

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Banana Half	Applesauce	Chilled Diced Pears	Mandarin Oranges	Fruit Cocktail	Chilled Diced Peaches	Cream of Wheat
	Cream of Wheat	High Fibre Oatmeal	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	High Fibre Oatmeal	Sausage Links
	Egg Omelette	Cottage Cheese	Hard Boiled Egg	Cheddar Cheese	Vanilla Yogurt	Peameal Bacon	Waffle and Berries
	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Slice	Whole Wheat Toast	Whole Wheat Toast	Margarine
	Margarine	Margarine	Margarine	Bran Muffin	Margarine	Margarine	Strawberry Jam
	Strawberry Jam	Grape Jelly	Apple Jelly	Margarine	Grape Jelly	Raspberry Jam	-----
	-----	-----	-----	Raspberry Jam	-----	-----	xRice Krispies Cereal
	Special K Cereal	Bran Flakes	xRice Krispies Cereal	-----	Special K Cereal	Bran Flakes	Peanut Butter
Peanut Butter	Peanut Butter	Peanut Butter	Raisin Bran Cereal	Peanut Butter	Peanut Butter	Whole Wheat Toast	
		Whole Wheat Toast	Whole Wheat Toast				
LUNCH	Honey Mustard	Beef & Cabbage	Roast Turkey Gravy	Shepherds Pie	Lemon Glazed	LS Spaghetti & Meat	Roast Beef
	Chicken	Casserole	& Cranberry Sauce	Wax Beans	Chicken Dippers	Sc	Mashed Potatoes
	Rice Pilaf	Cauliflower	Mashed Potatoes	Beef Gravy	Fluffy Rice	Broccoli Florets	Apple Glazed
	Sunrise Vegetables	Frosted Spiced Cake	Buttered Brussels	Lemonicious Bar	Asian Vegetable Mix	Butter Tart	Turnips
	Mini Powdered	-----	Sprouts	-----	Date Square	-----	Beef Gravy
	Donuts	Apple Maple Pork	Poultry Gravy	Lamb & Vegetable	-----	Turkey Pot Pie	Horseradish
	-----	Chop	Cherries in Snow	Stew	Rubbed Pork Loin	Peas & Pearl Onions	Vanilla Ice Cream
	Crunchy Baked Cod	Garlic Mashed	-----	Whipped Potatoes	Mashed Potatoes	Poultry Gravy	Apple Pie
	Mashed Potatoes	Potatoes	Multigrain Tilapia	Minted Peas	Harvard Beets	Mandarin Oranges	-----
	Steamed Asparagus	Diced Squash	Baked Potato	Bananas & Cream	Brown Gravy		Roasted Vegetable
	Spears	Brown Gravy	Parsley Carrots		Blushing Pears		Lasagna
	Brown Gravy	Fruit Cocktail	Tartar Sauce				Sliced Carrots
	Mandarin Oranges		Sour Cream				Garlic Bread
			Chilled Diced				Fruit Cocktail
		Peaches					
DINNER	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Celery	Tomato Basil Soup	Garden Vegetable	Cream of Broccoli	Potato & Leek Soup	Chicken Rice Soup	Split Pea & Ham
	Soup	Tuna Salad Sndw on	Soup	Soup		Shaved Ham on Bun	Soup
	Sliced Turkey on	WW	Chicken Salad Sndw	Egg Salad Sndw on	Cheddar/Tom/Onion/	Mixed Greens w/Berry	Salmon Salad on
	Wheat	Mixed Green Italian	on WW	Wheat	Mayo on Rye	Vinaigrette	WW
	Marinated 4 Bean	Salad	Cucumber Slices	Mediterranean Salad	Rainbow Coleslaw	Chocolate Mousse	Cucumber Slices
	Salad	Gelatin Medley	Tangerine Mousse	Ice Cream	Raspberry Jelly Roll	-----	Ranch Dressing
	Mayonnaise	-----	-----	-----	-----	Vegetable Chili	Iced Orange Cake
	Tapioca Pudding	Spinach & Cheese	Ratatouille &	Cheesy Sausage in a	Beef French Dip on	Italian Green Beans	-----
	-----	Cannelloni	Macaroni Casserole	Blanket	Wheat Bun	White Dinner Roll	Sloppy Joe on WW
	Ham & Potato	Montego Vegetables	Paradisio Vegetables	Sauteed Zucchini	Stewed Tomatoes	Margarine	Bun
Casserole	Fruit Compote	Mixed Berries	Mustard	Hot Spiced Apples	Chilled Apricots	Calico Corn	
Corn Niblets			Margarine			Chilled Tropical Fruit	
Cinnamon Peaches			Pineapple Tidbits				
with Cream LoCal							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Chilled Pineapple	Banana Half	Apricot Halves	Mandarin Oranges	Applesauce	Blueberries	Chilled Diced Pears
