

	Monday Nov. 02	Tuesday Nov. 03	Wednesday Nov. 04	Thursday Nov. 05	Friday Nov. 06	Saturday Nov. 07	Sunday Nov. 08
BREAKFAST	Apple Juice High Fibre Oatmeal Cheddar Cheese Slice Banana Muffin ----- Chilled Tropical Fruit Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat with Bran Scrambled Eggs Whole Wheat Toast ----- Chilled Apricots Special K Cereal Peanut Butter White Toast	Orange Juice High Fibre Oatmeal Cottage Cheese Bran Muffin ----- Stewed Prunes Corn Flakes Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Chilled Apple Slices Rice Krispies Cereal Peanut Butter White Toast	Apple Juice High Fibre Cinnamon Oatmeal Vanilla Yogurt Wheat Bagel ----- Banana Half Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat with Bran Hard Boiled Egg Whole Wheat Toast ----- Fruit Cocktail Special K Cereal Peanut Butter White Toast	Orange Juice High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast ----- Sliced Pears Shreddies Cereal Peanut Butter White Toast
LUNCH	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 White Bean Soup Chicken Caesar Salad Cheese & Garlic Breadstick Margarine Sugar Donut ----- Kale & Cheddar Quiche Buttered Corn Toast Points Cantaloupe Chunks Crepe Donut	Unsalted Crackers Beef Vegetable & Noodle Soup Grilled Cheese on Brown Bread Mixed Green Italian Salad Dill Pickle Chips 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 Butter Egg Bistro Pastry Bacon Tomato Slices White Dinner Roll Margarine Baked Custard ----- Cheese Ravioli & Sauce Green Peas Grated Parmesan Cheese 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 Margarine Sweet Pickle Chilled Apricots	Unsalted Crackers Harvest Vegetable Soup Turkey Balsamic Vinaigrete Salad Mushroom & Spinach Salad Whole Wheat Bread Margarine Poppy Seed Dressing Vanilla Ice Cream ----- Spaghetti & Meat Sauce Seasoned Green Beans Cheddar Garlic Biscuit Grated Parmesan Cheese Orange Sections
DINNER	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 Baked Potato Buttered Brussels Sprouts Margarine Sour Cream 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

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