

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