

**TM summer/fall 2020 - WEEK 1**

**Regular/Regular**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	Chilled Diced Peaches	Banana Half Cream of Wheat	Fruit Cocktail Cinnamon Oatmeal	Chilled Diced Peaches	Cinnamon Applesauce	Chilled Tropical Fruit Cream of Wheat	Mandarin Pineapple Cup
	High Fibre Oatmeal Cottage Cheese	Strawberry Yogurt Marble Rye Bread	Egg Omelette Mini Croissant	Cream of Wheat Cheddar Cheese	High Fibre Oatmeal Cheesy Scrambled	Sausage Patty Pancake	High Fibre Oatmeal Cottage Cheese
	Raisin Toast Margarine	Margarine -----	Margarine Strawberry Jam	Slice Whole Wheat Toast	Eggs LS Bacon	Margarine LoCal Syrup	Apple Cinnamon Muffin
	----- Special K Cereal	----- Bran Flakes	----- -----	----- Margarine	----- Whole Wheat Toast	----- -----	----- Margarine
	Peanut Butter Hard Boiled Egg	Peanut Butter Hard Boiled Egg	xRice Krispies Cereal Peanut Butter	----- Raisin Bran Cereal	Margarine -----	Bran Flakes Peanut Butter	----- xRice Krispies Cereal
	Hard Boiled Egg Whole Wheat Toast	Whole Wheat Toast Grape Jelly	Whole Wheat Toast	Peanut Butter Hard Boiled Egg	Special K Cereal Peanut Butter	Hard Boiled Egg Whole Wheat Toast	Peanut Butter Hard Boiled Egg
	Raspberry Jam			Apple Jelly	Raspberry Jam	Grape Jelly	Whole Wheat Toast Strawberry Jam
<b>L U N C H</b>	Spiced Chicken Thigh Mashed Potatoes	Italian Sausage Festive Potato	Veal Schnitzel Maple Sweet	Pork Roast Cheddar Mashed	Penne & Meat Sauce Cauliflower	Ham & Potato Casserole	Roast Beef Mashed Potatoes
	Green Peas Poultry Gravy	Medley Wax Beans	Potatoes Sunrise Vegetables	Potatoes Calico Corn	Garlic Bread Margarine	Julienne Parsley Carrots	Wax Beans Beef Gravy
	Chocolate Cheesecake	Blueberry Pie Slice -----	RS Brown Gravy Carrot Cake	Brown Gravy Iced Brownie	Blueberry Yogurt Cake	Strawberry Shortcake	Horseradish Lemonicious Bar
	----- Multigrain Tilapia	----- Beef & Mushroom	----- -----	----- -----	----- -----	----- -----	----- -----
	Rice Pilaf Parsley Carrots	Stew Garlic Noodles	LS Turkey a la King Buttered Egg	Beef & Broccoli Stir-Fry	Haddock w/Dill Sauce	Battered English Style Pollock	Chef Salad Bowl
	Fruit Cocktail	Buttered Brussels Sprouts	Noodles Orange-Glazed Beets	Basmati Rice Thai Stir Fry	Mashed Potatoes Seasoned Green	Chive & Garlic Mashed Potatoes	LoCal Ranch Dressing
		RS Beef Gravy Caramel Apple Slices	Blushing Pears	Vegetables Mixed Berries	Beans Apricot Halves	Broccoli Florets Tartar Sauce	Margarine Whole Wheat Roll
						Fresh Watermelon	Stewed Rhubarb & Berries
<b>D I N N E R</b>	Unsalted Crackers Minestrone Soup	Unsalted Crackers Potato Leek Soup	Unsalted Crackers Tomato Soup	Unsalted Crackers Cream of Chicken	Unsalted Crackers Cream of Asparagus	Unsalted Crackers Cream of Celery Soup	Unsalted Crackers Vegetable Rice
	Deviled Egg Creamy Potato Salad	Macaroni & Cheese Diced Tomatoes	Chicken Strips Potato Dollar Chips	Soup Hot Dog on White	Soup Chicken Salad on	Beef Burger on WW Bun	Soup Egg Salad Sndw on
	LoCal Cucumber Slices	Frosted Eclair -----	Asian Vegetables Plum Sauce	Bun Four Bean Salad	Multigrain TM California Salad	Lettuce/Tomato/Onio n	Wheat Creamy Cabbage &
	Butterscotch Sundae -----	Salami on Wheat Tossed Salad	Coconut Cream Pudding	Strawberry Ice Cream Cup	Mini Lemon Tart -----	California Vegetables Vanilla Pudding	Apple Salad Ice Cream Sandwich
	Liver & Onions Mashed Potatoes	Diced Fresh Melon	----- -----	----- -----	Pulled Pork Garlic Whipped	----- -----	----- Potato & Cottage
	Diced Beets RS Beef Gravy		Salmon Salad on WW Mediterranean Salad	Tuna Salad WW Roll	Potatoes Turkey & Potato	Salad Plate Banana & Chocolate	Cheese Perogies Paradisio
