

Week #1

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Oatmeal Boiled Egg Blueberry Muffin	Cream of Wheat Cheddar Cheese Buttered Raisin Toast	Oatmeal Poached Egg Strawberry Danish	Cream of Wheat Omelet Cranberry Orange Muffin	Oatmeal Scrambled Eggs Bagel with Cream Cheese	Cream of Wheat Boiled Chocolate Croissant	Oatmeal French Toast & Bacon Whole Wheat Toast
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Soup - Cream of Vegetable Macaroni & Cheese Steamed Broccoli Fruit Cocktail	Soup - Chicken Noodle Roast Turkey Sandwich Honey Dijon Bean Salad Bananas	Soup - Tomato Soup Pastrami on Rye Waffle Fries & Dill Pickle Diced Mango	Soup - Cream of Mushroom Grilled Hot Dog & Fries Tomato Basil Salad Mixed Berries	Soup - Potato Leek Chicken Pot Pie Mandarin Oranges	Soup - Butternut Squash Chicken Tenders & Fries Corn Salad 2 Bite Brownie	Soup - Broccoli Cheddar Deli Style Sandwich Mixed Vegetable Coleslaw Fesh Cut Fruit
Or	Or	Or	Or	Or	Or	Or
Assorted Deli Meat Sandwich Garden Salad Rice Pudding	Mushroom & Swiss Quiche Asparagus Salad Two Bite Lemon Tarts	Pulled Pork Sandwich Coleslaw Peanut Butter Mousse	Ham & Cheese Sandwich Cucumber Dill Salad Raspberry Mousse	Roast Beef Sandwich Mixed Green Salad Black & White Parfait	Egg Salad Sandwich Chef Salad Diced Pineapple	Turkey Caesar Salad Garlic Bread Stick Ice Cream Cones
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
Glazed Riblets Mashed Potato Crisp Vegetable Blend Carrot Cake	Chicken Florentine Lasagna Garlic Bread Garden Salad Bread Pudding	Fried Chicken Mashed Potato Steamed Spinach Peach Cobbler	Sweet & Sour Pork Seasoned Rice Roasted Mixed Vegetables Lemon Meringue Pie	Fish & Chips With Tartar Sauce & Lemon Coleslaw Triple Fudge Cake	Roast Pork Roasted Potato Mixed Vegetables Assorted Desserts	Roast Beef Yorkshire Pudding Mashed Potato Green Beans Apple Pie
Or	Or	Or	Or	Or	Or	Or
Sesame Beef & Vegetable Stir Fry With Rice Diced Pears	Mediterranean Haddock Mashed Potato Sliced Carrots Fruit Cocktail	Hearty Vegetable Irish Stew Couscous Mandarin Oranges	Chicken Kiev Mashed Potato Yellow Beans Fruit Salad	Veal Cutlet & Mushroom Gravy Mashed Potato Asparagus Mixed Berries	Liver & Onions w/ Gravy Mashed Potato Peas & Carrots Cinnamon Baked Apples	Garlic & Herb Tilapia Rice Pilaf Vegetable Blend Watermelon

Note: A selection of cold cereals and white or whole wheat toast served with breakfast each day.

