

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
BREAKFAST	Apple Juice Banana Half Cream of Wheat with Bran Cottage Cheese Whole Wheat Toast ----- Raisin Bran Cereal Peanut Butter Raspberry Yogurt Muffin	Orange Juice Crushed Pineapple High Fibre Oatmeal Sausage Link Whole Wheat Toast ----- Special K Cereal Peanut Butter Wheat Bagel	Cranberry Juice Mandarin Oranges Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Bran Flakes Cereal Peanut Butter Buttered Raisin Toast	Apple Juice Raspberries High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast ----- Rice Krispies Cereal Peanut Butter Whole Wheat English Muffin	Cranberry Juice Fresh Apple Slices Cream of Wheat with Bran Vanilla Yogurt Blueberry Muffin ----- Shreddies Cereal Peanut Butter Whole Wheat Toast	Orange Juice Sliced Pears Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Special K Cereal Peanut Butter Crumpet	Cranberry Juice Fruit Cocktail Cream of Wheat with Bran Fried Egg Whole Wheat Toast ----- Bran Flakes Cereal Peanut Butter Bacon White Toast		
	LUNCH	Unsalted Crackers Tomato Tortellini Soup Honey Garlic Chicken Wings Tator Tots Cucumber Slices Bread and Butter Pickle Vanilla Ice Cream Cup ----- Shaved Ham Sndw on WW Tomato & Onion Salad Fruit Cocktail	Unsalted Crackers Cream of Cauliflower Soup Turkey Pot Pie Poultry Gravy Sauteed Zucchini Lime Gelatin ----- Spinach Feta Bistro Greek Salad Four Bean Salad Mango	Unsalted Crackers Chicken Noodle Soup Sweet-N-Sour Pork Bites Fluffy Rice Broccoli Florets Blueberry Pudding Cake ----- Chicken Salad Plate Macaroni Salad Heritage Blend Salad with French Dressing Sweet Pickle Strawberries	Unsalted Crackers Italian Bean & Vegetable Soup Shaved Beef Sndw on Wheat Dill Cucumber & Red Onion Salad Chocolate Mousse ----- Creamed Peas on Toast Cheddar Cheese Slice Chilled Tropical Fruit	Unsalted Crackers Corn Chowder Pulled Pork on WW Bun Green Beans Pickle Spear Bread Pudding ----- Quiche Florentine Pickled Beets Whole Wheat Bread Margarine Apricot Halves	Fall Harvest Soup Unsalted Crackers Weiners & Beans Sunrise Vegetables Wheat Roll Margarine Grandma's Lemon Loaf ----- Sliced Turkey on Wheat Romaine & Onion Salad Hot Fruit Compote	Unsalted Crackers Cream of Carrot Soup Veggie Burger on WW Bun Potato Salad Onion Slice Sliced Tomato Cherry Gelatin ----- Fish Cakes Tartar Sauce Parsley Carrots Whole Wheat Bread Margarine Chilled Peach Slices	
		DINNER	Beef Tips in Red Wine Gravy Mashed Potatoes Green Beans Wheat Roll Margarine Tiramisu Cake Coffee ----- Asian Glazed Salmon Rice Pilaf Buttered Brussels Sprouts Lemon Wedge Tartar Sauce Chilled Apricots Hot Tea Tomato Juice	Chicken Stew & Dumplings Prince Edward Vegetables Banana Cream Pie Slice Coffee ----- Veal Parmesan Buttered Egg Noodles Diced Carrots Grated Parmesan Cheese Chilled Apple Slices Hot Tea V8 Juice	Crunchy Baked Cod Mashed Potatoes Butternut Squash Whole Wheat Bread Tartar Sauce Margarine Buttertart Square Coffee ----- Alfredo Primavera Caesar Salad Garlic Bread Grated Parmesan Cheese Stewed Rhubarb Hot Tea Tomato Juice	Turkey Cranberry Casserole Fall Medley Vegetables Buttermilk Biscuit Margarine Cranberry Sauce Pear Crisp Coffee ----- Bologna Hashbrown Casserole Florentine Veg Mix Honeydew Melon Hot Tea V8 Juice	Fish 'n Chips Creamy Coleslaw Tartar Sauce Tripleberry Crumble Coffee ----- Cornflake Crusted Chicken Poultry Gravy Mashed Potatoes Buttered Brussels Sprouts Banana & Chocolate Sauce Hot Tea Tomato Juice	Honey Garlic Pork Drummies Mashed Potatoes Buttered Corn Iced Orange Cake Coffee ----- Spaghetti & Meatballs Steamed Broccoli Cheese & Garlic Breadstick Grated Parmesan Cheese Pineapple Tidbits Hot Tea V8 Juice	Roast Beef Beef Gravy Mashed Potatoes California Vegetables Horseradish Pumpkin Pie Coffee ----- Chicken Kiev Wax Beans Wheat Roll Margarine Mandarin Oranges Hot Tea Tomato Juice