

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	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg
Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Rye Toast	Buttered Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Strawberry Jam	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
					Buttered WW Toast	Buttered WW Toast
<b>LUNCH</b>						
Five Spice Baked Chicken Thigh	Swedish Meatballs w/Mushroom Sauce	Breaded Chicken Breast	Baked Pork Chop	Breaded Haddock	Turkey Schnitzel	Marinated Pork Loin
Poultry Gravy	Egg Noodles	Sweet Potato Fries	Brown Gravy	Tartar Sauce	Poultry Gravy	Brown Gravy
Mashed Potatoes	California Vegetables	Seasoned Zucchini	Mashed Potatoes	Savoury Diced Potatoes	Mashed Potatoes	Mashed Potatoes
Seasoned Diced Turnips	Berry Rhubarb Crisp	Carrot Cake	Wax Beans	Julienne Parsley Carrots	Steamed Broccoli	Fall Medley Vegetables
Apple Brown Betty Cake	Cranberry Juice	Peach Juice	Cinnamon Roll Cake	Orange Sections	Iced Brownie	Cherry Pie
Apple Juice		Roast Leg of Lamb & Veg	Grape Juice	Apple Juice	Cranberry Juice	Peach Juice
Rotini Primavera w/Alfredo Sc	Liver & Onions	Brown Gravy	Roasted Vegetable Lasagna	Southwest Beef	Cheese Tortellini & Rose Sauce	Beef Stroganoff
Sliced Carrots	Beef Gravy	Mashed Potatoes	Garlic Knot	Beef Gravy	Butternut Squash	Egg Noodles
Chilled Diced Pears	Mashed Potatoes	Cauliflower	Steamed Asparagus Spears	Mashed Potatoes	Grated Parmesan Cheese	Buttered Brussels Sprouts
	Chuckwagon Corn	Chilled Diced Peaches	Chilled Apricots	Diced Parsnips	Blueberries	Pineapple Tidbits
	Chilled Tropical Fruit			Lemon Tart		
<b>DINNER</b>						
Minestrone Soup	Borscht Soup	Chicken Rice Soup	Garden Vegetable Soup	Italian Wedding Soup	Beef Vegetable & Noodle Soup	Lentil & Vegetable Soup
Sliced Beef Sndw on Wheat	Spanakopita	Tuna Salad Sndw on WW	Hard Boiled Egg	Chicken Strips	Ham Salad on WW	Sweet & Sour Chicken Balls
Caesar Salad	Greek Pasta Salad	Triple Bean Salad	Red Beet Citrus Salad	Plum Sauce	Mixed Salad with French Dressing	Plum Sauce
Butterscotch Pudding	Dill Cucumber & Red Onion Salad	Honeydew Melon	Zwieback	xPotato Coins	Pickle Spear	Mini Spring Roll
Minestrone Soup	Mixed Berries	Chicken Rice Soup	Margarine	Mixed Salad with Italian Dressing	Chilled Diced Peaches	Green Peas
Vegetable Cheese Strata		Sausage Links	Mango	Fruit Cocktail		Tapioca Pudding
Sunrise Vegetables	Borscht Soup	Syrup	Garden Vegetable Soup	Italian Wedding Soup	Beef Vegetable & Noodle Soup	Lentil & Vegetable Soup
Fruit Cocktail	Cheddar Cheese Slice	Waffles	Hot Turkey Sndw on WW w/Gravy	Pastrami Sndw on Wheat	Salmon Patty	Broccoli & Swiss w/Mushrooms
	Carrot Loaf	Hot Spiced Apples	Green Peas	Marinated Tomatoes	Creamy Coleslaw	Quiche
	Pineapple Tidbits	Strawberry Gelatin	Vanilla Mousse	Chocolate Pudding	White Dinner Roll	Cauliflower
	Ice Cream				Tartar Sauce	Mandarin Oranges
					Dessert of the Day	

