

**TM Fall/Winter 2023-2024 - Week 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Banana Half</b>	<b>Chilled Peach Slices</b>	<b>Fresh Apple Slices</b>	<b>Orange Sections</b>	<b>Banana Half</b>	<b>Chilled Diced Pears</b>	<b>Fresh Apple Slices</b>
<b>Cinnamon Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>
<b>Sausage Link</b>	<b>Vanilla Yogurt</b>	<b>Scrambled Eggs</b>	<b>Cottage Cheese</b>	<b>Scrambled Eggs</b>	<b>Cheddar Cheese Slice</b>	<b>Scrambled Eggs</b>
<b>Hard Boiled Egg</b>	<b>Poached Egg</b>	<b>Waffles</b>	<b>Poached Egg</b>	<b>Whole Wheat Toast</b>	<b>Hard Boiled Egg</b>	<b>Whole Wheat Toast</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Syrup</b>	<b>Fruit Extreme Muffin</b>	<b>Margarine</b>	<b>Rye Toast</b>	<b>Margarine</b>
<b>Margarine</b>	<b>Margarine</b>	<b>Whole Wheat Toast</b>	<b>Margarine</b>	<b>Assorted jams</b>	<b>Margarine</b>	<b>Assorted jams</b>
<b>Assorted jams</b>	<b>Assorted jams</b>	<b>Margarine</b>	<b>Assorted jams</b>	Assorted cold cereal	<b>Assorted jams</b>	Assorted cold cereal
Assorted cold cereal	Assorted cold cereal	<b>Assorted jams</b>	Assorted cold cereal	Peanut Butter	Assorted cold cereal	Peanut Butter
Peanut Butter	Peanut Butter	Assorted cold cereal	Peanut Butter	White Toast	Peanut Butter	Bacon
White Toast	White Toast	Peanut Butter	Whole Wheat Toast		Whole Wheat Toast	White Toast
		White Toast				

<b>LUNCH</b>						
<b>Vegetable Cheese Strata</b>	<b>Oktoberfest on Bun</b>	<b>Baked Chicken with Chalet Sauce</b>	<b>Asian Pork Chop</b>	<b>Veal Marsala</b>	<b>Turkey Schnitzel</b>	<b>Pork Roast</b>
<b>Diced Carrots</b>	<b>Marinated Tomatoes</b>	<b>Garlic Mashed Potatoes</b>	<b>Vegetable Fried Rice</b>	<b>Buttered Egg Noodles</b>	<b>Parslied New Potatoes</b>	<b>Whipped Potatoes</b>
<b>Multi Grain Roll</b>	<b>Sauerkraut</b>	<b>Butternut Squash</b>	<b>Parsley Carrots</b>	<b>Wax Beans</b>	<b>Broccoli Florets</b>	<b>Buttered Brussels Sprouts</b>
<b>Margarine</b>	<b>Date Square</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Multi Grain Roll</b>	<b>Multi Grain Roll</b>
<b>Rhubarb Crisp</b>	Turkey Tetrizzini	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>
Five Spice Baked Chicken Thigh	California Vegetables	<b>Carrot Cake</b>	<b>Cherry Cheesecake</b>	<b>Nanaimo Bar</b>	<b>Poultry Gravy</b>	<b>Brown Gravy</b>
Roasted Red Skin Potatoes	Chilled Tropical Fruit	Spaghetti & Meat Sauce	Cheese Ravioli with Pumpkin Sauce	Zesty Honey Dijon Baked Basa	<b>Iced Brownie</b>	<b>Lemon Meringue Pie</b>
Roasted Parsnips		Cauliflower	Steamed Asparagus Spears	Parslied Potatoes	Chili Con Carne	Salisbury Steak
Chilled Diced Pears		Garlic Stick	Garlic Stick	Fall Medley Vegetables	Seasoned Zucchini	Roasted New Potatoes
		Fruit Cocktail	Chilled Diced Pears	Stewed Rhubarb	Zwieback Rolls	Green Peas
