

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---------------------------|---|-----------------------------|----------------------------|-------------------------|----------------------------|----------------------------|
| BREAKFAST | 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 | Peanut Butter | Rice Krispies Cereal | Peanut Butter | Peanut Butter | Peanut Butter | Bran Flakes Cereal | |
| Whole Wheat Toast | Whole Wheat Toast | Peanut Butter | Raspberry Yogurt Muffin | White Toast | Whole Wheat Toast | Peanut Butter | |
| | | Whole Wheat Toast | | | | | White Toast |
| LUNCH | 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 | | Greek Salad | Cucumber & Red Onion Salad | Macaroni Salad | Marinated 4 Bean Salad | Cucumber Slices |
| | Tartar Sauce | Stewed Tomatoes | Tiramisu Mousse | | Diced Beets | White Roll | Mini Croissant |
| | Vanilla Pudding | Donut | ----- | Strawberry Ice Cream | 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 | | Steamed Asparagus | Green Peas | ----- | Turkey Pot Pie | BBQ Pork Ribette on WW Bun |
| | Fresh Watermelon | Heritage Blend Salad with French Dressing | Garlic Bread | Margarine | Egg Salad Sndw on Wheat | Tomato & Onion Salad | |
| | Pickle Spear | Grated Parmesan Cheese | Mandarin Oranges | Spinach & Mushroom Salad | Poultry Gravy | | |
| | Strawberries | Pineapple Tidbits | | Margarine | Chilled Peach Slices | | |
| | | | | Bread and Butter Pickle | | | |
| | | | | Banana | | | |
| DINNER | 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 Stir Fry Vegetables | 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 |
| | | Buttered Brussels Sprouts | Margarine | Diced Parsnips | White Roll | | Caesar Salad |
| | | Tartar Sauce | Blushing Pears | Mint Jelly | Chilled Tropical Fruit | | Cheddar Garlic Biscuit |
| | | Fresh Grapes | | Chilled Apricots | | | Cantaloupe Chunks |