

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Fresh Fruit Oatmeal Scrambled Eggs Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Cream of Wheat w/Flax Poached Egg Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Oatmeal Hard Boiled Egg Buttered Raisin Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Cream of Wheat w/Flax Cottage Cheese Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Oatmeal Hard Boiled Egg Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Cream of Wheat w/Flax French Toast ----- Assorted Cold Cereal Peanut Butter Buttered Wheat Toast	Fresh Fruit Oatmeal Bacon Fried Egg Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter
L U N C H	Chicken Mulligatawny Soup Roast Beef on Wheat Tomato Cucumber Salad Chilled Pears ----- Hot Dog on Bun Baked Beans Romaine & Onion Salad Whole Wheat Roll Whipped Cherry Gelatin	Cream of Broccoli Soup Sliced Turkey on Wheat Broccoli Coleslaw Salad Cantaloupe Chunks ----- Pork Tortiere G-F LS Brown Gravy Buttered Green Peas Buttered WW Bread Ice Cream Sandwich	Vegetable Soup Captain Burger Potato Wedges Chilled Peach Slices ----- Egg Salad Plate Spinach Salad Vanilla Tapioca Pudding	Potato Leek Soup Deli Sandwich on Wheat Beet & Onion Salad Chilled Apricots ----- Macaroni & Cheese Stewed Tomatoes Frosted Chocolate Cake	Butternut Squash Soup Pepperoni Pizza - Caesar Salad Mandarin Oranges ----- Grilled Ham & Swiss on Wheat Glazed Baby Carrots Butterscotch Pudding	Beef Barley Soup Chicken Strips Plum Sauce Potato Pom Poms Creamy Coleslaw Buttered WW Bread Pineapple Tidbits ----- Roast Beef on Wheat Garden Salad Rainbow Sherbet	Chicken Noodle Soup Hamburger on White Bun Four Bean Salad Ambrosia ----- Cherry Gelatin Cottage Cheese & Fruit Carrot Muffin Frosted Orange Cake
D I N N E R	Baked Tilapia Confetti Rice Green Beans Buttered WW Bread Mango ----- Vegetable Lasagna California Vegetables Buttered Rye Bread Blueberry Pie	Salisbury Steak with Gravy Mashed Potatoes Bistro Vegetables Buttered WW Bread Hot Spiced Apples ----- Vegetarian Chili Corn Muffin Mixed Green Salad Coconut Tart	Exquisite Turkey Stew Winter Vegetables Whole Wheat Roll Fresh Fruit ----- Pork Chop w/Rosemary Sauce Au Gratin Potatoes Brussels Sprouts Buttered WW Bread Lemonicious Bar	Potato & Chz Perogies w/Onions & Bacon California Vegetables Apple Pie ----- Oktoberfest Sausage Boiled Potatoes Scandinavian Vegetables Strawberries and Cream	Salmon with Maple Dijon Glaze Roasted Potatoes Prince Edward Veggies Buttered WW Bread Citrus Cup ----- Beef Stroganoff Buttered Egg Noodles Mashed Turnips Chocolate Chip Cookies	Pork Roast Garlic Mashed Potatoes Braised Red Cabbage Whole Wheat Roll Blueberries ----- Beef Shepherd's Pie Country Trio Vegetables Pineapple Upside Down Cake	Roast Turkey G-F LS Poultry Gravy Sage Bread Stuffing Roasted Potatoes Diced Squash Red Seedless Grapes ----- Baked Cod Mashed Potatoes Steamed Broccoli Buttered WW Bread Banana Cream Pie

