

	Monday Oct. 19	Tuesday Oct. 20	Wednesday Oct. 21	Thursday Oct. 22	Friday Oct. 23	Saturday Oct. 24	Sunday Oct. 25
BREAKFAST	Orange Juice High Fibre Oatmeal Cottage Cheese Waffles Maple Syrup ----- Banana Half Special K Cereal Peanut Butter Whole Wheat Toast Margarine Raspberry Jam	Cranberry Juice Cream of Wheat with Bran Scrambled Eggs Raisin Toast Orange Marmalade PC ----- Chilled Apricots Honey Nut Cheerios Cereal Peanut Butter Whole Wheat Toast Margarine	Apple Juice High Fibre Cinnamon Oatmeal Hard Boiled Egg Toasted English Muffin Margarine Strawberry Jam ----- Strawberry Jam ----- Chilled Peach Slices Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast Margarine Strawberry Jam ----- Stewed Prunes Corn Flakes Cereal Peanut Butter Lemon Poppyseed Muffin	Orange Juice High Fibre Oatmeal Poached Egg Whole Wheat Toast Raspberry Jam Margarine ----- Chilled Diced Pears Shreddies Cereal Peanut Butter White Toast	Cranberry Juice Cream of Wheat with Bran Cheddar Cheese Slice Rye Toast Margarine Raspberry Jam ----- Fresh Apple Slices Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Apple Juice High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast Margarine Strawberry Jam ----- Fresh Grapes Bran Flakes Cereal Peanut Butter White Toast
LUNCH	Unsalted Crackers Roasted Cauliflower Soup Captain Burger on WW Bun Creamy Coleslaw Tartar Sauce Vanilla Pudding ----- Sliced Egg & Salad Plate Margarine Fresh Watermelon	Unsalted Crackers Butternut Squash Soup Heather's Macaroni and Cheese Stewed Tomatoes Old-fashioned Donut ----- Beef Roast Sandwich on Wheat Heritage Blend Salad with French Dressing Strawberries	Unsalted Crackers Cream of Vegetable Soup Salmon Salad on WW Greek Salad Tiramisu Mousse ----- Cheesy Eggplant Parmesan Penne Steamed Asparagus Garlic Bread Pineapple Tidbits	Unsalted Crackers Cream of Mushroom Soup Tuna Salad Sndw on WW Cucumber & Red Onion Salad Strawberry Ice Cream ----- Baked Beans on Toast Green Peas Margarine Mandarin Oranges	Unsalted Crackers Corn Chowder Beef Burger on WW Bun Macaroni Salad Diced Beets Sliced Tomato Onion Slice Lemonicious Bar ----- Egg Salad Sndw on Wheat Spinach & Mushroom Salad Margarine Banana	Unsalted Crackers Lentil & Vegetable Soup Spanish Omelet Marinated 4 Bean Salad White Roll Margarine Creme Caramel ----- Turkey Pot Pie Tomato & Onion Salad Poultry Gravy Chilled Peach Slices	Unsalted Crackers Cream of Celery Soup Chicken Salad Cucumber Slices Mini Croissant Ice Cream Sandwich ----- BBQ Pork Ribette on WW Bun Wax Beans Margarine Mango
DINNER	Beef Taco Casserole Cornbread Parsley Carrots Margarine Chocolate Cream Pie Slice ----- Spiced Chicken Thigh Mashed Potatoes Steamed Broccoli Honeydew Melon LS Tomato Juice	Pork Roast Brown Gravy Mashed Sweet Potatoes Scandinavian Vegetables White Roll Margarine ----- Van Caramel Swirl Cake ----- Baked Tilapia Rice Pilaf Buttered Brussels Sprouts Fresh Grapes V8 Juice	Veal Paprika Chive Whipped Potatoes Buttered Red Cabbage Margarine Cherry Crisp ----- Sweet & Sour Chicken Balls Fluffy Rice Asian Vegetables White Dinner Roll Blushing Pears LS Tomato Juice	Turkey & Sausage Fricassee Buttered Egg Noodles Seasoned Green Beans White Dinner Roll Margarine Iced Brownie ----- Roast Leg of Lamb & Veg Roasted Red Skin Potatoes Diced Parsnips Mint Jelly Chilled Apricots V8 Juice	Baked Lemon Pepper Cod Baked Sliced Potatoes Florentine Veg Mix Margarine Butter Tart ----- Pork Loaf Pork Gravy Creamed Corn White Roll Chilled Tropical Fruit LS Tomato Juice	Salisbury Steak & Gravy Whipped Potatoes Montego Vegetables Margarine Cinnamon Roll Cake ----- Broccoli Cheese Pasta Bake Cauliflower White Dinner Roll Stewed Rhubarb V8 Juice	Roast Beef Beef Gravy Horseradish Mashed Potatoes Steamed Snow Peas Margarine Blueberry Pie ----- Roasted Vegetable Lasagna Caesar Salad Cheddar Garlic Biscuit Cantaloupe Chunks LS Tomato Juice