

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Chilled Apricots	Chilled Peach Slices	Banana Half	Chilled Diced Pears	Mandarin Oranges	Banana
Cream of Wheat	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Raisin Toast	Waffles	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Bacon
Margarine	Syrup	Margarine	Margarine	Margarine	Assorted jams	Pancake
Assorted jams	Margarine	Assorted jams	Assorted jams	Assorted cold cereal	Margarine	Margarine
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Peanut Butter	Assorted cold cereal	Strawberry Jam
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	White Toast	Peanut Butter	Assorted cold cereal
Whole Wheat Toast	Whole Wheat Toast	White Toast	White Toast		Whole Wheat Toast	Peanut Butter White Toast
LUNCH						
Salisbury Steak & Gravy	Bangers and Mash	Veal Paprika	Turkey Meatloaf	Lemon Pepper Cod	Broccoli Cheese Pasta Bake	Roast Beef
Mashed Potatoes	Green Beans	Chive Whipped Potatoes	Mashed Sweet Potatoes	Baked Sliced Potatoes	Italian Mixed Grilled Vegetables	Mashed Potatoes
Parsley Carrots	Loaf Apple Cranberry	California Vegetables	Diced Parsnips	Zesty Balsamic Carrots	Black Forest Cake	Green Peas
Uniced Chocolate Brownie	Baked Tilapia	Cherry Crisp	Poultry Gravy	Cinnamon Crumble Cake	Beef Taco Casserole	Beef Gravy
Spiced Chicken Thigh	Rice with Vegetables	Roasted Vegetable Lasagna	Iced Brownie	Asian Pork Chop	Diced Savory Potatoes	Coconut Buttermilk Pie
Savoury Diced Potatoes	Buttered Brussels Sprouts	Caesar Salad	Argentinean Beef Stew	Mashed Potatoes	Tossed Ranch Salad	Lemon Pepper Chicken Leg
Broccoli Florets	Dill Sauce	Garlic Toast	Roasted Red Skin Potatoes	Asian Vegetables	Chilled Apricots	Buttered Egg Noodles
Chilled Diced Peaches	Fruit Cocktail	Chilled Diced Pears	Green Peas	Chilled Tropical Fruit		Baked Tomato au Gratin
			Brown Gravy			Pineapple Tidbits LoCal
			Rosy Applesauce			
DINNER						
Borscht Soup	Chicken Noodle Soup	Butternut Squash Soup	Minestrone Soup	Cabbage & Potato Soup	Lentil & Vegetable Soup	Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Chicken Salad Sndw on WW	Pork Tourtiere Pie	Beef Burger on WW Bun	Mushroom Cheese Omelette	BBQ Pork Ribette on WW Bun
Creamy Coleslaw	Baked Tomato au Gratin	Mixed Green Italian Salad	Broccoli Florets	French Fries	Diced Squash	Triple Bean Salad
Tartar Sauce	Strawberries	Pineapple Tidbits	Mandarin Oranges	Spinach & Mushroom Salad	Potato Roll	Mango
Cantaloupe Chunks	Chicken Noodle Soup	Butternut Squash Soup	Minestrone Soup	Sliced Tomato	Chilled Peach Slices	Vegetable Soup
Borscht Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Mayonnaise	Lentil & Vegetable Soup	Unsalted Crackers
Unsalted Crackers	Beef Roast Sandwich on Wheat	Salmon Croquettes	Egg Salad Sndw on Croissant	Banana Half	Unsalted Crackers	Potato & Cheese Perogies
Veggie & Black Bean Quesadilla	Heritage Blend Salad with French Dressing	French Fries	Marinated Cucumbers	Cabbage & Potato Soup	Turkey & Swiss Sndw on WW	Buttered Cabbage
Buttered Corn	Whipped Topping	Steamed Asparagus	Ice Cream	Unsalted Crackers	Romaine with Mustard	Sour Cream
Sour Cream	Lime Gelatin	Tartar Sauce		Sweet Hickory BBQ Baked Beans	Vinaigrette	Dessert of the Day
Tiramisu Mousse		Vanilla Pudding		Baked Custard		
				Green Beans		
				Cheddar Herb Tea Biscuit		
				Lemon Blueberry Tart		

