

	Monday Feb. 15	Tuesday Feb. 16	Wednesday Feb. 17	Thursday Feb. 18	Friday Feb. 19	Saturday Feb. 20	Sunday Feb. 21
B R E A K F A S T	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Apple Juice
	Fresh Apple Slices	Pineapple Tidbits	Chilled Diced Pears	Mango	Banana Half	Fresh Apple Slices	Sliced Pears
	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
	Scrambled Eggs	Cheddar Cheese Slice	Hard Boiled Egg	Vanilla Yogurt	Waffles	Poached Egg	Fried Egg
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Cottage Cheese	Whole Wheat Toast	Whole Wheat Toast
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	Rice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Peanut Butter	Special K Cereal
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Crumpet	Peanut Butter
Cream Cheese	Buttered Raisin Toast	Whole Wheat English	Whole Wheat Toast	Whole Wheat Toast		Bacon	
White Mini Bagel		Muffin				White Toast	
L U N C H	Unsalted Crackers	Cream of Squash Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Cream of Broccoli Soup	Unsalted Crackers
	Vegetable Soup	Unsalted Crackers	Beef Barely Soup	Tomato Soup	Creamy Chicken & Bean	Unsalted Crackers	Cream of Celery Soup
	Captain Burger	Pancakes	Cottage Cheese & Fruit	Grilled Cheese on Wheat	Soup	Salmon Salad on WW	Tuna Salad Plate
	Creamy Coleslaw	Bacon	Salad Plate	Creamy Cucumber & Onions	Hot Dog on White Bun	Greek Salad	Mini Croissant
	Tartar Sauce	Maple Syrup	Cherry Loaf	Sweet Pickle	Bacon Broccoli Salad	Orange Gelatin	Bread and Butter Pickle
	Ambrosia	Warm Apple Compote	Margarine	Strawberry Mousse	Onion Slice	-----	Boston Cream Cake
	-----	Margarine	Cranberry Sauce	-----	French Toast Sponge Cake	Cheese Tortellini & Rose	-----
	Corned Beef on Rye	Chocolate Pudding	Neapolitan Ice Cream	Chicken Caesar Salad	-----	Sauce	Veg & Bean Stew
	Romaine & Onion Salad	-----	Sandwich	Cheddar Garlic Biscuit	Red Pepper & Basil Frittata	Italian Mixed Vegetables	Cauliflower
	Pickle Spear	Chicken Cobb Salad	-----	Chilled Tropical Fruit	w/Parmesan Cheese	Garlic Bread	Whole Wheat Bread
	Apricot Halves	Cheese & Garlic Breadstick	Hot Turkey Sndw on WW		Creamed Corn	Grated Parmesan Cheese	Margarine
	Stewed Rhubarb	w/Gravy		Whole Wheat Bread	Apricot Halves	Strawberries & Topping	
		Green Peas		Margarine			
		Chilled Apple Slices		Chilled Diced Pears			
D I N N E R	Herb Baked Chicken Thigh	Homestyle Turkey	Honey Roast Pork Chop	Beef Shepherd's Pie	Glazed Ham	Cranberry Glazed Chicken	Roast Turkey
	Poultry Gravy	Vegetable Stew	Cheese Sauce	Beef Gravy	Scalloped Potatoes	Boiled Potatoes	Turkey Gravy
	Baked Potato	Green Beans	Garlic Mashed Potatoes	Buttered Corn	Harvard Beets	Prince Edward Vegetables	Sage Bread Stuffing
	Zucchini Medley	Tea Biscuit	Winter Vegetables	Whole Wheat Bread	Coconut Cream Pie	Cherry Cheesecake	Mashed Potatoes
	Sour Cream	Margarine	Peach Cobbler	Margarine	Coffee	Coffee	Mashed Carrots &
	Cinnamon Roll	Lemon Buttermilk Cake	Coffee	Iced Brownie	-----	-----	Parsnips
	Coffee	Coffee	-----	Coffee	Sole w/Lemon Pepper	Meatloaf	Cranberry Sauce
	-----	-----	Ratatouille Lentil Penne	-----	Rice Pilaf	Beef Gravy	Apple Pie Slice
	Beef Stroganoff	Garlic Shrimp	Butternut Squash	Turkey Divan	Montego Vegetables	Seasoned Spinach	Vanilla Ice Cream
	Egg Noodles	Seafood Sauce	Wheat Roll	Rice Pilaf	Tartar Sauce	Wheat Roll	Coffee
	Steamed Asparagus	Cilantro Rice	Margarine	Florentine Veg Mix	Hot Fruit Compote	Margarine	-----
	Chilled Tropical Fruit	Diced Carrots	Mandarin Oranges	Peaches & Cream	Hot Tea	Pineapple Tidbits	Cabbage Rolls
	Hot Tea	Mango	Hot Tea	Hot Tea	V8 Juice	Hot Tea	Wax Beans
	V8 Juice	Hot Tea	V8 Juice	Tomato Juice		Tomato Juice	Wheat Roll
	Tomato Juice					Margarine	
						Honeydew Melon	
						Hot Tea	
						V8 Juice	