	Strawberries		Pineapple Tidbits	Dill Cucumber & Red Onion Salad	RS Brown Gravy Garden Peas	Sauce Sauce	Vegetables Mango
				Mandarin Oranges	Barbecue Sauce Fruit Salad		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apricot Halves	Rosy Applesauce	Mandarin Oranges	Banana Half	Cream of Wheat	Fruit Cocktail	Chilled Diced Pears
	Cream of Wheat	LoCal	Cream of Wheat	High Fibre Oatmeal	Waffle and Berries	Cream of Wheat	Cinnamon Oatmeal
	Cheddar Cheese	High Fibre Oatmeal	Black Forest Ham	Poached Egg	Sausage Links	Scrambled Egg	Strawberry Yogurt
	Slice	Hard Boiled Egg	Whole Wheat Toast	WW Cinnamon Toast	Syrup	LS Bacon	Carrot Muffin
	Whole Wheat Toast	Whole Wheat Toast	Margarine	Margarine	-----	Rye Toast	Margarine
	Margarine	Margarine	-----	-----	Raisin Bran Cereal	Margarine	-----
	-----	-----	Bran Flakes	xRice Krispies Cereal	Peanut Butter	-----	Bran Flakes
	Raisin Bran Cereal	Special K Cereal	Peanut Butter	Peanut Butter	Hard Boiled Egg	Special K Cereal	Peanut Butter
	Peanut Butter	Peanut Butter	Hard Boiled Egg	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter	Hard Boiled Egg
	Hard Boiled Egg	Apple Jelly	Raspberry Jam	Strawberry Jam	Grape Jelly	Whole Wheat Toast	Whole Wheat Toast
Grape Jelly				Margarine	Raspberry Jam	Apple Jelly	
LUNCH	Apple Glazed Pork	Mustard Chicken	Roasted Vegetable	Lemon Pepper	BBQ Teriyaki Beef	Veal Cutlet	Roast Turkey
	Roast	Scalloped Potatoes	Lasagna	Chicken Leg	Ribette	Parslied Noodles	Dijon Mashed
	Maple Sweet	Garden Peas	Green Beans	Garlic Mashed	Whipped Potatoes	Chuckwagon Corn	Potatoes
	Potatoes	Poultry Gravy	Garlic Bread	Potatoes	Asian Vegetables	Lemon Meringue Pie	Baked Butternut
	Cauliflower with	Lemon Poppyseed	Nanaimo Bar	Baked Tomato au	German Chocolate	-----	Squash
	Cheese Sauce	Cake	-----	Gratin	Cake	Sun-Dried Tomato	Poultry Gravy
	Date Square	-----	Lamb & Vegetable	Poultry Gravy	-----	Tilapia	Cherries in Snow
	-----	California Cheese &	Stew	Cherry Pie	Ratatouille &	Cheddar Mashed	-----
	Baked Lemon Salmon	Rice Casserole	Whipped Potatoes	-----	Macaroni Casserole	Potatoes	LS Beef & Cabbage
	Fluffy Rice	San Francisco	Buttered Corn	Bavarian Veal	Buttered Brussels	Paradisio Vegetables	Casserole
Niagara Mix	Vegetables	Cantaloupe Chunks	Spanish Rice	Sprouts	Bananas & Milk with	Cauliflower	
Vegetables	Mixed Berries		Sliced Carrots	Apricot Halves	Cinnamon	Diced Fresh Melon	
Chilled Diced			Chilled Apple Slices				
Peaches							
DINNER	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Broccoli	Minestrone Soup	Cream of Mushroom	Chicken Noodle Soup	Borscht	Cream of Celery Soup	Potato Vegetable
	Soup	Shaved Beef Sndw on	Soup	Vegetable Pizza	Deli Meat & Cheese	Chicken Burger on	Soup
	Turkey Salad on Rye	Wheat	Captain Burger	Italian Mixed	Sndw on WW	WW Bun	Pork Pot Pie
	Tossed Salad &	Mixed Salad with	Caesar Salad	Vegetables	Green Salad with	Creamy Cucumber	Zesty Balsamic
	Italian Dressing	French Dressing	Butter Tart	Ice Cream	Balsamic Dressing	Salad	Carrots
	Vanilla Cake Roll	Black Cherry Ice	-----	-----	Butterscotch	Mayonnaise	RS Brown Gravy
	-----	Cream	Bratwurst Sausage	Tuna Salad Sndw on	Pudding	Sliced Tomato	Rice Pudding
	Mixed Veg & Cheese	-----	Mashed Potatoes &	WW	-----	Chocolate Mousse	-----
	Frittata	Breaded Lemon	Gravy	Creamy Coleslaw	Cheddar Cheese &	-----	Salmon Salad on
Savoury Diced	Pepper Cod	Triple Bean Salad	Pineapple Tidbits	Fruit	Spinach & Swiss	WW	
Potatoes	Mashed Potatoes	Sauerkraut		Margarine	Quiche	Broccoli Coleslaw	
Stewed Tomatoes	5-Way Mixed	Chilled Diced Pears		Rollkuchen	Sauteed Zucchini &	Salad	
Deluxe Fruit Salad	Vegetables			Chilled Tropical Fruit	Red Peppers	Mandarin Oranges	
