

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Chilled Apricots	Chilled Peach Slices	Fruit Cocktail	Chilled Diced Pears	Mixed Berries	Fresh Apple Slices
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Egg & Cheese Breakfast Sandwich
Raisin Toast	Pancakes	Whole Wheat Toast	Texas French Toast	Whole Wheat Toast	Belgian Waffle	Bacon
Special K Cereal	Honey Nut Cheerios Cereal	Corn Flakes Cereal	Special K Cereal	Raisin Bran Cereal	Corn Flakes Cereal	Whole Wheat Toast
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
Whole Wheat Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast White Toast	White Toast	Whole Wheat Toast	Peanut Butter White Toast
LUNCH						
Tomato Soup	Chicken Noodle Soup	Tomato Juice	Minestrone Soup	Cabbage & Potato Soup	Lentil & Vegetable Soup	Corn Chowder
Unsalted Crackers	Unsalted Crackers	Hamburger on a Bun	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Mixed Green Italian Salad	Sausage Patty	Dill Pickle Chicken Sld Sandwich	Western Omelette	BBQ Pork Ribette on WW Bun
Tartar Sauce	NONE	Pineapple Tidbits	Brown Gravy	Mayonnaise	NONE	Triple Bean Salad
Creamy Coleslaw	NONE	Tomato Juice	Baked Potato Wedges	Lettuce Leaf	Diced Squash	Mango
Cantaloupe Chunks	Baked Tomato au Gratin	Hot Dog on Bun	Broccoli Florets	Sliced Tomato	NONE	Corn Chowder
Tomato Soup	Strawberries	Steamed Asparagus	Mandarin Oranges	Spinach & Mushroom Salad	Chilled Peach Slices	Unsalted Crackers
Unsalted Crackers	Chicken Noodle Soup	Chai Tea Pudding	Minestrone Soup	Banana Half	Lentil & Vegetable Soup	Potato & Cheese Perogies
Grilled Cheese Sandwich	Unsalted Crackers		Unsalted Crackers	Cabbage & Potato Soup	Unsalted Crackers	Sour Cream
Montego Vegetables	Beef Roast Sandwich on Rye		Egg Salad Sndw on Wheat	Unsalted Crackers	Turkey & Swiss Sndw on WW	Buttered Cabbage
Tiramisu Mousse	Heritage Blend Salad with French Dressing		Marinated Cucumbers	Sweet Hickory BBQ Baked Beans	Tomato Cucumber Salad	NONE
	NONE		Ice Cream Sandwich	Tea Biscuit	Crepe Caramel	Ice Cream Sandwich
	Whipped Topping			Buttered Corn		
	Lime Gelatin			Cheddar Herb Tea Biscuit		
				Lemon Blueberry Tart		

DINNER

Salisbury Steak & Gravy	Bangers and Mash	Veal Paprika	Turkey Meatloaf	Lemon Pepper Cod	Broccoli Cheese Pasta Bake	Roast Beef
NONE	NONE	NONE	Poultry Gravy	NONE	NONE	Beef Gravy
Mashed Potatoes	Fancy Blend Mixed Vegetables	Chive Whipped Potatoes	Sweet Potato Fries	Baked Sliced Potatoes	NONE	Mashed Potatoes
Parsley Carrots	Multi Grain Roll	California Vegetables	Diced Parsnips	Zesty Balsamic Carrots	Tossed Ranch Salad	Green Peas
Multi Grain Roll	Strawberry Sorbet	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Multi Grain Roll
Lemon Meringue Pie	Baked Tilapia	Cherry Crisp	Iced Brownie	Cinnamon Crumble Cake	Black Forest Cake	Coconut Buttermilk Pie
Spiced Chicken Thigh	Dill Sauce	Tomato Feta Lentil Fusilli	French Canadian Tortiere	Asian Pork Chop	Beef Taco Casserole	Lemon Pepper Chicken Leg
Buttered Penne	Lemon Wedge	Greek Salad	Brown Gravy	Brown Rice	NONE	Buttered Egg Noodles
Marinara Sauce	Rice with Vegetables	Chilled Diced Pears	Mint Jelly	Asian Vegetables	Diced Savory Potatoes	Baked Tomato au Gratin
Broccoli Florets	Buttered Brussels Sprouts		Roasted Red Skin Potatoes	Chilled Tropical Fruit	Red Peppers	Blushing Pineapple
Peaches & Cream	Fruit Cocktail		Green Peas		Chilled Apricots	
			Rosy Applesauce			