					Mixed Berries	Beef Gravy
						Chilled Pineapple

<b>DINNER</b>						
<b>Minestrone Soup</b>	<b>Unsalted Crackers</b>	<b>Beef Barley &amp; Vegetable Soup</b>	<b>Garden Vegetable Soup</b>	<b>Creamy Broccoli Rotini Soup</b>	<b>Italian Wedding Soup</b>	<b>Tomato Basil Soup</b>
<b>Unsalted Crackers</b>	<b>Cream of Mushroom Soup</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Beef Burger on WW Bun</b>	<b>Grilled Reuben Sandwich</b>	<b>Tuna Salad Sndw on WW</b>	<b>Hot Turkey Sndw on WW w/Gravy</b>	<b>Chicken Strips</b>	<b>Herbed Omelette</b>	<b>Grilled Cheese on Wheat</b>
<b>Sunrise Vegetables</b>	<b>Tossed Salad &amp; Italian Dressing</b>	<b>Triple Bean Salad</b>	<b>Green Peas</b>	<b>Potato Coins</b>	<b>Sauteed Garlic Mushrooms</b>	<b>Chickpea Salad</b>
<b>Ketchup</b>	<b>Pineapple Tidbits</b>	<b>Chilled Apricots</b>	<b>Mango</b>	<b>Mixed Salad with Italian Dressing</b>	<b>Multi Grain Roll</b>	<b>Mandarin Oranges</b>
<b>Fruit Cocktail</b>	Unsalted Crackers	Beef Barley & Vegetable Soup	Garden Vegetable Soup	<b>Plum Sauce</b>	<b>Margarine</b>	Tomato Basil Soup
Minestrone Soup	Ratatouille Lentil Penne	Unsalted Crackers	Unsalted Crackers	<b>Fruit Cocktail</b>	<b>Chilled Peach Slices</b>	Unsalted Crackers
Unsalted Crackers	Baked Tomato au Gratin	Sausage Links	Sliced Egg & Salad Plate	Creamy Broccoli Rotini Soup	Italian Wedding Soup	Chicken Quesadilla
Three Cheese Pizza	Chocolate Ice Cream	French Toast	Multi Grain Roll	Unsalted Crackers	Unsalted Crackers	Seasoned Green Beans
Dill Cucumber & Red Onion Salad		Strawberry Compote	Margarine	Sloppy Joe on WW Bun	Ham Salad on WW	Sour Cream
Butterscotch Pudding		Syrup	Vanilla Mousse	Buttered Corn	Coleslaw	Butter Tart
		Lime Gelatin		Creamsicle Parfait	Baked Custard	
		Whipped Topping				

**TM Fall/Winter 2023-2024 - Week 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Banana Half</b>	<b>Chilled Peach Slices</b>	<b>Fresh Apple Slices</b>	<b>Orange Sections</b>	<b>Banana Half</b>	<b>Chilled Diced Pears</b>	<b>Fresh Apple Slices</b>
<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>Cinnamon Oatmeal</b>	<b>Cream of Wheat with Bran</b>
<b>Breakfast Ham</b>	<b>Poached Egg</b>	<b>Scrambled Eggs</b>	<b>Cottage Cheese</b>	<b>Scrambled Eggs</b>	<b>Hard Boiled Egg</b>	<b>Scrambled Eggs</b>
<b>Hard Boiled Egg</b>	<b>Blueberry Muffin</b>	<b>Waffles</b>	<b>Poached Egg</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
<b>Whole Wheat Toast</b>	<b>Margarine</b>	<b>Syrup</b>	<b>Whole Wheat Toast</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>
<b>Margarine</b>	<b>Assorted jams</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Assorted jams</b>	<b>Assorted jams</b>	<b>Assorted jams</b>