	Fresh Watermelon				Peaches & Cream		

**TM summer/fall 2020 - WEEK 3**

**Regular/Regular**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	Chilled Apple Slices	Banana Half	Pineapple Tidbits	Fruit Cocktail	Rosy Applesauce	Chilled Diced Pears	Blueberries
	High Fibre Oatmeal	Cream of Wheat	Apple Spiced	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	High Fibre Oatmeal
	Cheddar Cheese	Scrambled Eggs	Oatmeal	Poached Egg	Peameal Bacon	Cottage Cheese	Scrambled Eggs
	Slice	Rye Bread	Vanilla Yogurt	Whole Wheat Toast	Raisin Toast	Banana Bread	Whole Wheat Toast
	Raisin Bread	Margarine	Fruit Extreme Muffin	Margarine	Margarine	Margarine	Margarine
	Margarine	-----	Margarine	-----	-----	-----	-----
	-----	Raisin Bran Cereal	-----	Bran Flakes	xRice Krispies Cereal	Raisin Bran Cereal	Special K Cereal
	xRice Krispies Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
	Peanut Butter	Whole Wheat Toast	Peanut Butter	Grape Jelly	Hard Boiled Egg	Hard Boiled Egg	Raspberry Jam
	Hard Boiled Egg	Apple Jelly	Hard Boiled Egg		Whole Wheat Toast	Whole Wheat Toast	
Whole Wheat Toast		Whole Wheat Bread		Strawberry Jam	Apple Jelly		
Raspberry Jam		Strawberry Jam					
<b>L U N C H</b>	Beef Strips & Gravy	Sweet n Sour Pork	Turkey Pot Pie	Baked Chicken with	Baked Salmon Fillet	LS Meat Loaf	Rubbed Pork Loin
	Mashed Potatoes	Chop	Glazed Baby Carrots	Chalet Sauce	Scalloped Potatoes	Mashed Potatoes	Garlic Mashed
	Calico Corn	Fancy Whipped	RS Poultry Gravy	Chive Whipped	Sweet & Sour	Harvard Beets	Potatoes
	Summer Fruit Trifle	Potatoes	Nanaimo Bar	Potatoes	Carrots	Margarine	San Francisco
	-----	Sauteed Zucchini	-----	Steamed Broccoli	Frosted Spiced Cake	Zwieback Rolls	Vegetables
	Breaded Sole	Iced Orange Cake	German Style	WW Roll	-----	G-F Beef Gravy	Brown Gravy
	Buttered Egg	-----	Rostbraten	Margarine	Cheese Tortellini &	Banana Cream Pie	Frosted Brownie
	Noodles	Veal Parmesan	Mashed Potatoes	Butter Tart	Marinara	Slice	-----
	Steamed Asparagus	Tri-Color Rotini	Parslied Cauliflower	-----	French Cut Green	-----	Seafood Newburg
	Tartar Sauce	LoCal Caesar Salad	Cinnamon Pears	Baked Haddock	Beans	Ham & Potato	Parslied Noodles
Mango	Strawberries		w/Spinach & Onions	Stewed Rhubarb &	Casserole	Buttered Corn	
			Garden Rice	Berries	Buttered Brussels	Soft Garlic Stick	
			Baked Squash		Sprouts	Scalloped Cinnamon	
			Chilled Diced		Chilled Tropical Fruit	Apples	
			Peaches				
<b>D I N N E R</b>	Unsalted Crackers	Beef Vegetable &	Vegetable Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Tomato Soup	Noodle Soup	Unsalted Crackers	Split Pea Soup	Cream of Broccoli	Vegetable Rice Soup	Cream of Mushroom
	Grilled Cheese on	Unsalted Crackers	Salmon Salad on WW	Mustard	Soup	Fish 'n Chips	Soup
	Wheat	Shaved Ham Sndw on	Cucumber Slices	Shaved Beef on	Egg Salad Sndw on	Creamy Coleslaw	Turkey & Macaroni
	Tossed Ranch Salad	WW	Cherry Gelatin	Multigrain	Wheat	LacR Coconut	Salad Plate
	Peach Pie	Coleslaw	w/Whip	Dill Potato Salad	Tossed Salad &	Pudding	Mini Cupcake
	-----	Tapioca Pudding	-----	Vanilla Ice Cream	Italian Dressing	-----	-----
	Chicken Rice & Veg	-----	Sausage Patty	Cup	Raspberry Sorbet	Chicken Caesar Salad	Veal Patty on Bun
	Casserole	Vegetarian Burger	Pancakes	-----	-----	Margarine	Seasoned Zucchini
	Italian Mixed	Patty	Blueberries	Pepperoni Pizza	Turkey Patty	Whole Wheat Roll	Creamy Horseradish
Vegetables	Crispy Potato Cubes	Margarine	Caesar Salad	Mashed Potatoes &	Apricot Halves	Sauce	
Fruit Cocktail	Sliced Beets	Syrup	Banana & Chocolate	Gravy		Mandarin Oranges	
	Cantaloupe Chunks	Orange Sections	Sauce	Niagara Mix			
				Vegetables			
				Diced Fresh Melon			