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BREAKFAST						
Banana Half	Chilled Apricots	Chilled Peach Slices	Fruit Cocktail	Chilled Diced Pears	Mixed Berries	Fresh Apple Slices
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Egg & Cheese Breakfast Sandwich
Raisin Toast	Pancakes	Whole Wheat Toast	Texas French Toast	Whole Wheat Toast	Bacon	
Special K Cereal	Whole Wheat Toast	Corn Flakes Cereal	Whole Wheat Toast	Raisin Bran Cereal	Belgian Waffle	Bacon
Peanut Butter	Honey Nut Cheerios Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal	Whole Wheat Toast
Whole Wheat Toast	Peanut Butter	White Toast	Peanut Butter	White Toast	Peanut Butter	Bran Flakes Cereal
	Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast	Peanut Butter
			White Toast			Bacon
						White Toast

LUNCH						
Hearty Beef Barley Soup	Tomato Basil Soup	Tomato Juice	Cream of Mushroom Soup	Garden Vegetable Soup	Split Pea Soup	Chicken Mulligatawny Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Asparagus & Swiss Quiche	Three Cheese Pizza	Hamburger on a Bun	Beef Pot Pie	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Chopped Salad with Balsamic	NONE	Mixed Green Italian Salad	Beef Gravy	Mustard Sauce	Plum Sauce	Tartar Sauce
Multi Grain Roll	Caesar Salad	Pineapple Tidbits	NONE	Marinated 4 Bean Salad	Sweet Potato Fries	French Fries
Chilled Apricots	Chilled Peach Slices	Tomato Juice	Parsley Carrots	NONE	Tomato Cucumber Salad	Creamy Coleslaw
Hearty Beef Barley Soup	Tomato Basil Soup	Unsalted Crackers	Mango	Strawberries	Mandarin Oranges	Chilled Peach Slices
Unsalted Crackers	Unsalted Crackers	Hot Dog on Bun	Cream of Mushroom Soup	Garden Vegetable Soup	Split Pea Soup	Chicken Mulligatawny Soup
Ham & Cheese Sandwich on Wheat	Beef Salad Sndw on WW	Steamed Asparagus	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Creamy Cucumber & Onions	Green Pepper Slaw	Toffee Pudding Cake	Tuna Salad Sndw on WW	Jamaican Beef Patty	Cheddar Cheese Slice	Baked Beans
Date Square	Whipped Topping		Heritage Blend Salad with French Dressing	Diced Hashbrown	Strawberries	Broccoli Florets
	Lemon Gelatin		Rainbow Sherbet	Creamy Spinach	Pineapple Tidbits	Whole Wheat Toast
				Vanilla Mousse	Carrot Loaf	Butterscotch Sundae
					Tapioca Pudding	

DINNER

Turkey Pot Pie	Baked Pollock	Spinach & Cheese Cannelloni	Roasted Sage Chicken Leg	Baked Salmon Fillet	Mustard Pretzel Crusted	Roast Turkey
Poultry Gravy	Tartar Sauce	NONE	Baked Potato	Lemon Wedge	PorkChop	Poultry Gravy
NONE	Parslied Rice	Seasoned Zucchini	Steamed Asparagus	Lyonnaise Potatoes	NONE	Cranberry Sauce
Cauliflower	Buttered Brussels Sprouts	Garlic Bread	Multi Grain Roll	Parslied Cauliflower	Scalloped Potatoes	Mashed Potatoes
Multi Grain Roll	Whole Wheat Bread	Nanaimo Bar	Rhubarb Crisp	Multi Grain Roll	Creamed Corn	California Vegetables
Cherry Cheesecake	Rice Krispie Square	Breaded Pork Cutlet	Spaghetti & Meatballs	Maple Chocolate Mania Cake	Multi Grain Roll	Multi Grain Roll
Irish Lamb Stew	Cornflake Crusted Chicken	Brown Gravy	NONE	Teriyaki Beef & Broccoli	Buttertart Square	Lemon Meringue Pie
NONE	NONE	Whipped Potatoes	Lettuce Tomato Salad	NONE	Balsamic Tomato Veal	Broccoli Cheese Frittata
White Rice	Potato Salad	New England Vegetables	Cinnamon Pears	Brown Rice	Parslied Noodles	NONE
Sunrise Vegetables	Green Beans	Peachy Applesauce		Asian Vegetables	NONE	Green Peas
Fresh Watermelon	Mixed Berries			Chilled Apricots	Buttered Brussels Sprouts	Warm Apple Compote
					Bananas & Cream	