Week #2

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cream O Wheat Boiled Eggs Raisin Bran Muffin	Oatmeal Omelet Buttered Raisin Toast	Cream O Wheat Cheddar Cheese Toasted English Muffin	Oatmeal Scrambled Egg Cinnamon Rolls	Cream O Wheat Poached Egg Bagels and Cream Cheese	Oatmeal Cheddar Cheese Wedge Fruit Danish	Cream O Wheat Pancakes Bacon
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Soup – Bean & Bacon Sloppy Joe Romain Salad Diced Pineapple	Soup – Cream of Vegetable Turkey Salad Sandwich Tossed Salad Orange Sections	Soup –Carrot Ginger Sockeye Salmon on a Croisant with Garden Salad Diced Peaches	Soup – Mushroom Soup Taco Pasta Chef Salad Mixed Fruit	Soup – Minestrone Egg Salad Sandwich Spring Mix Salad Peach Slices	Soup – Roasted Tomato Ham & Cheese Croissant Cucumber Salad Diced Pears	Soup – Vegetable Soup Turkey Deli Sandwich Garden Salad Applesauce
Or	Or	Or	Or	Or	Or	Or
Fresh Cut Fruit & Cheese Plate Lemmon/Poppy Loaf Rice Krispie Square	Salmon Burger Potato Bites & Coleslaw Tiramisu Parfait	Ham & Cheddar Sandwich Pickled Beet Salad Sherbert	Roast Beef Sandwich Caprese Salad Tapioca	Cheeseburger Greek Salad Jell-o Parfait	Chicken Dippers French Fries & Coleslaw Chocolate Brownie	Homemade Pizza Mixed Green Salad Ice Cream Treats
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
BBQ Riblets Herbed Pasta Green Beans Caramel Cake	Veal Cutlet Roasted Potato Mixed Vegetables Berry Crisp	Chicken with BBQ Sauce Mashed Potato Herbed Zucchini Butter Tart	Glazed Pork Chops Mashed Potato Brussel Sprouts Strawberry Dream Cake	Pasta Bolognese Caesar Salad Garlic Bread Cheesecake	Turkey loaf with Gravy Mashed Potato Corn Assorted Desserts	Baked Ham Scalloped Potatoes Peas & Carrots Coconut Cream Pie
Or	Or	Or	Or	Or	Or	Or
Chicken & Dumpling Stew Mashed Potato Vegetable Medley Apricots	Salisbury Steak with Mushroom Gravy Mashed Potato & Broccoli Watermelon	Beef Bourguignon Egg Noodles Mixed Vegetables Tropical Fruit	Turkey a la King Puff Pastry Vegetable Medley Stewed Rhubarb	Herbed Cod Loin Mashed Potato Mixed Vegetables Fruit Cocktail	Sweet & Sour Pork Rice Stir Fry Vegetables Diced Melon	Seasoned Chicken Breast Mashed Potato Mixed Vegetables Diced Mango3

Note: A selection of cold cereals and white or whole wheat toast served with breakfast every day.

Week #3

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Oatmeal Scrambled Egg Banana Chocolate Chip Muffin	Cream of Wheat Boiled Egg English Muffin	Oatmeal Poached Egg Raisin Toast	Cream of Wheat Cheddar Cheese Raisin Bran Muffin	Oatmeal Scrambled Eggs Rye Toast	Cream of Wheat Boiled Raisin Toast	Oatmeal French Toast & Bacon Rye Toast
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Soup - Vegetable Barley B.L.T. Wraps Rice & Vegetable Salad Fresh Fruit	Soup - Minestrone Fish & Chips Coleslaw Banana Pudding	Soup - Harvest Vegetable Caesar Salad with Grilled Turkey and Garlic Breadstick Stewed Rhubarb	Soup - Cream of Carrot Western Omelet Home Fries & Tossed Salad Diced Peaches	Soup - Potato Pork Drumettes Mashed Potato & Peas Fresh Fruit Salad	Soup - Italian Wedding Deli Sub Sandwich Spinach Salad Diced Mango	Soup - Tomato Cottage Cheese & Fresh Fruit Plate with Blueberry Loaf Butter Tarts
Or	Or	Or	Or	Or	Or	Or
Ham & Cheddar Quiche Garden Salad Date Square	Pastrami on Rye Potato Salad, Dill Pickle Mixed Berries	Baked Cheese Dreams Tomato Salad Lemon Chiffon Mousse	Chicken Salad Sandwich Zucchini Ribbon Salad Ice Cream Treats	Turkey Melts Broccoli Salad Mandarin Dream Dessert	Beef Chilli Garden Salad & Garlic Bread Ice Cream Sandwiches	Chicken Burger Cucumber Salad Bananas
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
BBQ Boneless Ribs Mashed Potato Green Beans Iced Chocolate Cake	Braised Pork Chop Herbed Roasted Potato Roasted Vegetables Lemon Buttermilk Cake	Braised Beef Mashed Potato Carrots & Turnip Red Velvet Cake	Chicken Cacciatore Mashed Potato Roasted Mixed Vegetables Cherry Pie	Egg Roll with Sweet & Sour Chicken Balls, Fried Rice & Stir Fry Vegetables Silk Truffle Bar	Turkey in Mushroom Sauce Mashed Potato French Style Green Beans Nanaimo Bars	Roast Pork Loin Roasted Potato Mixed Vegetables Apple Pie
Or	Or	Or	Or	Or	Or	Or
Five Cheese Ravioli & Grilled Vegetables In Alfredo Sauce Fruit Cocktail	Shepherd's Pie Mashed Potato Diced Carrots Tropical Fruit	Shrimp & Crab Pasta with Vegetables in Garlic Cream Sauce Watermelon Wedge	Beef & Mushroom Stroganoff with Egg Noodles Diced Pears	Lemon Pepper Cod Mashed Potato California Blend Vegetables Applesauce	Roast Lamb Rice Roasted Beets Diced Pineapple	Beef Meatballs in BBQ Sauce Mashed Potato Broccoli Peach Slices

