

	<b>Monday</b> Oct. 05	<b>Tuesday</b> Oct. 06	<b>Wednesday</b> Oct. 07	<b>Thursday</b> Oct. 08	<b>Friday</b> Oct. 09	<b>Saturday</b> Oct. 10	<b>Sunday</b> Oct. 11
<b>BREAKFAST</b>	Pineapple Juice Cream of Wheat with Bran Vanilla Yogurt Orange Cranberry Muffin Margarine Raspberry Jam ----- Banana Half Special K Cereal Peanut Butter Whole Wheat Toast	Orange Juice High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Orange Marmalade PC ----- Fresh Apple Slices Shreddies Cereal Peanut Butter White Toast	Cranberry Juice Cream of Wheat with Bran Hard Boiled Egg Rye Toast Margarine Raspberry Jam ----- Mandarin Oranges Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Apple Juice High Fibre Oatmeal Country Sausage Lemon Cranberry Muffin Margarine ----- Chilled Peach Slices Bran Flakes Cereal Peanut Butter Whole Wheat Toast Strawberry Jam	Pineapple Juice Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast Margarine Orange Marmalade PC ----- Chilled Tropical Fruit Special K Cereal Peanut Butter Wheat Bagel Cream Cheese	Orange Juice High Fibre Cinnamon Oatmeal French Toast Whole Wheat Toast Margarine Maple Syrup ----- Fruit Cocktail Corn Flakes Cereal Peanut Butter White Toast Raspberry Jam	Cranberry Juice Cream of Wheat with Bran Fried Egg Bacon Margarine ----- Sliced Pears Rice Krispies Cereal Peanut Butter Whole Wheat Toast Strawberry Jam
<b>LUNCH</b>	Unsalted Crackers Creamy Carrot Dill Soup Corned Beef on Rye Romaine & Onion Salad Cherry Cheesecake ----- Mushroom Strata Zucchini Medley Buttered WW Bread Margarine Chilled Apricots	Unsalted Crackers Garden Vegetable Soup All Dressed Pizza Rainbow Coleslaw Apple Fritter ----- Beef French Dip on Wheat Bun Sliced Carrots Fresh Grapes	Unsalted Crackers Minestrone Soup Chicken Cobb Salad Cheddar Garlic Biscuit Almond Custard ----- Pulled Pork on WW Bun Scandinavian Vegetables Cantaloupe Chunks	Unsalted Crackers Leek Mushroom & Pasta Soup Beef Cabbage Roll Broccoli Florets Rye Bread Margarine Orange Sherbet ----- Chicken Salad on Multigrain Power Rainbow Kale Salad Sliced 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 ----- Shrimp 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 Lyonnais 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 Boiled Potatoes Buttered Corn Black Forest Cake ----- Beef Stroganoff Parslied Noodles New England Vegetables Pretzel Roll Margarine Bananas & Cream LS Tomato Juice	Roast Turkey Turkey Gravy Cranberry Sauce Stuffing Mashed Potatoes Turnips & Carrots Mash Cranberry Cheesecake ----- Baked Ham in Pineapple Juice Green & Yellow Beans White Dinner Roll Pumpkin Tart

NOTE: Trepuree will be offered as alternative pureed option at lunch and dinner.