

	Monday Oct. 26	Tuesday Oct. 27	Wednesday Oct. 28	Thursday Oct. 29	Friday Oct. 30	Saturday Oct. 31	Sunday Nov. 01
BREAKFAST	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
LUNCH	Unsalted Crackers Creamy Carrot Dill Soup Corned Beef on Rye Romaine & Onion Salad Pickle Spear 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 Sweet Pickle 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 Bread and Butter Pickle 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
DINNER	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	BBQ Pork Ribs Hashbrown Casserole Italian Mixed Vegetables Macaroon Madness Bar ----- Liver & Onions 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 Poultry Gravy Mashed Potatoes Stuffing Mashed Turnips White Roll Margarine Cranberry Sauce Lemon Meringue Pie ----- Broccoli Cheese Frittata Cauliflower Garlic Bread Passion Applesauce V8 Juice

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