Note: A selection of cold cereals and white or whole wheat toast served with breakfast each day.

Week #4

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cream O Wheat Cheddar Cheese Wedge Raspberry Yogurt Muffin	Oatmeal Boiled Egg Buttered Raisin Toast	Cream O Wheat Cheddar Cheese Omelet Toasted English Muffin	Oatmeal Scrambled Egg & Breakfast Sausages Chocolate Chip Muffin	Cream O Wheat Poached Egg Raisin Toast	Oatmeal Cheddar Cheese Wedge Fruit Extreme Muffin	Cream O Wheat Belgian Waffles & Bacon With Warm Maple Syrup Whole Wheat Toast
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Soup - Hearty Vegetable Baked Beans & Wieners Garden Salad Assorted Cut Fruit	Soup - Lentil Soup Deli Sliced Turkey Sandwich Sundried Tomato Salad Mixed Berries	Soup - Curried Chicken Soup Cod Bites with Wedge Fries Coleslaw & Lemon Wedge Mandarin Orange Sections	Soup - Mushroom Soup Beef Fajita Melts Cucumber Dill Salad Bananas	Soup - Cream of Vegetable Pancakes Peameal Bacon & Baked Apple Ice Cream Sundaes	Soup - Minestrone Hamburger & French Fries w/ Lettuce, Tomato, Onion Chocolate Pudding	Soup - Beef & Barley Swedish meatballs with Rice Diced Peaches
Or	Or	Or	Or	Or	Or	Or
Salami & Cheddar Sandwich Creamy Vegetable Salad Vanilla Pudding	Ham & Cheese Quiche Green Beans Lemon Bars	Julienne Salad & Dinner Roll (Turkey, Roast Beef & Egg) Mocha Tiramisu	Chicken Salad Sandwich Marinated Vegetable Salad Tropical Peach Mousse	Beef & Cheddar Melt Tossed Salad Fresh Fruit	Grilled Cheese Sandwich Spinach Salad Sliced Watermelon	Egg Salad Sandwich Kale Salad Assorted Desserts
<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>	<u>Supper</u>
Beef & Vegetable Stew Buttermilk Biscuit Berry Crumble	Chicken Breast w/ Dijon Gravy Mashed Potato Asparagus Chocolate Cherry Cobbler	Rigatoni w/ Braised Beef & Tomato Sauce Garlic Bread Apple Crisp	Glazed Pork Chops Mashed Potato Roast Zucchini Iced Chocolate Cake	Creamy Parmesan Chicken Alfredo Pasta Caesar Salad Pineapple Upside Down Cake	Butter Chicken Steamed White Rice Julienned Carrots Banana Cake	Corn Beef Boiled Potatoes Braised Cabbage Strawberry Rhubarb Pie
Or	Or	Or	Or	Or	Or	Or
Breaded Sole Mashed Potato Mixed Vegetables Diced Pineapple	Honey Garlic Pork Bites Fried Rice & Vegetables Fruit Cocktail	Open Face Hot Turkey Sandwich & Gravy Mash Potato & Roasted Squash Diced Melon	Coconut Curried Lamb Saffron Rice Stir Fry Fresh Mixed Vegetables Applesauce	Glazed Salmon Mashed Potato Mixed Vegetables Tropical Fruit	Roast Pork Loin & Gravy Mashed Potato Yellow and Green Beans Apricots	Turkey Shepherd Pie Mashed Potato Corn Diced Pears

Note: A selection of cold cereals and white or whole wheat toast served with breakfast every day.