NOTE: Beverage Include: Coffee, Tea, Water, Milk and Assorted Juices

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BREAKFAST	Fresh Fruit Cream of Wheat w/Flax Assorted Yogurt Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Oatmeal Poached Egg Buttered Wheat Toast ----- Fresh Fruit Assorted Cold Cereal Peanut Butter	Fresh Fruit Cream of Wheat w/Flax Hard Boiled Egg Buttered Raisin Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Cinnamon Oatmeal Cheddar Cheese Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Cream of Wheat w/Flax Hard Boiled Egg Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter	Fresh Fruit Oatmeal Cottage Cheese Belgian Waffle ----- Assorted Cold Cereal Peanut Butter Buttered Wheat Toast	Fresh Fruit Cream of Wheat w/Flax Bacon Fried Egg Buttered Wheat Toast ----- Assorted Cold Cereal Peanut Butter		
	LUNCH	Corn Chowder BBQ Pork Riblette on White Bun Tossed Salad with Dressing Citrus Cup ----- Mushroom Quiche Montego Vegetables Multigrain Roll Carrot Cake	Chicken Noodle Soup Egg Salad on Wheat Apple Zucchini Slaw Red Seedless Grapes ----- Chef Salad Plate Garlic Bread Stick Ice Cream Sandwich	Cream of Mushroom Soup Beef Pot Pie G-F LS Beef Gravy Vegetable of Chef's Choice Apple Slices ----- Tuna Salad on Wheat Garden Salad Tiramisu Mousse	Lentil Soup Chef Salad Plate Cheddar Herb Biscuit Mango ----- Beef Ravioli w/Rose Sauce Cauliflower Brownie	Chicken Gumbo Soup Corned Beef on Rye Creamy Cucumber Salad Fruit Cocktail ----- Cod Nuggets Crinkle Cut Fries Buttered Green Peas Buttered WW Bread Coconut Lime Cake	French Onion Soup Sloppy Joe Garden Salad Chilled Peaches ----- Garden Vegetable Frittata Marinated Vegetable Salad Whole Wheat Roll Frozen Vanilla Yogurt	Split Pea Soup Beef Sausage Pancakes Blueberry Compote - Chilled Apricots ----- Salmon Salad on Croissant Tossed Salad with Dressing Date Square	
		DINNER	Chicken Rotisserie Legs Boiled Potatoes Steamed Broccoli Buttered WW Bread Fresh Fruit ----- Meat Lasagna Caesar Salad Soft Garlic Stick Poke Gelatin Cake	Pork Roast Stew Steamed Rice Green Beans Pineapple Tidbits ----- Battered Haddock Fish Crinkle Cut Fries Scandinavian Vegetables Buttered WW Bread White Chocolate Macadamia Cookie	Chicken a la King Egg Noodles Whole Wheat Roll Stewed Rhubarb ----- Roast Lamb Whipped Potatoes Peppers & Mushrooms Buttered WW Bread Cinnamon Roll	Meatloaf Mashed Potatoes Mexican Mixed Vegetables Multigrain Roll Blueberries Whipped Topping ----- Turkey Sausage Mashed Sweet Potatoes Glazed Baby Carrots Lemon Meringue Pie	Southern Style Chicken Potatoes O'Brien Diced Squash Buttered WW Bread Mandarin Oranges ----- Pasta Primavera w/Rose Italian Mix Vegetables Whole Wheat Roll Black Forest Cake	Mushroom Pork Loin Mashed Potatoes Sliced Beets Mixed Berries ----- Cabbage & Beef Casserole Spinach Seasoned with Nutmeg Garlic Bread Chocolate Cheesecake	Roast Beef Parisienne Potatoes Buttered Corn Buttered WW Bread Chilled Diced Pears ----- Sweet & Sour Chicken Steamed Rice Spring Roll Oriental Vegetables Vanilla Caramel Swirl Cake

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L U N C H	Tomato Soup Grilled Cheese Sandwich Wheat Caesar Salad Whipped Topping Strawberries ----- Spaghetti & Meat Sauce Italian Mix Vegetables Nanaimo Bar	Potato Chowder Sliced Turkey on Wheat Garden Salad Red Seedless Grapes ----- Tuna Melt Corn & Bean Salad Baked Custard	Borscht Soup Oven Baked Perogies w/Sour Cream Baked Tomato - Mixed Berries ----- Beef Macaroni Greek Salad Butterscotch Ice Cream	Cream of Broccoli Soup Chicken Salad on Croissant Mixed Green Salad Pineapple Tidbits ----- Vegetarian Stew Cauliflower Corn Muffin Lemon Tart	Chicken Rice Soup Pulled Beef on WW Bread Montego Vegetables Chilled Pears ----- Egg Salad on Wheat Spinach Salad Orange Sorbet	Italian Wedding Soup Eggs Benedict Fruit Salad Peach Halves ----- Hot Dog on Bun Potato Salad Sliced Tomato Frosted Spiced Cake	Beef Noodle Soup Turkey Pot Pie - Steamed Broccoli Multigrain Roll Fruit Cocktail ----- Grilled Cheese Sandwich Wheat Chickpea Salad Rice Pudding
D I N N E R	BBQ Pork Ribs Roasted Potatoes Diced Turnips Multigrain Roll Mango & Pineapple ----- Quiche Florentine Apple Zucchini Slaw Toast Points Peach Crisp	Hawaiian Meatballs Steamed Rice Spinach Seasoned with Sage Tangerine Mousse ----- Chili Con Carne Tea Biscuit Ice Cream Sandwich	Orange Chicken Roasted Potatoes Parslied Parsnips Buttered WW Bread Cantaloupe Chunks ----- Oktoberfest Sausage Mashed Sweet Potatoes Wax Beans Buttered Rye Bread English Trifle	Hot Roast Beef Sandwich Mashed Potatoes Green Beans Mandarin Oranges ----- Turkey Rice Casserole Fancy Blend Vegetables Buttered WW Bread Apple Turnover Cookie	Baked Pollock Dill Sauce Potatoes O'Brien Prince Edward Veggies Buttered WW Bread Chilled Apricots ----- Glazed Ham Scalloped Potatoes Diced Turnips Buttered Rye Bread Pumpkin Pie Whipped Topping	Braised Liver & Onions Boiled Potatoes New England Vegetables Multigrain Roll Blueberries ----- Roast Chicken - Mashed Potatoes Diced Squash Whole Wheat Roll Chocolate Cheesecake	Apricot Glazed Pork Chop Mashed Potatoes Braised Red Cabbage Buttered WW Bread Strawberry Shortcake ----- Spinach & Swiss Quiche Niagara Mix Vegetables Buttered Rye Bread Citrus Cup

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