

	Monday Feb. 08	Tuesday Feb. 09	Wednesday Feb. 10	Thursday Feb. 11	Friday Feb. 12	Saturday Feb. 13	Sunday Feb. 14
B R E A K F A S T	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Orange Juice	Cranberry Juice
	Banana Half	Crushed Pineapple	Mandarin Oranges	Raspberries	Fresh Apple Slices	Sliced Pears	Fruit Cocktail
	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Cream of Wheat with Bran
	Cottage Cheese	Sausage Link	Poached Egg	Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Bran
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Blueberry Muffin	Whole Wheat Toast	Fried Egg
	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
	Raisin Bran Cereal	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Shreddies Cereal	Special K Cereal	-----
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal	
Raspberry Yogurt Muffin	Wheat Bagel	Buttered Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Crumpet	Peanut Butter Bacon White Toast	
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Fall Harvest Soup	Unsalted Crackers
	Tomato Tortellini Soup	Cream of Cauliflower Soup	Chicken Noodle Soup	Italian Bean & Vegetable	Corn Chowder	Unsalted Crackers	Cream of Carrot Soup
	Honey Garlic Chicken Wings	Turkey Pot Pie	Sweet-N-Sour Pork Bites	Soup	Pulled Pork on WW Bun	Weiners & Beans	Veggie Burger on WW Bun
	Tator Tots	Poultry Gravy	Fluffy Rice	Sliced Beef Sndw on Wheat	Green Beans	Sunrise Vegetables	Bun
	Cucumber Slices	Sauteed Zucchini	Broccoli Florets	Dill Cucumber & Red Onion	Pickle Spear	Wheat Roll	Potato Salad
	Bread and Butter Pickle	Lime Gelatin	Blueberry Pudding Cake	Salad	Bread Pudding	Margarine	Onion Slice
	Vanilla Ice Cream Cup	-----	-----	Chocolate Mousse	-----	Grandma's Lemon Loaf	Sliced Tomato
	-----	Spinach Feta Bistro	Chicken Salad Plate	-----	Quiche Florentine	-----	Cherry Gelatin
	Shaved Ham Sndw on WW	Greek Salad	Macaroni Salad	Creamed Peas on Toast	Pickled Beets	Sliced Turkey on Wheat	-----
	Tomato & Onion Salad	Four Bean Salad	Heritage Blend Salad with	Cheddar Cheese Slice	Whole Wheat Bread	Romaine & Onion Salad	Fish Cakes
Fruit Cocktail	Mango	French Dressing	Chilled Tropical Fruit	Margarine	Hot Fruit Compote	Tartar Sauce Parsley Carrots Whole Wheat Bread Margarine Chilled Peach Slices	
D I N N E R	Beef Tips in Red Wine Gravy	Chicken Stew & Dumplings	Crunchy Baked Cod	Turkey Cranberry Casserole	Fish 'n Chips	Honey Garlic Pork Drummies	Prime Rib Roast
	Mashed Potatoes	Prince Edward Vegetables	Mashed Potatoes	Florentine Veg Mix	Creamy Coleslaw	Mashed Potatoes	Shrimp & Scallops
	Green Beans	Banana Cream Pie Slice	Butternut Squash	Buttermilk Biscuit	Tartar Sauce	Buttered Corn	Beef Gravy
	Wheat Roll	Coffee	Whole Wheat Bread	Margarine	Tripleberry Crumble	Iced Orange Cake	Mashed Potatoes
	Margarine	-----	Tartar Sauce	Cranberry Sauce	Coffee	Coffee	California Vegetables
	Tiramisu Cake	Veal Parmesan	Margarine	Buttertart Square	-----	-----	Horseradish
	Coffee	Buttered Egg Noodles	Pear Crisp	Coffee	Cornflake Crusted Chicken	Spaghetti & Meatballs	Seafood Sauce
	-----	Diced Carrots	Coffee	-----	Poultry Gravy	Steamed Broccoli	Caramel Cheesecake
	Asian Glazed Salmon	Grated Parmesan Cheese	-----	Roast Leg of Lamb & Veg	Mashed Potatoes	Cheese & Garlic Breadstick	Coffee
	Rice Pilaf	Chilled Apple Slices	Alfredo Primavera	Herbed Potatoes	Buttered Brussels Sprouts	Grated Parmesan Cheese	-----
	Buttered Brussels Sprouts	Hot Tea	Caesar Salad	Fall Medley Vegetables	Banana & Chocolate Sauce	Pineapple Tidbits	Chicken Cordon Bleu
	Lemon Wedge	V8 Juice	Garlic Bread	Mint Jelly	Hot Tea	Hot Tea	Mushroom Gravy
	Tartar Sauce		Grated Parmesan Cheese	Honeydew Melon	Tomato Juice	V8 Juice	Wax Beans
	Chilled Apricots		Stewed Rhubarb	Hot Tea			Tuxedo Truffle Mousse
	Hot Tea		Hot Tea	V8 Juice			Cake
Tomato Juice		Tomato Juice				Hot Tea Tomato Juice	

