarine	Mashed Potatoes
	-----	White Roll	Cherry Crisp	White Dinner Roll	Butter Tart	Cinnamon Roll Cake	Steamed Snow Peas
	Chicken Cordon Bleu	Margarine	-----	Margarine	-----	-----	Margarine
	Mashed Potatoes	Van Caramel Swirl Cake	Sweet & Sour Chicken	Iced Brownie	Pork Loaf	Broccoli Cheese Pasta Bake	Blueberry Pie
	Broccoli Florets	-----	Balls	-----	Pork Gravy	Cauliflower	-----
	Chocolate Cream Pie Slice	Baked Tilapia	Fluffy Rice	Roast Leg of Lamb & Veg	Creamed Corn	White Dinner Roll	Roasted Vegetable
	V8 Juice	Rice Pilaf	Oriental Vegetables	Roasted Red Skin Potatoes	White Roll	Stewed Rhubarb	Lasagna
	Buttered Brussels Sprouts	White Dinner Roll	Diced Parsnips	Chilled Tropical Fruit	V8 Juice	Caesar Salad	
	Fresh Grapes	Blushing Pears	Mint Jelly	LS Tomato Juice		Cheddar Garlic Biscuit	
	V8 Juice	LS Tomato Juice	Chilled Apricots			Cantaloupe Chunks	
			V8 Juice			LS Tomato Juice	