

	Monday Nov. 16	Tuesday Nov. 17	Wednesday Nov. 18	Thursday Nov. 19	Friday Nov. 20	Saturday Nov. 21	Sunday Nov. 22
B R E A K F A S T	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 Poppyseed 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
L U N C H	Unsalted Crackers Cream of Carrot Soup Corned Beef on Rye Romaine & Onion Salad Pickle Spear Cherry Cheesecake ----- Mushroom Strata Zucchini Medley Buttered WW Bread Margarine Chilled Apricots	Unsalted Crackers Cream of Tomato 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
D I N N E R	Pork Cottage Roll Mashed Potatoes Cauliflower White Dinner Roll Margarine Brown Gravy Date Square ----- Shrimp Stir Fry Basmati Rice Fresh Watermelon	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	Spinach & Cheese Cannelloni Italian Mixed Vegetables Grated Parmesan Cheese Macaroon Madness Bar ----- Liver & Onions Whipped Potatoes Sauteed Garlic Mushrooms Whole Wheat Bread Margarine Pineapple Tidbits	Honey Garlic Chicken Garlic Mashed Potatoes Butternut Squash White Dinner Roll Margarine Rhubarb Crisp ----- Vegetarian Meatballs Swedish Sauce Buttermilk Biscuit Sunrise Vegetables Honeydew Chunks	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	Pork Chop Cacciatore Boiled Potatoes Buttered Corn Black Forest Cake ----- Beef Stroganoff Parslied Noodles New England Vegetables Pretzel Roll Margarine Bananas & Cream	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