

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Chilled Diced Peaches	Mandarin Oranges	Banana Half	Fruit Cocktail	Chilled Diced Pears	Pineapple Tidbits	Fresh Apple Slices
Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cream Cheese	Poached Egg	Carrot Muffin	Bacon
Jelly/Jam	Pancakes	Strawberry Jam	Cinnamon Raisin Bagel	Jelly/Jam	Jelly/Jam	Egg White Patty
Assorted Cold Cereal	Syrup	Assorted Cold Cereal	Jelly/Jam	Assorted Cold Cereal	Vanilla Yogurt	English Muffin
Whole Wheat Bread	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Strawberry Jam
Buttered WW Toast	Whole Wheat Toast	Peanut Butter	Buttered WW Toast	Peanut Butter	Whole Wheat Toast	Assorted Cold Cereal
Peanut Butter	Jelly/Jam		Peanut Butter		White Bread	Whole Wheat Toast
	Peanut Butter				Peanut Butter	White Bread
						Peanut Butter
LUNCH						
Golden Minestrone Soup	Tomato Bisque Soup	Cream of Broccoli Soup	Chicken Noodle Soup	Pumpkin and chicken soup	Mushroom Soup	Italian Wedding Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Bologna Sandwich	Chicken Nuggets	Beef Burger on White Bun	Omelette	Jamaican Beef Patty	Breaded Turkey Cutlet	Corned Beef on Rye
Mixed Green Salad	Savoury Baked Potato Wedges	Caesar Salad	Hashbrown Patty	Coleslaw	4-Way Mixed Vegetables	Tossed Salad
Pineapple Tidbits	Diced Carrots	Cantaloupe Chunks	Tomato Slices	Pineapple Tidbits	Hamburger Bun	Chilled Apricots
Fish Sticks	Fruit Cocktail	Hot Dog on White Bun	Mandarin Oranges	Coconut Pudding	Chilled Diced Peaches	Perogies & Sour Cream
Green Peas	Egg Salad Sndw on Wheat	Peas & Carrots	Hot Turkey Sandwich	Chicken Salad Sndw on WW	Ham & Swiss on Wheat	Buttered Cabbage
White Dinner Roll	Tossed Garden Salad	French Vanilla Ice Cream	Sliced Carrots	Cucumber Slices	Tomato & Cucumber Salad	Ice Cream
Vanilla Mousse	Grape Gelatin		Mocha Pudding	Tropical Fruit Salad	Orange Gelatin	
DINNER						
Cabbage Roll	Chicken Souvlaki	Chicken Pot Pie	Meatloaf	Fish 'n Chips	Breaded Veal Cutlet	Roast Turkey
Mashed Potatoes	Pita Bread	Fresh Herbed Zucchini	Brown Gravy	Tartar Sauce	Scalloped Potatoes	Turkey Gravy
Sauteed Mushrooms & Onions	Stir Fried Peppers & Onions	Chilled Diced Pears	Garlic Mashed Potatoes	Green Peas	Sliced Beets	Mashed Potatoes
Vanilla Cake	Tzatziki Sauce	Cheese Ravioli	Prince Edward Vegetables	Grated Parmesan Cheese	Sliced Banana	Green Beans
Macaroni & Cheese	Strawberries	Tossed Ranch Salad	Applesauce	Mixed Berries	Chicken Breast	Mango
Yellow Squash	Pollock Florentine	Garlic Toast	Sweet n Sour Pork Chop	Pepperoni Pizza	Mashed Potatoes	Cheese Tuna Pasta
Blueberries	White Rice	Chocolate Brownie	Fluffy Rice	Tossed Salad & Italian Dressing	Niagara Mix Vegetables	Tossed Garden Salad
	Sunrise Vegetables		Asian Vegetables	Coconut Cream Pie	Vanilla Cake	White Dinner Roll
	Lemon Wedge		Chocolate Maple Cake			Pumpkin Pie
	Date Square					

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BREAKFAST						
