

	<b>Monday</b> Dec. 07	<b>Tuesday</b> Dec. 08	<b>Wednesday</b> Dec. 09	<b>Thursday</b> Dec. 10	<b>Friday</b> Dec. 11	<b>Saturday</b> Dec. 12	<b>Sunday</b> Dec. 13
<b>BREAKFAST</b>	Pineapple Juice Cream of Wheat with Bran Scrambled Eggs Whole Wheat Toast ----- Banana Half Special K Cereal Peanut Butter Buttered White Toast	Orange Juice High Fibre Oatmeal Vanilla Yogurt Orange Cranberry Muffin ----- Fresh Apple Slices Shreddies Cereal Peanut Butter White Toast	Cranberry Juice Cream of Wheat with Bran Hard Boiled Egg Rye Toast ----- Mandarin Oranges Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Apple Juice High Fibre Oatmeal Maple Breakfast Sausage Lemon Poppyseed Muffin ----- Chilled Peach Slices Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Pineapple Juice Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast ----- Chilled Tropical Fruit Special K Cereal Peanut Butter Wheat Bagel	Orange Juice High Fibre Cinnamon Oatmeal French Toast Whole Wheat Toast ----- Fruit Cocktail Corn Flakes Cereal Peanut Butter White Toast	Cranberry Juice Cream of Wheat with Bran Fried Egg Bacon ----- Sliced Pears Rice Krispies Cereal Peanut Butter Whole Wheat Toast
<b>LUNCH</b>	Unsalted Crackers Cream of Tomato Soup Beef French Dip on Wheat Bun Sliced Carrots Cherry Cheesecake ----- Mushroom Strata Zucchini Medley Buttered WW Bread Margarine Chilled Apricots	Cream of Carrot Soup Unsalted Crackers Corned Beef on Rye Rainbow Coleslaw Pickle Spear Donut ----- Chicken Cobb Salad Cheddar Garlic Biscuit Buttered WW Bread Fresh Grapes	Unsalted Crackers Minestrone Soup All Dressed Pizza Romaine & Onion Salad Coconut Cream Pudding ----- Pulled Pork on WW Bun Scandinavian Vegetables Sweet Pickle Cantaloupe Chunks	Unsalted Crackers Leek Mushroom & Pasta Soup Chicken Salad on Multigrain Power Rainbow Kale Salad Orange Sherbet ----- Beef Cabbage Roll Broccoli Florets Rye Bread Margarine 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
<b>DINNER</b>	Pork 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 Blueberry Pudding Cake ----- Baked Pollock Parslied New Potatoes Buttered Brussels Sprouts Whole Wheat Bread Margarine Lemon Wedge Mixed Berries LS Tomato Juice	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 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 Lyonnaisse 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