

	<b>Monday</b> Sep. 14	<b>Tuesday</b> Sep. 15	<b>Wednesday</b> Sep. 16	<b>Thursday</b> Sep. 17	<b>Friday</b> Sep. 18	<b>Saturday</b> Sep. 19	<b>Sunday</b> Sep. 20
<b>BREAKFAST</b>	Pineapple Juice Banana Half Cream of Wheat with Bran Vanilla Yogurt Orange Cranberry Muffin Margarine Raspberry Jam ----- Special K Cereal Peanut Butter Whole Wheat Toast	Orange Juice Fresh Apple Slices High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Orange Marmalade PC ----- Shreddies Cereal Peanut Butter White Toast	Cranberry Juice Mandarin Oranges Cream of Wheat with Bran Hard Boiled Egg Rye Toast Margarine Raspberry Jam ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Apple Juice Chilled Peach Slices High Fibre Oatmeal Country Sausage Lemon Cranberry Muffin Margarine ----- Bran Flakes Cereal Peanut Butter Whole Wheat Toast Strawberry Jam	Pineapple Juice Chilled Tropical Fruit Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast Margarine Orange Marmalade PC ----- Special K Cereal Peanut Butter Wheat Bagel Cream Cheese	Orange Juice Fruit Cocktail High Fibre Cinnamon Oatmeal French Toast Whole Wheat Toast Margarine Maple Syrup ----- Corn Flakes Cereal Peanut Butter White Toast Raspberry Jam	Cranberry Juice Sliced Pears Cream of Wheat with Bran Fried Egg Bacon Margarine ----- Rice Krispies Cereal Peanut Butter Whole Wheat Toast Strawberry Jam
<b>LUNCH</b>	Creamy Carrot Dill Soup Unsalted Soda Crackers Beef French Dip on Wheat Bun Romaine & Onion Salad Cherry Cheesecake ----- Mushroom Strata Zucchini Medley Buttered WW Bread Apricot Halves	Garden Vegetable Soup Unsalted Soda Crackers Corned Beef on Rye Rainbow Coleslaw Apple Fritter ----- Chicken Cobb Salad Cheddar Garlic Biscuit Fresh Grapes	Minestrone Soup Unsalted Soda Crackers All Dressed Pizza Caesar Salad Almond Custard ----- Pulled Pork on WW Bun Scandinavian Vegetables Cantaloupe Chunks	Lemonade Hot Dog on White Bun Bacon Broccoli Salad Super Cone Caramel Centre ----- Chicken Salad on Multigrain Power Rainbow Kale Salad Chilled Diced Pears	Unsalted Crackers Chicken Noodle Soup Roast Pork on Wheat Mustard Sauce Marinated 4 Bean Salad Vanilla Mousse ----- Egg & Pasta Salad Plate Whole Wheat Bread Margarine Strawberries	Unsalted Crackers French Onion Soup Chicken Burger on WW Bun Creamy Cucumber Salad Mayonnaise Lettuce Leaf Tapioca Pudding ----- Salami on Wheat Seven Grain Salad Mandarin Oranges	Unsalted Crackers Cream of Potato Soup Cheddar Cheese & Fruit Mini Croissant Butterscotch Sundae ----- Beef Pot Pie Beef Gravy Green Peas Whole Wheat Bread Margarine Chilled Peach Slices
<b>DINNER</b>	Bnls Cottage Roll Mashed Potatoes Cauliflower White Dinner Roll Margarine Brown Gravy Date Square ----- Turkey Stir Fry Basmati Rice Fresh Watermelon V8 Juice	Cornflake Crusted Chicken Potato Salad Green Beans Raspberry Jelly Roll ----- Baked Pollock Parslied New Potatoes Buttered Brussels Sprouts Whole Wheat Bread Margarine Lemon Wedge Mixed Berries LS Tomato Juice	Spinach & Cheese Cannelloni Italian Mixed Vegetables Macaroon Madness Bar ----- Liver & Onions Whipped Potatoes Sauteed Garlic Mushrooms Whole Wheat Bread Margarine Pineapple Tidbits V8 Juice	Honey Garlic Chicken Garlic Mashed Potatoes Butternut Squash White Dinner Roll Margarine Rhubarb Crisp ----- Vegetarian Meatballs Swedish Sauce Buttermilk Biscuit Sunrise Vegetables Honeydew Chunks LS Tomato Juice	Baked Salmon Fillet Lemon Wedge Lyonnaisse Potatoes Sugar Snap Peas White Roll Margarine Maple Chocolate Mania Cake ----- Teriyaki Turkey Patty Fluffy Rice Baked Tomato au Gratin Chilled Apricots V8 Juice	Pork Chop Cacciatore Parslied Noodles Buttered Corn Black Forest Cake ----- Bavarian Veal German Potato Salad New England Vegetables Pretzel Roll Margarine Bananas & Cream LS Tomato Juice	Roast Turkey Poultry Gravy Mashed Potatoes Stuffing Mashed Turnips White Roll Margarine Lemon Meringue Pie ----- Broccoli Cheese Frittata Cauliflower Garlic Bread Passion Applesauce V8 Juice