

	<b>Monday</b> Nov. 30	<b>Tuesday</b> Dec. 01	<b>Wednesday</b> Dec. 02	<b>Thursday</b> Dec. 03	<b>Friday</b> Dec. 04	<b>Saturday</b> Dec. 05	<b>Sunday</b> Dec. 06
<b>B R E A K F A S T</b>	Orange Juice	Cranberry Juice	Apple Juice	Pineapple Juice	Orange Juice	Cranberry Juice	Apple Juice
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
	Cottage Cheese	Scrambled Eggs	Oatmeal	Vanilla Yogurt	Poached Egg	Cheddar Cheese Slice	Fried Egg
	Waffles	Raisin Toast	Hard Boiled Egg	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Bacon
	-----	-----	Toasted English Muffin	-----	-----	-----	Whole Wheat Toast
	Banana Half	Chilled Apricots	-----	Stewed Prunes	Chilled Diced Pears	Fresh Apple Slices	-----
	Special K Cereal	Honey Nut Cheerios Cereal	Chilled Peach Slices	Corn Flakes Cereal	Shreddies Cereal	Rice Krispies Cereal	Fresh Grapes
	Peanut Butter Whole Wheat Toast	Peanut Butter Whole Wheat Toast	Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Peanut Butter Raspberry Yogurt Muffin	Peanut Butter White Toast	Peanut Butter Whole Wheat Toast	Bran Flakes Cereal Peanut Butter White Toast
<b>L U N C H</b>	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Roasted Cauliflower Soup	Butternut Squash Soup	Cream of Vegetable Soup	Cream of Mushroom Soup	Corn Chowder	Lentil & Vegetable Soup	Cream of Celery Soup
	Captain Burger on WW Bun	Heather's Macaroni and Cheese	Salmon Salad on WW	Tuna Salad Sndw on WW	Beef Burger on WW Bun	Spanish Omelet	Chicken Salad
	Creamy Coleslaw	Stewed Tomatoes	Greek Salad	Cucumber & Red Onion Salad	Macaroni Salad	Marinated 4 Bean Salad	Cucumber Slices
	Tartar Sauce	Donut	Tiramisu Mousse	Strawberry Ice Cream	Diced Beets	White Roll	Mini Croissant
	Vanilla Pudding	-----	-----	-----	Sliced Tomato	Margarine	Sweet Pickle
	-----	-----	Cheesy Eggplant Parmesan	-----	Onion Slice	Banana Pudding	Ice Cream Sandwich
	Sliced Egg & Salad Plate	Beef Roast Sandwich on Wheat	Penne	Baked Beans on Toast	Lemonicious Bar	-----	-----
	Margarine	Heritage Blend Salad with French Dressing	Steamed Asparagus	Green Peas	-----	Turkey Pot Pie	BBQ Pork Ribette on WW Bun
	Fresh Watermelon	Pickle Spear	Garlic Bread	Margarine	Egg Salad Sndw on Wheat	Tomato & Onion Salad	Wax Beans
	Strawberries	Grated Parmesan Cheese	Mandarin Oranges	Spinach & Mushroom Salad	Poultry Gravy	Margarine	
		Pineapple Tidbits		Margarine	Chilled Peach Slices	Mango	
				Bread and Butter Pickle			
				Banana			
<b>D I N N E R</b>	Spiced Chicken Thigh	Pork Roast	Sweet & Sour Chicken	Turkey & Sausage	Baked Lemon Pepper Cod	Salisbury Steak & Gravy	Roast Beef
	Mashed Potatoes	Brown Gravy	Balls	Fricassee	Florentine Veg Mix	Whipped Potatoes	Beef Gravy
	Parsley Carrots	Mashed Sweet Potatoes	Fluffy Rice	Buttered Egg Noodles	Margarine	Montego Vegetables	Horseradish
	Chocolate Cream Pie Slice	Scandinavian Vegetables	Asian Vegetable Mix	Seasoned Green Beans	Tartar Sauce	Margarine	Mashed Potatoes
	-----	White Roll	Cherry Crisp	White Dinner Roll	Butter Tart	Cinnamon Roll Cake	Steamed Snow Peas
	Beef Taco Casserole	Margarine	-----	Margarine	-----	-----	Margarine
	Cornbread	Van Caramel Swirl Cake	Veal Paprika	Iced Brownie	Pork Loaf	Broccoli Cheese Pasta Bake	Blueberry Pie
	Steamed Broccoli	-----	Chive Whipped Potatoes	-----	Pork Gravy	Cauliflower	-----
	Margarine	Baked Tilapia	Buttered Red Cabbage	Roast Leg of Lamb & Veg	Hashbrown Casserole	White Dinner Roll	Roasted Vegetable
	Honeydew Melon	Rice Pilaf	White Dinner Roll	Roasted Red Skin Potatoes	Creamed Corn	Stewed Rhubarb	Lasagna
	LS Tomato Juice	Buttered Brussels Sprouts	Margarine	Diced Parsnips	White Roll	V8 Juice	Caesar Salad
		Tartar Sauce	Blushing Pears	Mint Jelly	Chilled Tropical Fruit		Cheddar Garlic Biscuit
		Fresh Grapes	LS Tomato Juice	Chilled Apricots	LS Tomato Juice		Cantaloupe Chunks
		V8 Juice		V8 Juice			LS Tomato Juice

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