

| | Monday Nov. 09 | Tuesday Nov. 10 | Wednesday Nov. 11 | Thursday Nov. 12 | Friday Nov. 13 | Saturday Nov. 14 | Sunday Nov. 15 |
|------------------|--|--|---|--|--|--|--|
| 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 Raspberry Yogurt 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 Pickle Spear Strawberries | Unsalted Crackers Cream of Vegetable Soup Salmon Salad on WW Greek Salad Tiramisu Mousse ----- Cheesy Eggplant Parmesan Penne Steamed Asparagus Garlic Bread Grated Parmesan Cheese 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 Bread and Butter Pickle 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 Sweet Pickle 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 Tartar Sauce 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 Florentine Veg Mix Margarine Tartar Sauce Butter Tart ----- Pork Loaf Pork Gravy Hashbrown Casserole 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 |

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