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BREAKFAST						
Banana Half	Chilled Apricots	Chilled Peach Slices	Fruit Cocktail	Chilled Diced Pears	Mixed Berries	Fresh Apple Slices
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Egg & Cheese Breakfast Sandwich
Raisin Toast	Pancakes	Whole Wheat Toast	Texas French Toast	Whole Wheat Toast	Bacon	
Special K Cereal	Whole Wheat Toast	Corn Flakes Cereal	Whole Wheat Toast	Raisin Bran Cereal	Belgian Waffle	Bacon
Peanut Butter	Honey Nut Cheerios Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal	Whole Wheat Toast
Whole Wheat Toast	Peanut Butter	White Toast	Peanut Butter	White Toast	Peanut Butter	Bran Flakes Cereal
	Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast	Peanut Butter
			White Toast			White Toast
LUNCH						
Cream of Tomato Soup	Cream of Mushroom Soup	Tomato Juice	Roasted Red Pepper Soup	Creamy Sweet Potato Soup	Chicken Noodle Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Hamburger on a Bun	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
BBQ Beef Ribette on WW Bun	Jamaican Beef Patty	NONE	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Shrimp Salad Roll	Roast Turkey Breast
NONE	Spinach Onion Salad	Caesar Salad	Mixed Green Italian Salad	Mayonnaise	Tomato & Onion Salad	NONE
Buttered Corn	Fruit Cocktail	Pineapple Tidbits	Fresh Watermelon	Creamy Coleslaw	Chilled Apricots	Potato & Egg Salad
Strawberries				Chilled Tropical Fruit		Beet & Onion Salad
	Cream of Mushroom Soup	Tomato Juice	Roasted Red Pepper Soup		Chicken Noodle Soup	Multi Grain Roll
Cream of Tomato Soup	Unsalted Crackers	Hot Dog on Bun	Unsalted Crackers	Creamy Sweet Potato Soup	Unsalted Crackers	Mango
Unsalted Crackers	Sliced Turkey on Wheat	Steamed Asparagus	Cottage Cheese	Unsalted Crackers	Red Pepper & Basil Frittata w/Parmesan Cheese	
Grilled Cheese on Wheat	Carrot Apple Salad	Lemon Parfait	Bran Muffin	Crab Salad Sndw on WW	NONE	Harvest Vegetable Soup
Tossed Ranch Salad	Chocolate Mousse		Fresh Fruit Salad	Marinated Bean Salad		Unsalted Crackers
Orange Gelatin			Strawberry Gelatin	Baked Custard	Savoury Baked Potato Wedges	Sloppy Joe on WW Bun
					Broccoli Florets	Parsley Carrots
					NONE	Vanilla Ice Cream
					Chocolate Pudding	

DINNER

Chalet Chicken w/Sauce	Meatloaf	Irish Lamb Stew	Sweet-N-Sour Pork Bites	Creole Baked Fish	Veal Parmesan	Baked Ham in Pineapple Juice
Mustard Sauce	Beef Gravy	NONE	Vegetable Fried Rice	O'Brien Potatoes	NONE	NONE
Baked Potato	Garlic Mashed Potatoes	5-Way Mixed Vegetables	Sliced Carrots	Buttered Corn	Buttered Spaghetti	Scalloped Potatoes
Broccoli & Cauliflower Florets	Green Peas	Multi Grain Roll	Multi Grain Roll	Luscious Lemon Square	Marinara Sauce	Prince Edward Vegetables
Multi Grain Roll	Multi Grain Roll	Carrot Cake	Buttertart Square	Beef Stroganoff	Caesar Salad	Multi Grain Roll
Black Forest Tart	Date Square	Breaded Pork Cutlet	Vegetable & Swiss w/Mushrooms	NONE	Multi Grain Roll	Apple Pie Slice
Sole Florentine	Cheese Ravioli & Sauce	Lemon Wedge	Quiche	Buttered Egg Noodles	Crushed Pineapple	Cheese Stuffed Shells
Lemon Wedge	NONE	Herb Roasted Potatoes	NONE	Green Peas	Maple Balsamic Chicken	w/Marinara
Fluffy Rice	NONE	Sliced Beets	NONE	Cinnamon Pears	Drumstick	Buttered Brussels Sprouts
Steamed Asparagus	Seasoned Zucchini	Pineapple Tidbits	Buttered Brussels Sprouts		Mashed Potatoes	Chilled Tropical Fruit
Pineapple Tidbits	Garlic Bread		Chilled Peach Slices		Parslied Cauliflower	
	Mango				Blueberry Crisp	