<b>Assorted jams</b>	Assorted cold cereal	<b>Assorted jams</b>	<b>Assorted jams</b>	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Assorted cold cereal	Peanut Butter	Assorted cold cereal	Assorted cold cereal	Peanut Butter	Peanut Butter	Peanut Butter
Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	White Toast	White Toast	Bacon
White Toast		Whole Wheat Toast	White Toast			White Toast
<b>LUNCH</b>						
<b>Cornflake Crusted Chicken</b>	<b>Southwest Beef</b>	<b>Borscht Soup</b>	<b>Spinach Cannelloni in Marinara Sauce</b>	<b>Fish 'n Chips</b>	<b>Turkey a la King</b>	<b>Roast Beef</b>
<b>Mashed Potatoes</b>	<b>Homefries</b>	<b>Meat Buns</b>	<b>Caesar Salad</b>	<b>Creamy Coleslaw</b>	<b>Tea Biscuit</b>	<b>Mashed Potatoes</b>
<b>Cauliflower</b>	<b>Broccoli Florets</b>	<b>Mashed Turnips</b>	<b>Multi Grain Roll</b>	<b>Multi Grain Roll</b>	<b>Green Beans</b>	<b>Broccoli Florets</b>
<b>Tea Biscuit</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Multi Grain Roll</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Multi Grain Roll</b>
<b>Poultry Gravy</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Caramel Dessert Sauce</b>	<b>Tiramisu Cake</b>	<b>Margarine</b>
<b>Peach Crisp</b>	<b>Buttertart Square</b>	<b>Chocolate Cherry Indulgence</b>	<b>Cranberry Bars</b>	<b>Bread Pudding</b>	Shrimp Scampi	<b>Horseradish</b>
Kale & Spinach Quiche	Turkey Burger on Wheat Bun	Borscht Soup	Veal Scallopini w/Mushroom Sauce	Honey Roast Pork Chop	Parslied Noodles	<b>Beef Gravy</b>
Parsley Carrots	Savory Potato Wedges	Santa Fe Chicken Thighs	Garlic Mashed Potatoes	Herbed Potatoes	Zucchini Parmesan	<b>Apple Pie Slice</b>
Multi Grain Roll	Coleslaw	Wild Rice Pilaf f/Mix w/Veg	Prince Edward Vegetables	Cinnamon Honey Glazed Carrots	Multi Grain Roll	Moroccan Stew
Margarine	Chilled Tropical Fruit	Wax Beans & Pimento	Chilled Diced Pears	Stewed Rhubarb	Mixed Berries	Fluffy Rice
Chilled Diced Pears		Fruit Cocktail				Harvard Beets
						Chilled Pineapple
<b>DINNER</b>						
<b>Potato &amp; Leek Soup</b>	<b>Unsalted Crackers</b>	<b>Chicken Noodle Soup</b>	<b>Vegt Sausage &amp; White Bean Soup</b>	<b>Corn Chowder</b>	<b>Unsalted Crackers</b>	<b>Cream of Carrot Soup</b>
<b>Unsalted Crackers</b>	<b>Roasted Cauliflower Soup</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Fall Harvest Soup</b>	<b>Unsalted Crackers</b>
<b>Beef Pot Pie</b>	<b>Shaved Ham Sndw on WW</b>	<b>Cod Nuggets</b>	<b>Turkey Sandwich w/Cranberry Mayo</b>	<b>Chicken Souvlaki</b>	<b>Egg Salad Sndw on Wheat</b>	<b>Macaroni &amp; Cheese</b>
<b>Fall Medley Vegetables</b>	<b>Marinated Cucumbers</b>	<b>French Fries</b>	<b>Mixed Greens w/Berry Vinaigrette</b>	<b>Roasted Mediterranean Vegetables</b>	<b>Mixed Green Italian Salad</b>	<b>Stewed Tomatoes</b>
<b>Beef Gravy</b>	<b>Pineapple Tidbits</b>	<b>Rainbow Coleslaw</b>	<b>Mango</b>	<b>Whole Wheat Pita Bread</b>	<b>Chilled Peach Slices</b>	<b>Mandarin Oranges</b>
