

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