

| | Monday Feb. 01 | Tuesday Feb. 02 | Wednesday Feb. 03 | Thursday Feb. 04 | Friday Feb. 05 | Saturday Feb. 06 | Sunday Feb. 07 |
|------------------|---|---|--|---|---|--|---|
| BREAKFAST | Orange Juice Fresh Apple Slices Cinnamon Oatmeal Scrambled Eggs Raisin Toast ----- Special K Cereal Peanut Butter Whole Wheat Toast | Cranberry Juice Banana Half Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast ----- Bran Flakes Cereal Peanut Butter Apple Spice Muffin | Apple Juice Chilled Peach Slices High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Rice Krispies Cereal Peanut Butter Crumpet | Cranberry Juice Chilled Apricots Cream of Wheat with Bran Cottage Cheese Bran Muffin ----- Raisin Bran Cereal Peanut Butter Whole Wheat Toast | Apple Juice High Fibre Oatmeal Cheddar Cheese Slice Whole Wheat Toast ----- Mixed Berries Special K Cereal Peanut Butter Cream Cheese Wheat Bagel | Orange Juice Chilled Diced Pears Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Bran Flakes Cereal Peanut Butter Whole Wheat English Muffin | Cranberry Juice Mandarin Oranges High Fibre Oatmeal Fried Egg Whole Wheat Toast ----- Rice Krispies Cereal Peanut Butter Bacon White Toast |
| LUNCH | Unsalted Crackers Split Pea Soup Chicken Souvlaki Tzatziki Sauce Dill Cucumber & Red Onion Salad Mini Pita Bread Butterscotch Pudding ----- BBQ Beef Ribette on WW Bun Sauteed Garlic Mushrooms Blueberries | Unsalted Crackers Tomato Soup All Dressed Pizza Rainbow Coleslaw Creamsicle Parfait ----- Sliced Egg & Salad Plate Wheat Roll Sweet Pickle Margarine Fruit Cocktail | Unsalted Crackers Minestrone Soup Cod Nuggets Tartar Sauce Baked Potato Wedges Fancy Blend Vegetables Chocolate Ice Cream ----- Turkey & Swiss Sndw on WW Caesar Salad Chilled Diced Pears | Unsalted Crackers Cream of Mushroom Soup Beef Burger on WW Bun Ketchup Mixed Green Italian Salad Sliced Tomato Onion Slice Raspberry Gelatin ----- Tuna Salad Sndw on WW Four Bean Salad Bread and Butter Pickle Mango | Creamy Broccoli Rotini Soup Unsalted Crackers Heather's Macaroni and Cheese Stewed Tomatoes Baked Custard ----- Maple Breakfast Sausage French Toast Strawberry Compote Margarine Syrup Rosy Applesauce | Unsalted Crackers Italian Wedding Soup Chicken Strips Plum Sauce Coleslaw French Fries White Choc Mousse ----- Pork Tourtiere Pork Gravy Green Peas Chilled Tropical Fruit | Unsalted Crackers Chicken Corn Chowder w/ Sweet Peppers Sloppy Joe on WW Bun Diced Carrots Pickle Spear Tapioca Pudding ----- Herbed Omelet Steamed Asparagus Wheat Roll Margarine Raspberries |
| DINNER | Sweet & Sour Pork Fluffy Rice Asian Vegetables Carrot Cake Coffee ----- Grilled Pollock Roasted Potatoes California Vegetables Tartar Sauce Pineapple Tidbits Hot Tea V8 Juice | Salisbury Steak Beef Gravy Whipped Potatoes Green Peas Margarine Date Square Coffee ----- Vegetable Chili Seasoned Zucchini Cheddar Garlic Biscuit Apricot Halves Hot Tea Tomato Juice | Asian Pork Chop Mashed Potatoes Steamed Broccoli Lemon Tart Coffee ----- Lamb & Vegetable Stew Cauliflower Wheat Roll Margarine Chilled Tropical Fruit Hot Tea V8 Juice | Roasted Chicken Leg Mashed Potatoes Buttered Brussels Sprouts Margarine Chocolate Swirl Cheesecake Coffee ----- Roasted Vegetable Lasagna Sliced Carrots Wheat Roll Grated Parmesan Cheese Mandarin Oranges Hot Tea Tomato Juice | Turkey a la King Fluffy Rice Buttered Corn Butter Tart Coffee ----- Coconut Crusted Tilapia Fillet Savoury Diced Potatoes Roasted Root Vegetables Wheat Roll Tartar Sauce Margarine Glazed Bananas Hot Tea V8 Juice | Veal Roll Italian Garlic Mashed Potatoes Green Beans Old Fashion Stampede Rhubarb and Sour Cherry Crumble Coffee ----- Broccoli Feta & Dill Quiche Butternut Squash Wheat Roll Margarine Honeydew Melon Hot Tea Tomato Juice | Pork Roast Brown Gravy Whipped Potatoes Roasted Parsnips Applesauce Garnish Lemon Meringue Pie Coffee ----- Turkey Schnitzel Parslied New Potatoes Buttered Red Cabbage Wheat Roll Margarine Cranberry Sauce Peaches & Cream Hot Tea V8 Juice |