

	Monday Dec. 21	Tuesday Dec. 22	Wednesday Dec. 23	Thursday Dec. 24	Friday Dec. 25	Saturday Dec. 26	Sunday Dec. 27
B R E A K F A S T	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Cranberry Juice	Apple Juice
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	High Fibre Oatmeal	Cream of Wheat with Bran	Cream of Wheat with Bran	High Fibre Oatmeal
	Cottage Cheese	Scrambled Eggs	Oatmeal	Poached Egg	Egg Sausage & Cheese	Cheddar Cheese Slice	Fried Egg
	Waffles	Raisin Toast	Hard Boiled Egg	Whole Wheat Toast	Bake	Rye Toast	Bacon
	-----	-----	Toasted English Muffin	-----	Whole Wheat Toast	-----	Whole Wheat Toast
	Banana Half	Chilled Apricots	-----	Chilled Diced Pears	-----	Fresh Apple Slices	-----
	Special K Cereal	Honey Nut Cheerios Cereal	Chilled Peach Slices	Shreddies Cereal	Fresh Apple Slices	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 White Toast	Rice Krispies Cereal Peanut Butter Rye Toast	Peanut Butter Whole Wheat Toast	Bran Flakes Cereal Peanut Butter White Toast
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Roast Turkey	Unsalted Crackers	Unsalted Crackers
	Roasted Cauliflower Soup	Butternut Squash Soup	Cream of Vegetable Soup	Corn Chowder	Turkey Gravy	Lentil & Vegetable Soup	Cream of Celery Soup
	Captain Burger on WW Bun	Heather's Macaroni and Cheese	Salmon Salad on WW	Beef Burger on WW Bun	Cranberry Sauce	Spanish Omelet	Chicken Salad
	Creamy Coleslaw	Stewed Tomatoes	Greek Salad	Macaroni Salad	Whipped Potatoes	Marinated 4 Bean Salad	Cucumber Slices
	Tartar Sauce	Donut	Tiramisu Mousse	Diced Beets	Stuffing	White Roll	Mini Croissant
	Vanilla Pudding	-----	-----	Sliced Tomato	Mashed Carrots & Parsnips	Margarine	Sweet Pickle
	-----	-----	Cheesy Eggplant Parmesan	Onion Slice	White Roll	Banana Pudding	Ice Cream Sandwich
	Sliced Egg & Salad Plate	Beef Roast Sandwich on Wheat	Penne	Eggnog Ice Cream	Margarine	-----	-----
	Margarine	Heritage Blend Salad with French Dressing	Steamed Asparagus	-----	Rum & Eggnog Cheesecake	Chicken Pie	BBQ Pork Ribette on WW Bun
	Fresh Watermelon	Pickle Spear	Garlic Bread	Egg Salad Sndw on Wheat	-----	California Vegetables	Wax Beans
	Strawberries	Grated Parmesan Cheese	Spinach & Mushroom Salad	Maple Mustard Rosemary Carved Ham	Poultry Gravy	Margarine	
		Pineapple Tidbits	Margarine	Apple Glazed Turnips	Chilled Peach Slices	Mango	
			Bread and Butter Pickle	Plum Pudding w/ Sauce			
			Banana				
D I N N E R	Spiced Chicken Thigh	Pork Roast	Sweet & Sour Chicken	Pork Tourtiere Pie	Sliced Beef Salad Plate	Salisbury Steak & Gravy	Roast Beef
	Mashed Potatoes	Brown Gravy	Balls	Pork Gravy	G-F Candy Cane Mousse	Whipped Potatoes	Beef Gravy
	Parsley Carrots	Mashed Sweet Potatoes	Fluffy Rice	Mashed Potatoes	Cake	Montego Vegetables	Horseradish
	Chocolate Cream Pie Slice	Scandinavian Vegetables	Asian Stir Fry Vegetables	Creamed Corn	-----	Margarine	Mashed Potatoes
	-----	White Roll	Cherry Crisp	Wht Chocolate & Cranberry	Broccoli Cheese Pasta Bake	Cinnamon Roll Cake	Steamed Snow Peas
	Beef Taco Casserole	Margarine	-----	Yule Log	Tomato & Onion Salad	-----	Margarine
	Cornbread	Van Caramel Swirl Cake	Veal Paprika	-----	White Dinner Roll	Lemon Pepper Cod	Blueberry Pie
	Steamed Broccoli	-----	Chive Whipped Potatoes	Creamy Dill Salmon	Margarine	Steamed Asparagus	-----
	Margarine	Baked Tilapia	Buttered Red Cabbage	Rice Pilaf	Mincemeat Pie Unbaked 10"	White Dinner Roll	Roasted Vegetable
	Honeydew Melon	Rice Pilaf	White Dinner Roll	Florentine Veg Mix		Stewed Rhubarb	Lasagna
		Buttered Brussels Sprouts	Margarine	Christmas Gift Chocolate			Caesar Salad
		Tartar Sauce	Blushing Pears	Cake			Cheddar Garlic Biscuit
	Fresh Grapes					Cantaloupe Chunks	