

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Raisin Toast
Strawberry Jam	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Margarine	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam
Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
					Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Salisbury Steak	Pork Goulash Hungarian	Beef Stroganoff	Turkey Schnitzel	Breaded Haddock	Cabbage Rolls	Roast Beef
Savoury Diced Potatoes	Brown Gravy	Buttered Egg Noodles	Poultry Gravy	Brown Gravy	Mashed Potatoes	Beef Gravy
Parsley Carrots	Mashed Potatoes	Seasoned Zucchini	Diced Savory Potatoes	Mashed Potatoes	Parslied Cauliflower	Mashed Potatoes
Vanilla Caramel Swirl Cake	California Vegetables	Peach Crisp	Asian Vegetables	Sliced Carrots	Mandarin Oranges	Green Peas
Cranberry Juice	Fruit Cocktail	Apple Juice	Warm Apple Compote	Tartar Sauce	Peach Juice	Blueberry Pie Slice
Spiced Chicken Thigh	Peach Juice	Turkey Sausage	Grape Juice	Chocolate Cake	Breaded Pork Cutlet	Apple Juice
Mashed Potatoes	Baked Tilapia	Stir Fried Peppers & Onions	Lamb Patty	Cranberry Juice	Fluffy Rice	Roasted Vegetable Lasagna
Steamed Broccoli	Fluffy Rice	Turkey Gravy	Mashed Potatoes	Rotini Primavera w/Alfredo Sc	Asian Vegetables	Italian Seasoned Vegetables
Chilled Diced Peaches	Green Beans	Mashed Potatoes	Green Peas	Buttered Brussels Sprouts	Dessert of the Day	Pineapple Tidbits
	Ice Cream Sandwich	Diced Squash	Iced Brownie	Chilled Tropical Fruit		
		Chilled Diced Pears				
<b>DINNER</b>						
Italian Wedding Soup	Chicken Noodle Soup	Garden Veg Soup	Borscht Soup	Beef Barley & Vegetable Soup	Three Sisters Soup	Lentil & Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Beef Roast Sandwich on Wheat	Bacon Syrup	Egg Salad Sndw on Wheat	Beef Burger on WW Bun	Turkey & Swiss Sndw on WW	Sliced Chicken Sndw on WW
Tartar Sauce	Heritage Blend Salad with French Dressing	French Toast	Creamy Cucumber Salad	Ketchup/Mustard/Relish	Pickled Beets	Triple Bean Salad
Dixie Coleslaw	Lime Gelatin	Stewed Rhubarb & Berries	Strawberry Ice Cream	Mixed Salad with Italian Dressing	Chilled Diced Peaches	Ice Cream Sandwich
Fresh Watermelon	Whipped Topping	Pineapple Tidbits	Pork Drummies	Lemon Tart	Spanish Omelette	BBQ Pork Ribette on WW Bun
Pepperoni Pizza	Macaroni & Cheese	Chicken Salad Sndw on WW	Brown Gravy	5-Way Mixed Vegetables	Dixie Coleslaw	
Caesar Salad	Tomato Slices	Spinach Onion Salad	Green & Yellow Beans	Chicken Strips	Tea Biscuit	Mango
Tiramisu Mousse	Strawberries	Vanilla Pudding	White Dinner Roll	Plum Sauce	Butterscotch Pudding	
			Mandarin Oranges	Sunrise Vegetables	Whipped Topping	
				French Fries		
				Chilled Diced Pears		