<b>Fruit Cocktail</b>	Unsalted Crackers	<b>Tartar Sauce</b>	<b>Mango</b>	<b>Whole Wheat Pita Bread</b>	Unsalted Crackers	Cream of Carrot Soup
Potato & Leek Soup	Roasted Cauliflower Soup	<b>Chilled Apricots</b>	Vegt Sausage & White Bean Soup	<b>Margarine</b>	Fall Harvest Soup	Unsalted Crackers
Unsalted Crackers	Cheese Stuffed Manicotti	Chicken Noodle Soup	Unsalted Crackers	<b>Tzatziki Sauce</b>	Pork Tourtiere	Chicken Kiev
Vegetarian Meatball Sandwich	Green Beans	Unsalted Crackers	Potato Leek Quiche	<b>Fruit Cocktail</b>	Green Peas	Buttered Brussels Sprouts
Tomato Slices	Vanilla Frozen Yogurt	Cottage Cheese Fresh Fruit	Pickled Beets	Corn Chowder	Brown Gravy	Multi Grain Roll
Chocolate Pudding		Raisin Bread	Multi Grain Roll	Unsalted Crackers	Pumpkin Custard	Margarine
		Lemon Gelatin	Raspberry Mousse	Corned Beef on Rye		Blueberry Tart
		Whipped Topping		Marinated Tomatoes		
				Neapolitan Ice Cream		

**TM Fall/Winter 2023-2024 - Week 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Banana Half</b>	<b>Chilled Peach Slices</b>	<b>Fresh Apple Slices</b>	<b>Orange Sections</b>	<b>Banana Half</b>	<b>Chilled Diced Pears</b>	<b>Fresh Apple Slices</b>
<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>Cinnamon Oatmeal</b>	<b>Cream of Wheat with Bran</b>	<b>High Fibre Oatmeal</b>
<b>Sausage Link</b>	<b>Vanilla Yogurt</b>	<b>Scrambled Eggs</b>	<b>Cottage Cheese</b>	<b>Scrambled Eggs</b>	<b>Hard Boiled Egg</b>	<b>Scrambled Eggs</b>
<b>Hard Boiled Egg</b>	<b>Poached Egg</b>	<b>Waffles</b>	<b>Poached Egg</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Syrup</b>	<b>Raisin Toast</b>	<b>Margarine</b>	<b>Margarine</b>	<b>Margarine</b>
<b>Margarine</b>	<b>Margarine</b>	<b>Whole Wheat Toast</b>	<b>Margarine</b>	<b>Assorted jams</b>	<b>Assorted jams</b>	<b>Assorted jams</b>
<b>Assorted jams</b>	<b>Assorted jams</b>	<b>Margarine</b>	<b>Assorted jams</b>	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Assorted cold cereal	Assorted cold cereal	<b>Assorted jams</b>	Assorted cold cereal	Peanut Butter	Peanut Butter	Peanut Butter
Peanut Butter	Peanut Butter	Assorted cold cereal	Peanut Butter	White Toast	White Toast	Bacon
White Toast	White Toast	Peanut Butter	Whole Wheat Toast			White Toast
		White Toast				

<b>LUNCH</b>						
<b>Chicken Pie</b>	<b>Beef Shepherd's Pie</b>	<b>Herb Baked Chicken Thigh</b>	<b>Roasted Vegetable Lasagna</b>	<b>Baked Ham</b>	<b>Cabbage Rolls</b>	<b>Roast Turkey</b>
<b>Green Peas</b>	<b>Buttered Corn</b>	<b>Baked Potato</b>	<b>Greek Salad</b>	<b>Scalloped Potatoes</b>	<b>Egg Noodles</b>	<b>Whipped Potatoes</b>
<b>Margarine</b>	<b>Multi Grain Roll</b>	<b>Green Beans</b>	<b>Garlic Bread</b>	<b>Diced Parsnips</b>	<b>Wax Beans</b>	<b>Sage Bread Stuffing</b>
<b>Chicken Gravy</b>	<b>Margarine</b>	<b>Whole Wheat Bread</b>	<b>Lemon Buttermilk Cake</b>	<b>Multi Grain Roll</b>	<b>Multi Grain Roll</b>	<b>Whipped Squash</b>
