

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Poached Egg	Peanut Butter	Peanut Butter	Scrambled Eggs	Peanut Butter	Peanut Butter
Hard Boiled Egg	Peanut Butter	Scrambled Eggs	Hard Boiled Egg	Peanut Butter	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon
Assorted jams	Assorted jams	Assorted jams	Waffles	Assorted jams	Assorted jams	Whole Wheat Toast
Margarine	Margarine	Margarine	Assorted jams Margarine	Margarine	Margarine	Assorted jams Margarine
LUNCH						
Five Spice Baked Chicken Thigh	Oktoberfest on Bun	Spaghetti & Meat Sauce	Cheese Tortellini & Rose Sauce	Zesty Honey Dijon Baked Basa	Teriyaki Turkey Casserole	Pork Roast
Vegetable Cheese Strata	Jambalaya Shrimp	Fried Chicken	Pork Chops with Cranberry Coulis	Veal Parmesan	Steak & Mushroom Pot Pie	Salisbury Steak
Savoury Diced Potatoes	Marinated Tomatoes	Garlic Mashed Potatoes	Rice Pilaf	Buttered Egg Noodles	White Rice	Scalloped Potatoes
Julienne Parsley Carrots	Sauerkraut	Butternut Squash	Parsley Carrots	Mashed Potatoes	Seasoned Zucchini	Roasted New Potatoes
Grilled Vegetables	Date Square	Carrot Cake	Italian Mixed Grilled Vegetables	Fall Medley Vegetables	Poultry Gravy	Buttered Brussels Sprouts
Potato Roll	Chilled Tropical Fruit	Fruit Cocktail	Cherry Cheesecake	Green Beans	Citrus Orange Cake	Green Peas
Rhubarb Crisp			Chilled Diced Pears	Maple Chocolate Mania Cake	Mixed Berries	Brown Gravy
Chilled Diced Pears				Stewed Rhubarb		Beef Gravy
						Lemon Meringue Pie Chilled Pineapple
DINNER						
Beef Burger on WW Bun	Grilled Reuben Sandwich	Tuna Salad Sndw on WW	Hot Turkey Sndw on WW w/Gravy	Chicken Strips	Ham Salad on WW	Chicken Quesadilla
Lettuce Leaf	Roasted Vegetable Lasagna	Sausage Links	Sliced Egg & Salad Plate	Sloppy Joe on WW Bun	Vegetable & Cheddar Quiche w/Mushrooms	Egg Salad Sndw on Croissant
Tomato Slices	Tossed Salad & Italian Dressing	French Toast	Green Peas	xPotato Coins	Coleslaw	Chickpea Salad
Salmon Salad on Croissant	New England Vegetables	Triple Bean Salad	Mango	Mixed Salad with Italian Dressing	New England Vegetables	Seasoned Green Beans
Sunrise Vegetables	Pineapple Tidbits	Strawberry Compote	Vanilla Mousse	Buttered Corn	Chilled Peach Slices	Sour Cream
Cucumber Slices	Chocolate Ice Cream	Syrup		Plum Sauce	Vanilla Pudding	Mandarin Oranges
Ketchup		Chilled Apricots		Fruit Cocktail		Butter Tart
Fruit Cocktail		Whipped Topping		Tangerine Mousse		
Butterscotch Pudding		Orange Gelatin				

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BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Scrambled Eggs	Peanut Butter	Peanut Butter
Hard Boiled Egg	Poached Egg	Waffles	Poached Egg	Peanut Butter	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Blueberry Muffin	Syrup	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon
Assorted jams	Whole Wheat Toast	Scrambled Eggs	Assorted jams	Assorted jams	Assorted jams	Whole Wheat Toast
	Assorted jams	Whole Wheat Toast				Assorted jams
		Assorted jams				

LUNCH						
Kale & Spinach Quiche	Beef Stroganoff	Lemon Pepper Cod	Mediterranen Chicken Pasta	Fish 'n Chips	Shrimp Scampi	Roast Beef
Butter Chicken	Turkey Schnitzel	Hoisin Chicken Stir Fry	Brd Veal w/Mushroom Sauce	Honey Garlic Pork Bites	Herb Chicken	Vegetarian Curry
Basmati Rice	Savory Potato Wedges	Mashed Potatoes	Garlic Mashed Potatoes	Herbed Potatoes	Parslied Noodles	Mashed Potatoes
Parsley Carrots	Mashed Potatoes	Fried Rice	Caesar Salad	Creamy Coleslaw	Mashed Potatoes	Fluffy Rice
Cauliflower	Broccoli Florets	Wax Beans & Pimento	Prince Edward Vegetables	New England Vegetables	Green Beans	Broccoli Florets
Poultry Gravy	Coleslaw	Julienne Parsley Carrots	Loaf Apple Cranberry	Tartar Sauce	Zucchini Parmesan	Harvard Beets
Peach Crisp	Buttertart Square	Tartar Sauce	Chilled Diced Pears	Banana Cake	Chocolate Layer Cake	Horseradish
Chilled Diced Pears	Chilled Tropical Fruit	Triple Choc Fudge Cake		Stewed Rhubarb	Mixed Berries	Beef Gravy
		Strawberries				Apple Pie Slice
						Chilled Pineapple