Chilled Diced Peaches	Mandarin Oranges	Banana	Fruit Cocktail	Chilled Diced Pears	Pineapple Tidbits	Fresh Apple Slices
Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cream Cheese	Poached Eggs	Carrot Muffin	Bacon
Assorted Cold Cereal	Pancakes	Assorted Cold Cereal	Cinnamon Raisin Bagel	Whole Wheat Toast	Vanilla Yogurt	Egg White Patty
Whole Wheat Toast	Syrup	Peanut Butter	Assorted Cold Cereal	Jelly/Jam	Whole Wheat Toast	English Muffin
White Bread	Assorted Cold Cereal	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Jelly/Jam	Whole Wheat Toast	White Bread	Jelly/Jam	White Bread	White Bread	Whole Wheat Toast
Peanut Butter	Jelly/Jam	Jelly/Jam	Peanut Butter	Jelly/Jam	Peanut Butter	Jelly/Jam
	Peanut Butter			Peanut Butter	Jelly/Jam	Peanut Butter
LUNCH						
Golden Minestrone Soup	Tomato Bisque Soup	Cream of Broccoli Soup	Chicken Noodle Soup	Vegetable Soup	Mushroom Soup	Italian Wedding Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Captain Burger	Cheese Lettuce Tomato Sndw	Beef Burger on Bun	Chicken Salad	BBQ Sauce Glazed Pork Ribette	Turkey & Cheese Sndw on WW	Corned Beef on Rye
Green Peas	w/Mayo	Caesar Salad	Sliced Beets	Cauliflower	Beet & Onion Salad	Tossed Salad
Pineapple Tidbits	Coleslaw	Chilled Tropical Fruit	White Dinner Roll	Hamburger Bun	Chilled Diced Peaches	Butterscotch Sundaes
Grilled Cheese on Wheat	Fruit Cocktail Cup	Pork Wiener and Beans	Mandarin Oranges	Chilled Tropical Fruit	Sausage Patty	Tomato Pepper Quiche
Tossed Garden Salad	Chicken Fingers with Plum Sauce	Whole Wheat Toast	Omelette	Egg Salad Sndw on Wheat	Fresh Fruit Salad	Cauliflower
Chocolate Mousse	Sweet Potato Fries	Peas & Carrots	Hashbrown Patty	Cucumber Slices	Waffles	Chilled Apricots
	Orange Beet & Spinach Salad	Chocolate Ice Cream Cup	Diced Tomatoes	Strawberry Mousse	Strawberry Gelatin	
	Raspberry Gelatin		Butterscotch Pudding			
DINNER						
Meatballs w/Tomato	Baked Lemon Salmon	Turkey Pot Pie	Salisbury Steak	Fish 'n Chips	Broccoli & Cheese Stuffed Chicken Breast	Baked Ham
Garlic Noodles	Tartar Sauce	Zucchini Medley	Mashed Potatoes	Tartar Sauce	Scalloped Potatoes	Poultry Gravy
Romaine Sld w/Tomato & Onion	Basmati Rice	Sliced Pears	Prince Edward Vegetables	Green Beans	Steamed Asparagus	Mashed Potatoes
Blueberries	Sliced Carrots	Alfredo Cheese Tortellini	Applesauce	Grated Parmesan Cheese	Orange Dream Shortcake	Buttered Corn
Chicken Thighs	Vanilla Cake	Tossed Ranch Salad	BBQ Pork Chops	Mixed Berries	Veal Piccata	Mango
Mashed Potatoes	Beef & Vegetable Stew	Garlic Bread	White Rice	Pepperoni Pizza	Buttered Egg Noodles	Creamy Turkey Pasta Bake
Fall Medley Vegetables	White Dinner Roll	Chocolate Brownie	Asian Vegetables	Mixed Lettuce Salad	Caesar Salad	Romaine Sld w/Tomato & Onion
Maple Pudding Cake	French Cut Green Beans		Carrot Cake	Banana Cream Pie Slice	Banana Half	White Dinner Roll
	Strawberries					Apple Pie Slice

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BREAKFAST						