	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal
	Hard Boiled Egg	Strawberry Yogurt	Cheddar Cheese	LS Bacon	Creamy Peach	Poached Egg	Cottage Cheese
	Mini Croissant	Whole Wheat Toast	Slice	Scrambled Eggs	Yogurt	Raisin Toast	Apple Spice Muffin
	Margarine	Margarine	Blueberry Muffin	Whole Wheat Toast	Pancakes	Margarine	Margarine
	Raspberry Jam	Grape Jelly	Whole Wheat Toast	Margarine	Margarine	Raspberry Jam	Strawberry Jam
	-----	-----	Margarine	Apple Jelly	Syrup	-----	-----
	Raisin Bran Cereal	Special K Cereal	Strawberry Jam	-----	-----	Special K Cereal	Bran Flakes
	Peanut Butter	Peanut Butter	-----	xRice Krispies Cereal	Raisin Bran Cereal	Peanut Butter	Peanut Butter
	Whole Wheat Toast		Bran Flakes Peanut Butter	Peanut Butter	Peanut Butter Whole Wheat Toast Grape Jelly	Whole Wheat Toast	Whole Wheat Toast
LUNCH	Cabbage Rolls	Battered English Style	Lemon Herb Bkd	Baked Ham	Baked Chicken with	Honey Garlic	Roast Turkey
	Mashed Potatoes	Pollock	Chicken Breast	Roasted Baby	Chalet Sauce	Meatballs w/Veg	Mashed Potatoes
	Brown Gravy	Crispy Potato Cubes	w/Onions	Potatoes	Chive Whipped	Lemon Pepper	Mexican Mixed
	Prince Edward	LS Sweet Sour	Baked Potato	Green Beans	Potatoes	Mashed Potatoes	Vegetables
	Vegetables	Coleslaw	Sour Cream	Nanaimo Bar	Julienne Parsley	Cauliflower & Red	Poultry Gravy
	Rice Raisin Pudding	German Upside Down	Sunrise Vegetables	-----	Carrots	Peppers	Banana Cream Pie
	-----	Cake	Peach Crisp	Italian Herb Beef	Ice Cream Sandwich	Zwieback Rolls	Slice
	Ravioli w/Rose Sauce	-----	-----	Stew	-----	Margarine	-----
	Italian Mixed	Turkey Schnitzel	Sun-Dried Tomato	Mashed Potatoes	Veal Parmesan	Strawberry Ice	Tomato Pork Cutlet
	Vegetables	Whipped Potatoes	Tilapia	Butternut Squash	Buttered Spaghetti	Cream Cup	Oven-Browned
Mango	Paradisio Vegetables	Cheddar Mashed	Beef Gravy	Mediterranean Salad	-----	Potatoes	
	Poultry Gravy	Potatoes	Mixed Berries	Banana Half	Macaroni & Cheese	Wax Beans	
	Stewed Strawberries	Green Peas			Sauteed Zucchini	Chilled Apricots	
	& Rhubarb	Chilled Diced Pears			Fruit Compote		
DINNER	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Butternut Squash	Golden Mushroom	Italian Wedding Soup	Fall Harvest Soup	Corn Chowder	Broccoli Cheese Soup	Minestrone Soup
	Soup	Soup	Egg Salad Sndw on	Hot Turkey Sndw on	Hot Dog on White	Pepperoni Pizza	Shaved Beef on
	Potato Leek Quiche	Deli Meat & Cheese	Wheat	WW w/Gravy	Bun	LoCal Caesar Salad	Multigrain
	Baked Tomato au	Sndw on WW	Creamy Cabbage &	French Fries	Tossed Salad	Plain Cake Donut Hole	Creamy Cucumber
	Gratin	Tossed Salad with	Apple Salad	Pearl Harvest	Coconut Cream	-----	Salad
	Mini Cupcake	LoCal Drsg	Mini Lemon Tart	Vegetables	Pudding	LS Sweet & Sour	Creamy Horseradish
	-----	Mustard	-----	Rainbow Sherbet	-----	Pork	Sauce
	Salami on Wheat	Butterscotch Pudding	Chili Con Carne	-----	Liver & Onions	Fluffy Rice	Cherries in Snow
	w/Pickles	-----	Cauliflower	Salmon Salad Plate	Mashed Potatoes	Orange Glazed	-----
Mixed Green Salad	Chicken Fingers with	Cheese Tea Biscuit	Whole Wheat Roll	LS Stewed	Parsnips	LS Chicken &	
Diced Pears with	Plum Sauce	Chilled Tropical Fruit	Pickled Beets	Tomatoes	Chilled Apple Slices	Noodles	
Caramel Sauce	Crinkle Cut Fries		Margarine	Beef Gravy		Asian Vegetable Mix	
	Sauteed Zucchini		Diced Fresh Melon	Fresh Grapes		Winter Fruit Cup	
	Rosy Applesauce						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Blushing Pineapple	Rosy Applesauce	Chilled Diced Peaches	Mandarin Oranges	Banana Half	Chilled Diced Peaches	Blueberries
