

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	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	Rice Krispies 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			
LUNCH	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Tomato Soup	Country Bean & Vegetable	Beef Vegetable & Noodle	Roasted Red Pepper Soup	Fall Harvest Soup	Split Pea Soup	Harvest Vegetable Soup
	BBQ Beef Ribette on WW	Soup	Soup	Shaved Beef Sndw on	Cheese Ravioli & Sauce	Hot Dog on White Bun	Turkey Balsamic
	Bun	Vegetable & Swiss	Grilled Cheese on Brown	Wheat	Green Peas	Four Bean Salad	Vinaigrete Salad
	Green Beans	w/Mushrooms Quiche	Bread	Dill Potato Salad	Baked Custard	Onion Slice	Spinach Onion Salad
	Orange Gelatin	Buttered Corn	Mixed Green Italian Salad	Strawberry Gelatin	-----	Chocolate Pudding	Whole Wheat Bread
	-----	Toast Points	Lemon Pudding	-----	Butter Egg Bistro Pastry	-----	Margarine
	Dillish Chicken Sndw on WW	Margarine	-----	Cod Nuggets	Bacon	Sliced Turkey on Wheat	Vanilla Ice Cream
	Tossed Ranch Salad	Sugar Donut	Vegetarian Chili	French Fries	Tomato Slices	Carrot Raisin Salad	-----
	Strawberries	-----	Zucchini Medley	Creamy Coleslaw	White Dinner Roll	White Dinner Roll	Spaghetti & Meat Sauce
	Chicken Caesar Salad	Whole Wheat Bread	Tartar Sauce	Margarine	Margarine	Seasoned Green Beans	
	Cheese & Garlic Breadstick	Margarine	Honeydew Melon	Fresh Grapes	Chilled Apricots	Cheddar Garlic Biscuit	
	Cantaloupe Chunks	Mandarin Oranges				Orange Sections	
DINNER	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
Cheese Tea Biscuit	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							