DINNER						
Honey Garlic Meatballs w/Veg	Shaved Ham Sndw on WW	Grilled Cheese on Brown Bread	Turkey Sandwich w/Cranberry Mayo	Corned Beef on Rye	Pork Tourtiere	Macaroni & Cheese
Salmon Salad on WW	Cheese Stuffed Manicotti	Beef Pot Pie	Potato Leek Quiche	Chicken Shepherds Pie	Egg Salad Sndw on Wheat	Chicken Kiev
Mashed Potatoes	Green Beans	Mushroom & Spinach Salad	Pickled Beets	Roasted Mediterranean Vegetables	Mixed Green Italian Salad	Tomato Basil Salad
Fall Medley Vegetables	Mixed Green Salad	California Vegetables	Mixed Salad with French Dressing	Marinated Tomatoes	Green Peas	Buttered Brussels Sprouts
Tossed Garden Salad	Pineapple Tidbits	Chilled Apricots	Mango	Fruit Cocktail	Brown Gravy	Mandarin Oranges
Beef Gravy	Vanilla Frozen Yogurt	Whipped Topping	Raspberry Mousse	Neapolitan Ice Cream	Chilled Peach Slices	Chocolate Mousse
Fruit Cocktail		Cherry Gelatin			Baked Custard	
Chocolate Pudding						

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BREAKFAST

Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Scrambled Eggs	Peanut Butter	Peanut Butter
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Peanut Butter	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon
Assorted jams	Assorted jams	Cinnamon Raisin Bread	Assorted jams	Assorted jams	Assorted jams	Whole Wheat Toast
		Assorted jams				Assorted jams

LUNCH

Chicken Pot Pie	Beef Shepherd's Pie	Herb Baked Chicken Thigh	Roasted Vegetable Lasagna	Baked Ham	Stuffed Cabbage Rolls	Turkey Meatloaf with Chili Sauce
Pork Goulash Hungarian	Turkey Schnitzel	Beer Battered Fish	Beef & Pepper Skillet	Sole w/Lemon Pepper	Vegetarian Garden Chili	LS Sweet & Sour Pork
Fluffy Rice	Scalloped Potatoes	Baked Potato	Mashed Potatoes	Savory Potato Wedges	Mashed Potatoes	Whipped Potatoes
Green Peas	Buttered Corn	French Fries	Greek Salad	Mashed Potatoes	Tea Biscuit	Cilantro Rice
Cauliflower	Fall Medley Vegetables	Green Beans	Italian Mixed Vegetables	Sunrise Vegetables	Parslied Cauliflower	Peas & Carrots
Chicken Gravy	Beef Gravy	Steamed Asparagus Spears	Margarine	Montego Vegetables	Green Beans	Diced Squash
Cherry Crisp	Maple Avalanche Cake	Sour Cream	Lemon Buttermilk Cake	Applesauce	Apple Crisp	Poultry Gravy
Chilled Diced Pears	Chilled Tropical Fruit	Tartar Sauce	Chilled Diced Pears	Brownie	Blueberries	Mandarin Oranges
		Poultry Gravy		Stewed Rhubarb		Coconut Cream Pie
		Cheesecake				
		Fruit Cocktail				

DINNER

Swedish Meatballs w/Mushroom Sauce	BBQ Pork Ribette on WW Bun	Potato & Cheese Perogies	Red Pepper & Basil Frittata w/Parmesan Cheese	Chicken Caesar Salad	Pulled Pork on WW Bun	Chicken Salad Sndw on WW
Swiss & Tomato Sndw on WW	Lentil Bolognese	Salmon Salad on WW	Turkey Salad Sndw WW	Pastrami Sndw on Wheat	Hard Boiled Egg	Spanakopita
Mashed Potatoes	Rotini	Buttered Red Cabbage	Whole Wheat Bread	Pickled Beets	Potato Salad	Chickpea Salad
Broccoli Florets	Cucumber Slices	Mixed Green Italian Salad	Tomato Slices	Garlic Bread	Garden Salad	Buttered Corn
Mediterranean Salad	Sliced Carrots	Sour Cream	Carrot Raisin Salad	Pickle Relish	Florentine Veg Mix	Pineapple Tidbits
Fruit Cocktail	Pineapple Tidbits	Chilled Apricots	Mandarin Oranges	Fruit Cocktail	Chocolate Mousse	Dessert of the Day
Vanilla Pudding	Butterscotch Ice Cream	Whipped Topping	Strawberry Mousse	Vanilla Ice Cream	Chilled Peach Slices	
		Orange Gelatin				