	Cinnamon Oatmeal	LoCal	Cream of Wheat	Cream of Wheat	Cream of Wheat	High Fibre Oatmeal	Cinnamon Oatmeal
	Hard Boiled Egg	Cream of Wheat	High Fibre Oatmeal	Morning Glory Muffin	Cheesy Scrambled	Cottage Cheese	Vanilla Yogurt
	Whole Wheat Toast	Cheddar Cheese Slice	Poached Egg	Strawberry Yogurt	Eggs	Whole Wheat Toast	Raisin Bread
	Margarine	Mini Croissant	Whole Wheat Toast	Margarine	LS Bacon	Margarine	Margarine
	Blueberry Jam	Margarine	Margarine	-----	Rye Toast	-----	-----
	-----	Apple Jelly	Strawberry Jam	Bran Flakes	Margarine	Raisin Bran Cereal	Special K Cereal
	xRice Krispies Cereal	-----	-----	Peanut Butter	Raspberry Jam	Peanut Butter	Peanut Butter
	Peanut Butter	Raisin Bran Cereal	Special K Cereal	Whole Wheat Toast	-----	Grape Jelly	Whole Wheat Toast
		Peanut Butter	Peanut Butter	Grape Jelly	xRice Krispies Cereal		Apple Jelly
	Whole Wheat Toast			Peanut Butter			
				Whole Wheat Toast			
LUNCH	Krunchie Perch	German Style	Glazed Ham	Meat Buns	Crispy Honey Garlic	Meatloaf	Pork Roast
	Herb Roasted Potatoes	Rostbraten	Garlic Mashed Potatoes	Baked Potato	Chicken	Mashed Potatoes	Dijon Mashed Potatoes
	Green Peas	Mashed Potatoes	Buttered Brussels	Sour Cream	Rice Pilaf	Cauliflower with	Lemon Herb
	Lemon Poppy Seed Loaf	Harvard Beets	Sprouts	Seasoned French Green Beans	Chuckwagon Corn	Cheese Sauce	Zucchini
	-----	Beef Gravy	Lemon Meringue Pie	Butter Tart	Boston Cream Pie	G-F Beef Gravy	Brown Gravy
	Veal Roulade	Frosted Eclair	-----	-----	-----	Orange Dream	Nanaimo Bar
	Whipped Potatoes	-----	Crab a La King	Roasted Vegetable	Baked Veal Cutlet	Shortcake	-----
	Niagara Mix	Lamb & Vegetable Stew	Egg Noodle Alfredo	Lasagna	Garlic Mashed Potatoes	-----	Asian Chicken Stir Fry
	Vegetables	Tea Biscuit	Pick of the Day	Cheese & Garlic Breadstick	Potatoes	Fish 'n Chips	Vegetable Fried Rice
	Beef Gravy	Fall Medley	Vegetable Blend	Zucchini Medley	Steamed Broccoli	Creamy Coleslaw	Thai Stir Fry
	Mandarin Oranges	Vegetables	Sliced Banana	Caramel Apple Slices	Beef Gravy	Tartar Sauce	Vegetables
		Apricot Halves			Mango	Strawberries	Vegetable Egg Roll
							Fruit & Whipped Topping
						LoCal	
DINNER	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Creamy Tomato Soup	Cream of Mushroom Soup	Chicken Vegetable Barley Soup	Borscht	Tuscan Bean & Vegetable Soup	Chicken Noodle Soup	Mushroom Barley Soup
	Grilled Cheese on Wheat	Deli Meat & Cheese Sndw on WW	Tuna Salad Sndw on WW	Red Seedless Grapes	Macaroni & Cheese	Turkey & Cranberry Salad	Corned Beef on Rye
	TM California Salad	Iceberg & Carrot Salad	Tossed Salad & Italian Dressing	Cheddar & Swiss Plate	Stewed Tomatoes	Wheat Roll	Carrot Apple Salad
	Maple Swirl Ice Cream	Mocha Pudding	French Cream Cheesecake	Rollkuchen	Orange Gelatin with Whipped Topping	Tossed Ranch Salad	Red Velvet Cake
	-----	-----	-----	Margarine	-----	Tiramisu Mousse	-----
	French Toast	Pulled Pork on WW Bun	-----	Ice Cream	-----	-----	Potato & Cheese Perogies
	Sausage Patty	Winter Vegetables	Oriental Beef	-----	Bratwurst on Bun	Egg Salad Sndw on Wheat	California Vegetables
	Strawberries	Barbecue Sauce	Fluffy Rice	Creamy Turkey Rice Casserole	Caesar Salad	Four Bean Salad	Sour Cream
	Syrup	Diced Fresh Melon	Asian Vegetable Mix	Sunrise Vegetables	Mustard	Chilled Apricots	Pineapple Pear Cup
Fruit Cocktail		Chilled Diced Pears	Pineapple Tidbits	Sauerkraut			
				Chilled Tropical Fruit			