<b>Cherry Crisp</b>	<b>Beef Gravy</b>	<b>Margarine</b>	Veal Steak	<b>Margarine</b>	<b>Margarine</b>	<b>Whole Wheat Bread</b>
Pork Goulash Hungarian	<b>Blonde Bars</b>	<b>Sour Cream</b>	Mashed Potatoes	<b>Applesauce</b>	<b>Butterscotch Square</b>	<b>Margarine</b>
Fluffy Rice	Turkey Dijonnaise	<b>Poultry Gravy</b>	Parsley Carrots	<b>Red Velvet Cake</b>	Bean & Veg Au Gratin	<b>Cranberry Sauce</b>
Cauliflower	Roasted New Potatoes	<b>Cheesecake</b>	Multi Grain Roll	Sole w/Lemon Pepper	Parslied Cauliflower	<b>Poultry Gravy</b>
Multi Grain Roll	Seasoned Diced Turnips	Lamb Mushroom Ragout	Margarine	Savory Potato Wedges	Blueberries	<b>Pumpkin Pie</b>
Chilled Diced Pears	Chilled Tropical Fruit	Parslied Noodles	Brown Gravy	Sunrise Vegetables		Polynesian Pork Chop
		Steamed Asparagus Spears	Chilled Diced Pears	Stewed Rhubarb		Cilantro Rice
		Fruit Cocktail				Peas & Carrots
						Mandarin Oranges

<b>DINNER</b>						
<b>Tomato Soup</b>	<b>Unsalted Crackers</b>	<b>Vegetable Soup</b>	<b>Borscht Soup</b>	<b>Cream of Celery Soup</b>	<b>Cream of Broccoli Soup</b>	<b>Cabbage &amp; Potato Soup</b>
<b>Unsalted Crackers</b>	<b>Chicken Vegetable Barley Soup</b>	<b>Unsalted Crackers</b>	<b>Rollkuchen</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Swedish Meatballs w/Mushroom Sauce</b>	<b>BBQ Pork Ribette on WW Bun</b>	<b>Potato &amp; Cheese Perogies</b>	<b>Soda Crackers</b>	<b>Hot Roast Beef on Bun with Gravy</b>	<b>Hard Boiled Egg</b>	<b>Vegetable Pizza</b>
<b>Mashed Potatoes</b>	<b>Cucumber Slices</b>	<b>Buttered Red Cabbage</b>	<b>Red Pepper &amp; Basil Frittata w/Parmesan Cheese</b>	<b>Buttered Brussels Sprouts</b>	<b>Potato Salad</b>	<b>Chickpea Salad</b>
<b>Broccoli Florets</b>	<b>Pineapple Tidbits</b>	<b>Sour Cream</b>	<b>Tomato Slices</b>	<b>Fruit Cocktail</b>	<b>Garden Salad</b>	<b>Pineapple Tidbits</b>
<b>Fruit Cocktail</b>	Unsalted Crackers	<b>Chilled Apricots</b>	<b>Whole Wheat Bread</b>	Cream of Celery Soup	<b>Multi Grain Roll</b>	Cabbage & Potato Soup
Tomato Soup	Chicken Vegetable Barley Soup	Vegetable Soup	<b>Banana &amp; Chocolate Sauce</b>	Unsalted Crackers	<b>Chilled Peach Slices</b>	Unsalted Crackers
Unsalted Crackers	Lentil Bolognese	Unsalted Crackers	Borscht Soup	Chicken Caesar Salad	Cream of Broccoli Soup	Chicken Salad Sndw on WW
Swiss & Tomato Sndw on WW	Linguine	Salmon Salad on WW	Rollkuchen	Whole Wheat Bread	Unsalted Crackers	Buttered Corn
Spinach Onion Salad	Sliced Carrots	Pickled Beets	Soda Crackers	Vanilla Ice Cream	Sweet-N-Sour Pork Bites	Mini Pancakes w/Berries &Choc Sc
Vanilla Pudding	Butterscotch Ice Cream	Orange Gelatin	Turkey Pot Pie		Fluffy Rice	
		Whipped Topping	Green Peas		Asian Vegetables	
			Poultry Gravy		Creme Caramel	
			Strawberry Mousse			