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<b>LUNCH</b>						
Turkey Pot Pie	Swedish Meatballs w/Mushroom Sauce	Spinach & Cheese Cannelloni	Roasted Sage Chicken Leg	Breaded Haddock	Breaded Pork Cutlet	Roast Turkey
Poultry Gravy	Brown Gravy	New England Vegetables	Poultry Gravy	Savory Potato Wedges	Mashed Potatoes	Poultry Gravy
Savoury Diced Potatoes	Egg Noodles	Boston Cream Cake	Mashed Potatoes	Asian Vegetables	Green Beans	Cranberry Sauce
Steamed Broccoli	California Vegetables	Apple Juice	Butternut Squash	Tartar Sauce	Buttertart Square	Mashed Potatoes
Caramel Cheesecake	Strawberries	Liver & Onions	Rhubarb Crisp	Maple Chocolate Mania Cake	Peach Juice	Florentine Veg Mix
Cranberry Juice	Peach Juice	Brown Gravy	Grape Juice	Cranberry Juice	Meat Lasagna	Lemon Meringue Pie
Lamb & Vegetable Stew	Baked Salmon Fillet	Mashed Potatoes	Vegetarian Meatballs	Bavarian Veal	Brown Gravy	Apple Juice
Mashed Potatoes	Mashed Potatoes	Seasoned Zucchini	Spaghetti with Vegetable Sauce	Brown Gravy	Parslied Cauliflower	Beef Pot Pie
Diced Squash	Buttered Brussels Sprouts	Pineapple Tidbits	California Vegetables	Mashed Potatoes	Bananas & Cream	Beef Gravy
Fresh Watermelon	Date Square		Chilled Diced Pears	Wax Beans		Savoury Diced Potatoes
				Chilled Tropical Fruit		Parsley Carrots
						Chilled Apricots
<b>DINNER</b>						
Chicken Noodle Soup	Minestrone Soup	Borscht Soup	Chicken Vegetable Barley Soup	Garden Vegetable Soup	Split Pea Soup	Potato Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Sliced Ham Sndw on WW	Vegetable Pizza	Pulled Pork on WW Bun	Unsalted Crackers	Oktoberfest on Bun	Chicken Dippers	Cod Nuggets
Mixed Green Italian Salad	Caesar Salad	Green & Yellow Beans	Tuna Salad Sndw on WW	Marinated 4 Bean Salad	Plum Sauce	Tartar Sauce
Mandarin Oranges	Fruit Platz	Cantaloupe Chunks	Creamy Cucumber & Onions	Strawberry Gelatin	French Fries	Baked Potato Wedges
Asparagus & Swiss Quiche	Hot Roast Beef on Wheat w/Gravy	Turkey & Potato Salad Plate	Mango	Swiss & Tomato Sndw on WW	Tossed Ranch Salad	Creamy Coleslaw
Tomato Basil Salad	Sliced Carrots	Heritage Blend Salad with French Dressing	Chili Con Carne	Tossed Garden Salad	Rice Pudding	Chilled Diced Peaches
Dessert of the Day	Chilled Diced Peaches	Butterscotch Pudding	Sunrise Vegetables	Blueberries	Cheddar Cheese & Fruit	Broccoli Cheese Frittata
			Cheddar Herb Tea Biscuit		Apple Cinnamon Muffin	Green Peas
			Orange Sherbet		Mandarin Oranges	Ice Cream

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<b>LUNCH</b>						
Beef Shepherd's Pie	Baked Chicken with Chalet Sauce	Meatloaf	Sauerkraut & Ribs	Breaded Haddock	Veal Schnitzel	Baked Ham
Steamed Asparagus	G-F Chicken Gravy	G-F Beef Gravy	Brown Gravy	French Fries	Mashed Potatoes	Brown Gravy
Chilled Diced Pears	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Paradisio Vegetables	Italian Mixed Vegetables	Scalloped Potatoes
Cranberry Juice	Steamed Broccoli	Steamed Broccoli	Sliced Carrots	Tartar Sauce	Blueberry Crisp	Prince Edward Vegetables
Baked Sole Fillet	Green Peas	Carrot Cake	Chilled Diced Peaches	Lemon Buttermilk Cake	Peach Juice	Strawberry Rhubarb Pie
Brown Gravy	Bread Pudding	Apple Juice	Grape Juice	Cranberry Juice	Tuna Penne Bake	Apple Juice
Mashed Potatoes	Caramel Sauce	Roast Leg of Lamb & Veg	Roasted Vegetable Lasagna	Beef Stroganoff	Broccoli Florets	Chicken Vegetable Stew
Sunrise Vegetables	Peach Juice	Savoury Diced Potatoes	Buttered Brussels Sprouts	Beef Gravy	Pineapple Tidbits	Mashed Potatoes
Mini Raspberry Tart	Cheese Ravioli & Sauce	Wax Beans	Dessert of the Day	Mashed Potatoes		Parslied Cauliflower
	California Vegetables	Bananas & Cream		Buttered Corn		Chilled Tropical Fruit
	Grated Parmesan Cheese			Chilled Diced Pears		
	Mango					
<b>DINNER</b>						
Tomato Soup	Chicken Noodle Soup	Italian Wedding Soup	Borscht Soup	Split Pea Soup	Beef Vegetable & Noodle Soup	Garden Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Soup	Unsalted Crackers
Hot Dog on White Bun	Sliced Turkey on Wheat	Perogies & Sour Cream	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Unsalted Crackers	Sliced Turkey
Tossed Ranch Salad	Chickpea & Veggie Salad	Prince Edward Vegetables	Creamy Cucumber Salad	Mayonnaise	Egg Salad Sndw on Croissant	Pickled Beets
Ketchup/Mustard/Relish	Fruit Cocktail	Mandarin Oranges	Fresh Watermelon	Creamy Coleslaw	Tossed Salad	Zwieback
Orange Gelatin				Peach Passion Mousse	Chocolate Pudding	Ice Cream
Grilled Cheese on Wheat	Vegetable & Swiss w/Mushrooms Quiche	Salmon Salad on WW	Hard Boiled Egg			
Green Beans	Buttered Corn	Mixed Green Italian Salad	Dixie Coleslaw	Cottage Cheese & Fruit Salad Plate	Red Pepper & Basil Frittata w/Parmesan Cheese	Sloppy Joe on WW Bun
Strawberries	Chocolate Mousse	Lemon Pudding	Dill Potato Salad	Banana Loaf	Wax Beans	Julienne Parsley Carrots
			Tiramisu Mousse	Chilled Tropical Fruit	Fruit Cocktail	Chilled Apricots