

	<b>Monday</b> Oct. 12	<b>Tuesday</b> Oct. 13	<b>Wednesday</b> Oct. 14	<b>Thursday</b> Oct. 15	<b>Friday</b> Oct. 16	<b>Saturday</b> Oct. 17	<b>Sunday</b> Oct. 18
<b>BREAKFAST</b>	Apple Juice High Fibre Oatmeal Cheddar Cheese Slice Banana Muffin Margarine Raspberry Jam ----- Chilled Tropical Fruit Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat with Bran Scrambled Eggs Whole Wheat Toast Margarine ----- Chilled Apricots Special K Cereal Peanut Butter White Toast Strawberry Jelly	Orange Juice High Fibre Oatmeal Cottage Cheese Bran Muffin Margarine ----- Stewed Prunes Corn Flakes Cereal Peanut Butter Whole Wheat Toast Strawberry Jam	Cranberry Juice Cream of Wheat with Bran Poached Egg Whole Wheat Toast Margarine ----- Chilled Apple Slices Rice Krispies Cereal Peanut Butter White Toast Orange Marmalade PC	Apple Juice High Fibre Cinnamon Oatmeal Vanilla Yogurt Wheat Bagel Strawberry Jam Cream Cheese ----- Banana Half Bran Flakes Cereal Peanut Butter Whole Wheat Toast Margarine	Pineapple Juice Cream of Wheat with Bran Hard Boiled Egg Whole Wheat Toast Margarine ----- Fruit Cocktail Special K Cereal Peanut Butter White Toast Orange Marmalade PC	Orange Juice High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast Margarine Strawberry Jam ----- Sliced Pears Shreddies Cereal Peanut Butter White Toast
<b>LUNCH</b>	Unsalted Crackers Cream of Tomato Soup BBQ Beef Ribette on WW Bun Green Beans Orange Gelatin ----- Dillish Chicken Sndw on WW Tossed Ranch Salad Strawberries	Unsalted Crackers Country Bean & Vegetable Soup Chicken Caesar Salad Cheese & Garlic Breadstick Margarine Sugar Donut ----- Kale & Cheddar Quiche Buttered Corn Toast Points Cantaloupe Chunks Creme Donut	Unsalted Crackers Beef Vegetable & Noodle Soup Grilled Cheese on Brown Bread Mixed Green Italian Salad Lemon Pudding ----- Vegetarian Chili Zucchini Medley Whole Wheat Bread Margarine Mandarin Oranges	Unsalted Crackers Roasted Red Pepper Soup Shaved Beef Sndw on Wheat Dill Potato Salad Strawberry Gelatin ----- Cod Nuggets French Fries Creamy Coleslaw Tartar Sauce Honeydew Melon	Unsalted Crackers Fall Harvest Soup Cheese Ravioli & Sauce Green Peas Baked Custard ----- Butter Egg Bistro Pastry Bacon Tomato Slices White Dinner Roll Margarine Fresh Grapes	Unsalted Crackers Split Pea Soup Hot Dog on White Bun Four Bean Salad Onion Slice Chocolate Pudding ----- Sliced Turkey on Wheat Carrot Raisin Salad White Dinner Roll Margarine Chilled Apricots	Unsalted Crackers Harvest Vegetable Soup Turkey Balsamic Vinaigrette Salad Power Rainbow Kale Salad Whole Wheat Bread Margarine Vanilla Ice Cream ----- Spaghetti & Meat Sauce Seasoned Green Beans Cheddar Garlic Biscuit Orange Sections
<b>DINNER</b>	Italian Baked Fish Lemon Wedge Roasted New Potatoes Steamed Asparagus Margarine Tart Butter Coconut Raspberry ----- Breaded Pork Cutlet Mustard Sauce Cheese Tea Biscuit Sliced Beets White Dinner Roll Fresh Grapes LS Tomato Juice	Meatloaf Beef Gravy Garlic Mashed Potatoes Baked Tomato au Gratin Margarine Bread Pudding ----- Turkey Meatballs Sweet and Sour Sauce Fluffy Rice California Vegetables White Dinner Roll Mango V8 Juice	Bologna Hashbrown Casserole Wax Beans Carrot Cake ----- Baked Chicken with Chalet Sauce Steamed Broccoli White Dinner Roll Margarine Banana & Chocolate Sauce LS Tomato Juice	Rubbed Pork Loin Mashed Sweet Potatoes Buttered Brussels Sprouts Margarine Buttertart Square ----- Rotini Primavera w/Alfredo Sc Sliced Carrots White Dinner Roll Chilled Peach Slices V8 Juice	Beef Tips in Red Wine Gravy Whipped Potatoes Calico Corn Pumpkin Pie ----- Creamy Dill Salmon Rice Pilaf Cauliflower Cinnamon Pears LS Tomato Juice	Swiss Veal Cutlet Buttered Egg Noodles Butternut Squash White Dinner Roll Margarine Blueberry Crisp ----- Red Pepper & Basil Frittata w/Parmesan Cheese Diced Hashbrown Broccoli Florets Crushed Pineapple V8 Juice	Baked Ham in Pineapple Juice Scalloped Potatoes Mashed Turnips White Dinner Roll Margarine Cherry Pie ----- Sole Florentine Brown Rice Green Peas Chilled Tropical Fruit LS Tomato Juice