

	Monday Mar. 15	Tuesday Mar. 16	Wednesday Mar. 17	Thursday Mar. 18	Friday Mar. 19	Saturday Mar. 20	Sunday Mar. 21
B R E A K F A S T	Orange Juice Cinnamon Oatmeal Scrambled Eggs Raisin Toast ----- Fresh Apple Slices Special K Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat with Bran Vanilla Yogurt Whole Wheat Toast ----- Banana Half Bran Flakes Cereal Peanut Butter Apple Spice Muffin	Apple Juice High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Chilled Peach Slices Rice Krispies Cereal Peanut Butter Crumpet	Cranberry Juice Cream of Wheat with Bran Cottage Cheese Bran Muffin ----- Chilled Apricots Raisin Bran Cereal Peanut Butter Whole Wheat Toast	Apple Juice High Fibre Oatmeal Cheddar Cheese Slice Whole Wheat Toast ----- Mixed Berries Shreddies Cereal Peanut Butter Cream Cheese Wheat Bagel	Orange Juice Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Chilled Diced Pears Bran Flakes Cereal Peanut Butter Whole Wheat English Muffin	Cranberry Juice Mandarin Oranges High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast ----- Rice Krispies Cereal Peanut Butter White Toast
L U N C H	Unsalted Crackers Split Pea Soup Chicken Souvlaki Tzatziki Sauce Dill Cucumber & Red Onion Salad Whole Wheat Pita Bread Butterscotch Pudding ----- BBQ Beef Ribette on WW Bun Fancy Blend Vegetables 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 Carrot Raisin Salad 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
D I N N E R	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	Bangers and Mash Winter Vegetables Cheese Sauce Toffee Pudding Cake Coffee ----- Lamb & Vegetable Stew Butternut Squash Buttermilk Biscuit Margarine Mandarin Oranges 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 Berry Rhubarb Crisp 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