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Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter Buttered WW Toast	Peanut Butter Buttered WW Toast
<b>LUNCH</b>						
Chicken Kiev	BBQ Pork Ribs	Herb Chicken	Beef & Macaroni Casserole	Breaded Haddock	Turkey a la King	Roast Beef
Poultry Gravy	Baked Sweet Potato Wedges	Poultry Gravy	Prince Edward Vegetables	Tartar Sauce	Poultry Gravy	Beef Gravy
Mashed Potatoes	Green & Yellow Beans	Mashed Potatoes	Mixed Berries	Savory Potato Wedges	Mashed Potatoes	Mashed Potatoes
Parsley Carrots	Butter Tart	Steamed Broccoli	Grape Juice	Creamy Coleslaw	Green Beans	Paradisio Vegetables
French Cream Cheesecake	Cranberry Juice	Mandarin Oranges	Pork Tourtiere Pie	Bread Pudding	Tiramisu Cake	Yorkshire Pudding
Caramel Sauce	Turkey Divan	Peach Juice	Brown Gravy	Caramel Dessert Sauce	Cranberry Juice	Horseradish
Apple Juice	Poultry Gravy	Zesty Honey Dijon Baked Basa	Mashed Potatoes	Apple Juice	Meat Lasagna	Peach Pie
Shrimp Alfredo Rotini	Mashed Potatoes	Fluffy Rice	Green Peas	Veal Parmesan	Garlic Knot	Peach Juice
Seasoned Zucchini	Seasoned Diced Turnips	Diced Squash	Maple Chocolate Mania	Poultry Gravy	Parslied Cauliflower	Creamy Dill Salmon
Chilled Diced Pears	Chilled Tropical Fruit	Dessert of the Day		Mashed Potatoes	Strawberries	Savoury Diced Potatoes
				Winter Vegetables		Steamed Asparagus
				Chilled Diced Peaches		Pineapple Tidbits
<b>DINNER</b>						
Vegetable Florentine Soup	Beef Barley & Vegetable Soup	Chicken Noodle Soup	Minestrone Soup	Borscht Soup	Fall Harvest Soup	Split Pea Soup
Beef Pot Pie	Ham & Swiss on Wheat	BBQ Beef Ribette	Sliced Turkey on Wheat	Chicken Souvlaki	Cod Nuggets	Chicken Salad Sndw on WW
Beef Gravy	Marinated Cucumbers	White Dinner Roll	Heritage Blend Salad with French Dressing	Tzatziki Sauce	French Fries	Creamy Cucumber Salad
New England Vegetables	Frozen Peach Yogurt Sundae	Dixie Coleslaw		Paradisio Vegetables	Green Peas	Mandarin Oranges
Fruit Cocktail	Beef Barley & Vegetable Soup	Cherry Gelatin w/Whip	Raspberry Mousse	Whole Wheat Pita Bread	Tartar Sauce	Split Pea Soup
Vegetable Florentine Soup	Cottage Cheese & Fruit Plate	Chicken Noodle Soup	Minestrone Soup	Vanilla Ice Cream Cup	Chilled Diced Pears	Garden Veggie & Feta Omelette
Egg Salad Sndw on Wheat	Blueberry Scone	Vegetarian Meatball Sandwich	Ham & Cheese Quiche	Borscht Soup	Fall Harvest Soup	Chickpea & Veggie Salad
Romaine & Onion Salad	Bananas & Cream	Green Beans	Pickled Beets	Corned Beef on Wheat	Cheese & Tomato Croissant	Dessert of the Day
Pickle Spear		Chilled Apricots	White Dinner Roll	Marinated Tomatoes	Mixed Green Italian Salad	
Chocolate Pudding			Mango	Fruit Cocktail	Butterscotch Mousse LoCal	

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<b>LUNCH</b>						
BBQ Sauce Glazed Chicken	Beef Shepherd's Pie	Bangers and Mash	Roasted Vegetable Lasagna	Breaded Haddock	Stuffed Cabbage Rolls	Baked Ham
Poultry Gravy	Beef Gravy	Brown Gravy	Garlic Knot	Tartar Sauce	Brown Gravy	Brown Gravy
Mashed Potatoes	Seasoned Zucchini	Green & Yellow Beans	Asian Stir Fry Vegetables	Brown Gravy	Mashed Potatoes	Scalloped Potatoes
Green Peas	Chilled Tropical Fruit	Apple Crisp	Chilled Diced Pears	Mashed Potatoes	Parslied Cauliflower	Diced Squash
Peanut Butter Cookies	Cranberry Juice	Peach Juice	Grape Juice	Sunrise Vegetables	Red Velvet Cake	Yorkshire Pudding
Apple Juice	Asian Turkey Stir Fry	Spaghetti & Meat Sauce	Veal Cutlet	Nanaimo Bar	Cranberry Juice	Berry Trifle
Pork Goulash Hungarian	Fluffy Rice	Parslied Cauliflower	Brown Gravy	Apple Juice	Turkey Sausage	Peach Juice
Egg Noodles	Diced Parsnips	Grated Parmesan Cheese	Mashed Potatoes	Chicken Vegetable Stew	Savoury Diced Potatoes	Krunchie Perch
Prince Edward Vegetables	Dessert of the Day	Mandarin Oranges	Parsley Carrots	Baked Sweet Potato Wedges	Steamed Asparagus	Mashed Potatoes
Chilled Diced Pears			Lemon Buttermilk Cake	Steamed Broccoli	Blueberries	Peas & Carrots
				Stewed Strawberries & Rhubarb		Mandarin Oranges
<b>DINNER</b>						
Garden Vegetable Soup	Lentil & Vegetable Soup	Tomato Soup	Chicken Vegetable Barley Soup	Butternut Squash Soup	Borscht Soup	Split Pea Soup
Salmon Salad on WW	Salami on Wheat	Beef Stuffed Green Pepper	Turkey Salad on Wheat	Pulled Pork	Hot Roast Beef on Bun with Gravy	Macaroni & Cheese
Pickled Beets	Cucumber Slices	Paradisio Vegetables	Tomato Slices	White Dinner Roll	Green Beans	Baked Tomato au Gratin
Vanilla Pudding	Tiramisu Mousse	Buttered WW Bread	Vanilla Frozen Yogurt	Italian Seasoned Vegetables	Chilled Diced Peaches	Chocolate Mousse
Garden Vegetable Soup	Lentil & Vegetable Soup	Strawberries	Chicken Vegetable Barley Soup	Fruit Platz		Split Pea Soup
Potato & Cheese Perogies	Quiche Florentine	Tomato Soup	Western Omelette Sndw WW	Butternut Squash Soup	Borscht Soup	Sliced Chicken Sndw on WW
Montego Vegetables	Sliced Carrots	Grilled Cheese on Wheat	Dixie Coleslaw	Red Pepper & Basil Frittata w/Parmesan Cheese	Chicken Caesar Salad	Tossed Salad & Italian Dressing
Sour Cream	Pineapple Tidbits	Spinach Onion Salad	Banana & Chocolate Sauce	Green Peas	White Dinner Roll	Pineapple Tidbits
Fruit Cocktail		Pickle Spear		Tea Biscuit	Dessert of the Day	
		Orange Gelatin		Fruit Cocktail		
		Whipped Topping				