NOTE: Breakfast option is not available for tenants.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Apricot Halves	Banana Half	Chilled Diced Peaches	Banana	Orange Sections	Chilled Diced Pears
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Raisin Toast	Whole Wheat Toast	Waffles	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Toasted English Muffin
Margarine	Margarine	Margarine	Strawberry Jam	Margarine	Margarine	Syrup
Assorted cold cereal	Assorted jams	Syrup	Margarine	Assorted cold cereal	Assorted cold cereal	Margarine
Peanut Butter	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Peanut Butter	Peanut Butter	Assorted cold cereal
Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter	White Toast	Whole Wheat Toast	Peanut Butter
	White Toast	Whole Wheat Toast	Blueberry Muffin			Bacon
	Assorted jams	Assorted jams				Whole Wheat Toast
LUNCH						
Chicken Pie	Baked Pollock	Spinach & Cheese Cannelloni	Roasted Sage Chicken Leg	Baked Salmon Fillet	Pork Chop & Mushroom Sauce	LS Turkey a la King
Whipped Squash	Parslied Rice	Seasoned Zucchini	Baked Potato	Scalloped Potatoes	Mashed Potatoes	Egg Noodles
Poultry Gravy	Buttered Brussels Sprouts	Vanilla Tres Leches Cake	Butternut Squash	Broccoli Florets	Green Beans	California Vegetables
Cherry Cheesecake	Tartar Sauce	Liver & Onions	Sour Cream	Maple Chocolate Mania Cake	Vanilla Caramel Swirl Cake	Lemon Meringue Pie
Harvest Chickpea & Veg Curry	Butterscotch Pudding	Whipped Potatoes	Rhubarb Crisp	Teriyaki Beef & Broccoli	Vanilla Caramel Swirl Cake	Broccoli Cheese Frittata
	LoCal	Whipped Potatoes	Spaghetti & Meatballs	Basmati Rice	Balsamic Tomato Veal Schnitzel	Potato Roll
Basmati Rice	Cornflake Crusted Chicken	New England Vegetables	Steamed Asparagus	Asian Vegetables	Parslied New Potatoes	Green Peas
Cauliflower	Mashed Potatoes & Gravy	Brown Gravy	Garlic Toast	Chilled Apricots	Buttered Brussels Sprouts	Warm Apple Compote
Cantaloupe Chunks	Green Beans	Tropical Fruit Salad	Cinnamon Pears		Mango	
	Mixed Berries					
DINNER						
Creamy Carrot Dill Soup	Cream of Celery Soup	Tomato Soup	Cream of Mushroom Soup	Garden Vegetable Soup	Split Pea Soup	Chicken Mulligatawny Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Vegetable & Cheddar Quiche w/Mushrooms	Veggie Quesadillas	Sweet & Sour Chicken Balls	Chili Con Carne	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Roasted Mediterranean Vegetables	Mexican Mixed Vegetables	White Rice	Broccoli Florets	Marinated 4 Bean Salad	Sweet Potato Fries	Savory Potato Wedges
Chilled Apricots	Chilled Diced Peaches	Green Peas	Tea Biscuit	Strawberries	Tomato Cucumber Salad	Creamy Coleslaw
Creamy Carrot Dill Soup	Cream of Celery Soup	Fruit Cocktail	Blueberries	Garden Vegetable Soup	Plum Sauce	Tartar Sauce
Unsalted Crackers	Unsalted Crackers	Tomato Soup	Cream of Mushroom Soup	Unsalted Crackers	Fresh Fruit	Chilled Peach Slices
Ham Salad on WW	Hot Roast Beef on Wheat w/Gravy	Unsalted Crackers	Unsalted Crackers	Spanish Omelette	Split Pea Soup	Chicken Mulligatawny Soup
Creamy Cucumber & Onions	Sliced Carrots	Pulled Pork on WW Bun	Tuna Salad Sndw on WW	Diced Hashbrown	Unsalted Crackers	Unsalted Crackers
Tiramisu Mousse	Whipped Topping	Chickpea & Veggie Salad	Heritage Blend Salad with French Dressing	Italian Mixed Vegetables	Cheddar Cheese & Fruit	Beef Pot Pie
	Lemon Gelatin	Vanilla Pudding	Neapolitan Ice Cream Sandwich	Vanilla Mousse	Carrot Loaf	Parsley Carrots
					Tapioca Pudding	Beef Gravy
						Dessert of the Day