Peach Cup	Mandarin Oranges	Banana	Fruit Cocktail Cup	Chilled Diced Pears	Pineapple Tidbits	Fresh Apple Slices
Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal	Cream of Wheat with Bran	Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cream Cheese	Poached Egg	Vanilla Yogurt	Bacon Strips
Jelly/Jam	Buttermilk Pancakes	Strawberry Jam	Cinnamon Raisin Bagel	Whole Wheat Toast	Raisin Bran Muffin	Fried Egg Patty
Margarine	Syrup	Margarine	Apple Jelly	Raspberry Jam	Margarine	English Muffin
Assorted Cold Cereal	Margarine	Assorted Cold Cereal	Margarine	Margarine	Assorted Cold Cereal	Strawberry Jam
Peanut Butter	Assorted Cold Cereal	Peanut Butter	Assorted Cold Cereal	Assorted Cold Cereal	Peanut Butter	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Whole Wheat Toast
Peanut Butter	Jelly/Jam	Peanut Butter	Peanut Butter		Jelly/Jam	Peanut Butter
	Peanut Butter					
LUNCH						
Golden Minestrone Soup	Tomato Bisque Soup	Cream of Broccoli Soup	Chicken Noodle Soup	Vegetable Soup	Mushroom Soup	Italian Wedding Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Egg Salad Sndw on Croissant	Macaroni & Cheese	Hamburger on White Bun	Turkey Salad on Wheat	Pulled Pork on WW Bun	Turkey Cranberry Sandwich	Broccoli Cheddar Quiche
Tomato & Cucumber Salad	Spinach Onion Salad	Caesar Salad	Sliced Carrots	Coleslaw	Fresh House Salad	Cauliflower
Pineapple Tidbits	White Dinner Roll	Honeydew Melon	Mandarin Oranges	Mayonnaise	Peach Cup	Apricot Halves
Cod Nuggets	Fruit Cocktail Cup	Oktoberfest Sausage	Omelette	Tropical Fruit Salad	Sloppy Joe Filling	Roast Beef Sandwich on WW
Baked Potato Wedges	Chicken Nuggets	Hot Dog Bun	Hashbrown Patty	Tuna Salad Sandwich WW	Hamburger Bun	Four Bean Salad
Green Peas	Potato Wedges	Peas & Carrots	Tomato Slices	Marinated Cucumbers	Scandinavian Vegetables	Ice Cream Sundae
Tiramisu Mousse	Coleslaw	Neapolitan Ice Cream	Chocolate Pudding	Peach Passion Mousse	Cherry Gelatin	
	Peach Gelatin					
DINNER						
Maple Balsamic Chicken Thigh	Poached Fish w/Lemon & Parsley	Chicken Pot Pie	Meatloaf	Vegetable Pizza	Chicken Drumsticks	Pork Roast
Mashed Potatoes	Tartar Sauce	Sauteed Zucchini	Mashed Potatoes	Caesar Salad	Garlic Whipped Potatoes	Brown Gravy
Garden Herb Salad	White Rice	White Dinner Roll	Prince Edward Vegetables	Chocolate Cream Pie	Peas & Carrots	Mashed Potatoes
Margarine	Green Peas	Pear Cup	Mushroom & Onion Pork Chop	Fish 'n Chips	Banana Half	California Vegetables
Swedish Meatballs	Margarine	Spinach Cheese Penne	White Rice	Grated Parmesan Cheese	Veal Cutlet	Rhubarb Pie
Parslied Rice	Buttertart Square	Tossed Ranch Salad	Asian Vegetables	Green Beans	Marinara Sauce	Chicken Rice Casserole
Yellow Squash	Beef Chili	Garlic Bread	Maple Chocolate Mania	Tartar Sauce	Spaghetti	Fall Medley Vegetables
Cinnamon Coffeecake	Sliced Carrots	Margarine	Applesauce	Mixed Berries	Broccoli Florets	White Dinner Roll
Blueberries	Tea Biscuit	Chocolate Brownie			Pecan Streusel Cake	Mango
	Strawberries					