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Banana Half	Chilled Apricots	Chilled Peach Slices	Fruit Cocktail	Chilled Diced Pears	Mixed Berries	Fresh Apple Slices
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Egg & Cheese Breakfast Sandwich
Raisin Toast	Pancakes	Whole Wheat Toast	Texas French Toast	Whole Wheat Toast	Bacon	
Special K Cereal	Bran Muffin	Corn Flakes Cereal	Whole Wheat Toast	Raisin Bran Cereal	Belgian Waffle	Bacon
Peanut Butter	Honey Nut Cheerios Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal	Whole Wheat Toast
Whole Wheat Toast	Peanut Butter	White Toast	Peanut Butter	White Toast	Peanut Butter	Bran Flakes Cereal
	Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast	Peanut Butter
			White Toast			Bacon
						White Toast

LUNCH						
Italian Wedding Soup	Vegetable Mulligatawny Soup	Tomato Juice	Tomato & Rice Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Tomato Basil Soup
Unsalted Crackers	Unsalted Crackers	Hamburger on a Bun	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chicken Nuggets	Crab Cake	Sour Cream	Sausage Links	Tuna Melt on WW	Jamaican Beef Patty	Turkey Salad on Wheat
Creamy Coleslaw	NONE	Mixed Green Italian Salad	NONE	NONE	Hashbrown Patty	Marinated Bean Salad
Fresh Watermelon	Multi Grain Roll	NONE	Mini Pancakes Bites	Creamy Cucumber Salad	Spinach Orange Salad	Mandarin Oranges
Italian Wedding Soup	Mushroom & Spinach Salad	Pineapple Tidbits	Hot Spiced Apples	Pineapple Tidbits	Chilled Diced Pears	Tomato Basil Soup
Unsalted Crackers	Fresh Apple Slices	Tomato Juice	Chilled Tropical Fruit	Chicken Noodle Soup	Cream of Broccoli Soup	Unsalted Crackers
Vegetable Pizza	Vegetable Mulligatawny Soup	Hot Dog on Bun	Tomato & Rice Soup	Unsalted Crackers	Unsalted Crackers	Mixed Veg & Cheese Frittata
NONE	Unsalted Crackers	Steamed Asparagus	Unsalted Crackers	Pastrami Sndw on Wheat	Cottage Cheese	NONE
Mixed Green Italian Salad	Herbed Omelette	Whipped Topping	Chicken Salad	NONE	Macaroni Salad	Toast Points
Vanilla Mousse	Roasted Sknls Diced Potatoes	Lime Gelatin	Chickpea & Veggie Salad	Pickled Beets	Fresh Fruit Salad	Cauliflower
	Tomato Slices		Multi Grain Roll	Raspberry Mousse	Multi Grain Roll	Chocolate Ice Cream
	Butterscotch Pudding		Strawberry Ice Cream		Orange Gelatin	
					Whipped Topping	

DINNER

Hamburger & Sausage Casserole	Swedish Meatballs w/Mushroom Sauce	Korean Beef Short Ribs	Lamb Mushroom Ragout	Turkey Tetrazzini	Parmesan Chicken	Pork Roast
NONE	Mashed Potatoes	Fluffy Rice	NONE	NONE	Penne	Brown Gravy
Steamed Asparagus	California Vegetables	Sunrise Vegetables	Fluffy Rice	NONE	Buttered Brussels Sprouts	Baked Potato
Multi Grain Roll	Multi Grain Roll	Multi Grain Roll	Broccoli Florets	Iceberg & Carrot Salad	Multi Grain Roll	Prince Edward Vegetables
Date Square	Lemon Cake	Apple Crisp	Multi Grain Roll	Multi Grain Roll	Fruit Cocktail	Multi Grain Roll
Cuban Mojo Chicken	Braised Spanish Pork Chop	Crunchy Italian Fish	Chocolate Cake	Chilled Peach Slices	Cod Nuggets	Blueberry Pie
Tzatziki Sauce	NONE	NONE	Cheese Tortellini & Marinara	Veal Steak	Savoury Diced Potatoes	Beef Shepherds Pie
Savoury Diced Potatoes	Brown Rice	Roasted Red Skin Potatoes	NONE	Brown Gravy	Red Peppers	Brown Gravy
Creamy Cucumber Salad	Green Peas	Wax Beans	Caesar Salad	Mashed Potatoes	Red Velvet Cake	NONE
Mini Pita Bread	Chilled Tropical Fruit	Stewed Rhubarb	Garlic Bread	Diced Squash		Green Peas
Chilled Peach Slices			Chilled Diced Pears	Macaroon Madness Bar		Strawberries & Topping