NOTE: Breakfast option is not available for tenants.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Chilled Diced Peaches	Banana Half	Chilled Peach Slices	Fresh Apple Slices	Orange Sections	Fruit Cocktail	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Cheddar Cheese Slice	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Rye Toast	Whole Wheat Toast	Waffles	Cranberry Orange Loaf	Raisin Toast	Whole Wheat Toast	Bacon
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Pancake
Assorted cold cereal	Assorted jams	Syrup	Assorted cold cereal	Strawberry Jam	Assorted jams	Strawberry Jam
Peanut Butter	Assorted cold cereal	Assorted cold cereal	Peanut Butter	Assorted cold cereal	Assorted cold cereal	Margarine
Whole Wheat Toast	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Syrup
	White Toast	Whole Wheat Toast		Whole Wheat Toast	White Toast	Assorted cold cereal
	Assorted jams	Strawberry Jam				Peanut Butter
						Whole Wheat Toast

LUNCH						
Breaded Pork Cutlet	Meatloaf	Baked Chicken with Chalet Sauce	Sweet-N-Sour Pork Bites	Creole Baked Fish	Veal Parmesan	Baked Ham in Pineapple Juice
Roasted New Potatoes	Garlic Mashed Potatoes	Baked Potato	Vegetable Fried Rice	O'Brien Potatoes	Marinara Sauce	Scalloped Potatoes
Sliced Beets	Green Peas	Green Beans	Sliced Carrots	Sauteed Zucchini & Red Peppers	Buttered Spaghetti	Prince Edward Vegetables
Mini Buttertart	Beef Gravy	Sour Cream	Plum Sauce	Luscious Lemon Square	Green Beans	Apple Pie Slice
Sole Florentine	Caramel Drizzle	Carrot Cake	Buttertart Square	Beef Stroganoff	Peach Crisp	Rotini Primavera w/Alfredo Sc
Fluffy Rice	Bread Pudding	Harvest Chickpea & Veg Curry	Vegetable & Swiss w/Mushrooms Quiche	Buttered Egg Noodles	Maple Balsamic Chicken Drumstick	Garden Peas
Steamed Asparagus	Cheese Ravioli & Sauce	Basmati Rice	Buttered Brussels Sprouts	Cauliflower	Mashed Potatoes	Chilled Tropical Fruit
Mustard Sauce	California Vegetables	Banana & Chocolate Sauce	Chilled Peach Slices	Cinnamon Pears	Sliced Carrots	
Pineapple Tidbits	Mango				Crushed Pineapple	

DINNER						
Cream of Tomato Soup	Country Bean & Vegetable Soup	Beef Vegetable & Noodle Soup	Cream of Celery Soup	Borscht Soup	Tuscan White Bean & Kale Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Ham & Cheese Quiche	Breaded Chicken Strips	Macaroni & Cheese	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Unsalted Crackers	Turkey & Potato Salad Plate
Broccoli Florets	Savory Potato Wedges	Italian Mixed Vegetables	Chickpea & Veggie Salad	Tomato Slices	Salmon Salad on Croissant	Beet & Onion Salad
Strawberries	Seasoned Zucchini	Mandarin Oranges	Cantaloupe Chunks	Tomato & Onion Salad	Tomato Slices	Beet & Onion Salad
Cream of Tomato Soup	Fruit Cocktail	Beef Vegetable & Noodle Soup	Cream of Celery Soup	Chilled Apricots	Creamy Coleslaw	Mango
Unsalted Crackers	Country Bean & Vegetable Soup	Unsalted Crackers	Unsalted Crackers	Tuscan White Bean & Kale Soup	Mayonnaise	Harvest Vegetable Soup
Grilled Reuben Sandwich	Unsalted Crackers	Unsalted Crackers	Vegetarian Garden Chili	Chilled Tropical Fruit	Chilled Tropical Fruit	Unsalted Crackers
Tossed Ranch Salad	Unsalted Crackers	Tuna Salad Sandwich on Brown Bread	Mixed Green Italian Salad	Borscht Soup	Borscht Soup	Sloppy Joe on WW Bun
Orange Gelatin	Sliced Turkey on Wheat	Creamy Cucumber Salad	Tea Biscuit	Unsalted Crackers	Unsalted Crackers	Italian Mixed Grilled Vegetables
	Carrot Apple Salad	Lemon Mousse	Strawberry Gelatin	Cottage Cheese & Fruit Salad Plate	Cottage Cheese & Fruit Salad Plate	Vanilla Ice Cream
	Chocolate Mousse			Blueberry Loaf	Broccoli Florets	
				Ice Cream Sandwich	Chocolate Pudding	

NOTE: Breakfast option is not available for tenants.