

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
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
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
					Whole Wheat Toast	Whole Wheat Toast
LUNCH						
Salisbury Steak	Spiced Chicken Thigh	Beef Stroganoff	Turkey Schnitzel	Breaded Haddock	Stuffed 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	Iced Brownie	Tartar Sauce	Peach Juice	Yorkshire Pudding
Pork Goulash Hungarian	Peach Juice	Turkey Sausage	Grape Juice	Chocolate Cake		Horseradish
Mashed Potatoes	Baked Lemon Pepper Cod	Stir Fried Peppers & Onions	Lamb Patty	Cranberry Juice	Breaded Pork Cutlet	Apple Pie Slice
Steamed Broccoli	Fluffy Rice	Turkey Gravy	Mashed Potatoes	Cheese Tortellini & Rose Sauce	Fluffy Rice	Apple Juice
Chilled Diced Peaches	Green Beans	Mashed Potatoes	Green Peas	Buttered Brussels Sprouts	Dessert of the Day	Baked Parmesan Breaded Fish
	Ice Cream Sandwich	Diced Squash	Mint Jelly	Grated Parmesan Cheese		Italian Seasoned Vegetables
		Chilled Diced Pears	Warm Apple Compote	Chilled Tropical Fruit		Pineapple Tidbits
DINNER						
Unsalted Crackers	Italian Wedding Soup	Garden Veg Soup	Borscht Soup	Beef Barley & Vegetable Soup	Minestrone Soup	Lentil & Vegetable Soup
Chicken Noodle Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Beef Roast Sandwich on Wheat	Bacon	Egg Salad Sndw on Wheat	Beef Burger on WW Bun	Turkey & Swiss Sndw on WW	xChicken Dippers
Tartar Sauce	Heritage Blend Salad with French Dressing	Syrup	Creamy Cucumber Salad	Ketchup/Mustard/Relish	Pickled Beets	Savory Potato Wedges
Caesar Salad		French Toast	Strawberry Ice Cream	Mixed Salad with Italian Dressing	Chilled Diced Peaches	Tossed Ranch Salad
Fresh Watermelon	Lime Gelatin	Stewed Rhubarb & Berries		Lemon Tart		Plum Sauce
	Whipped Topping	Pineapple Tidbits	Borscht Soup		Minestrone Soup	Ice Cream Sandwich
Chicken Noodle Soup			Pork Drummies	Beef Barley & Vegetable Soup	Spanish Omelette	
Beef Stuffed Green Pepper	Italian Wedding Soup	Garden Veg Soup	Brown Gravy	Chicken Souvlaki	5-Way Mixed Vegetables	Lentil & Vegetable Soup
Parslied Cauliflower	Macaroni & Cheese	Chicken Salad	Green & Yellow Beans	Tzatziki Sauce	Tea Biscuit	BBQ Sauce Glazed Pork Ribette
Tiramisu Mousse	Tomato Slices	White Dinner Roll	White Dinner Roll	Sunrise Vegetables	Butterscotch Pudding	White Dinner Roll
	Strawberries	Spinach Onion Salad	Mandarin Oranges	French Fries	Whipped Topping	Dixie Coleslaw
		Vanilla Pudding		Chilled Diced Pears		Mango

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

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