

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	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
LUNCH						
Five Spice Baked Chicken Thigh	Swedish Meatballs w/Mushroom Sauce	Southern Style Fried Chicken	Baked Pork Chop	Breaded Haddock	Turkey Schnitzel	Dry Rub Brown Sugar & Mustard Toupe Ham
Poultry Gravy	Mashed Potatoes	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	Blueberry Crisp	Lemon Buttermilk Cake	Italian Mixed Vegetables	Julienne Parsley Carrots	Steamed Broccoli	Buttered Brussels Sprouts
Maple Cake		Lamb & Vegetable Stew	Cinnamon Roll Cake	Orange Sections	Iced Brownie	Cherry Pie
Rotini Primavera w/Alfredo Sc	Potato Leek Quiche	Brown Gravy	Roasted Vegetable Lasagna	Southwest Beef	Cheese Tortellini & Rose Sauce	Beef Stroganoff
Sliced Carrots	Beef Gravy	Mashed Potatoes	Garlic Toast	Beef Gravy	Butternut Squash	Egg Noodles
Chilled Diced Pears	Chuckwagon Corn	Cauliflower	Fusion Mix Vegetables	Mashed Potatoes	Grated Parmesan Cheese	Fall Medley Vegetables
	Chilled Tropical Fruit	Chilled Diced Peaches	Chilled Apricots	Diced Parsnips	Blueberries	Crushed Pineapple
				Lemon Tart		
DINNER						
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	Seafood Salad Sndw on Croissant	Breaded Chicken Strips	Peameal Bacon Sandwich on Bun	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
Sweet Pickle	Dill Cucumber & Red Onion Salad	Fresh Fruit Salad	Mango	Potato Coins	Tomato Slices & Lettuce	Vegetable Fried Rice
Butterscotch Pudding	Mandarin Oranges	Chicken Rice Soup	Garden Vegetable Soup	Mixed Salad with Italian Dressing	Chilled Diced Peaches	Green Peas
Minestrone Soup	Borscht Soup	Sausage Links	Hot Turkey Sndw on WW w/Gravy	Fruit Cocktail	Beef Vegetable & Noodle Soup	Tapioca Pudding
Vegetable Cheese Strata	Cheddar Cheese Slice	Syrup	Green Peas	Italian Wedding Soup	Salmon Patty	Lentil & Vegetable Soup
Sunrise Vegetables	Carrot Loaf	Waffles	Vanilla Mousse	Pastrami Sndw on Wheat	Creamy Coleslaw	Egg & Potato Salad Plate
Fruit Cocktail	Pineapple Tidbits	Hot Spiced Apples		Marinated Tomatoes	White Dinner Roll	Pickled Beets
	Ice Cream	Strawberry Gelatin		Chocolate Pudding	Tartar Sauce	Mandarin Oranges
					Dessert of the Day	

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LUNCH						
Chicken Kiev	Homestyle Pulled Pork & Beans	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	Chilled Diced Pears	Savory Potato Wedges	Mashed Potatoes	Mashed Potatoes
Parsley Carrots	Butter Tart	Steamed Broccoli	Pork Tourtiere Pie	Carrot Raisin Salad	Green Beans	Paradisio Vegetables
French Cream Cheesecake	Turkey Divan	Mandarin Oranges	Brown Gravy	Tiramisu	Mocha Pudding	Horseradish
Caramel Sauce	Poultry Gravy	Lemon Pepper Cod	Mashed Potatoes	Veal Parmesan	Meat Lasagna	Coconut Cream Pie
Shrimp Alfredo Rotini	Mashed Potatoes	Fluffy Rice	Green Peas	Poultry Gravy	Garlic Knot	Lemon Fish Sole Fillet
Seasoned Zucchini	Creamy Corn	Diced Squash	Maple Chocolate Mania	Mashed Potatoes	Parslied Cauliflower	Savoury Diced Potatoes
Chilled Diced Pears	Chilled Tropical Fruit	Dessert of the Day		Winter Vegetables	Strawberries	Florentine Veg Mix
				Chilled Diced Peaches		Pineapple Tidbits
DINNER						
Vegetable Florentine Soup	Beef Barley & Vegetable Soup	Chicken Noodle Soup	Leek & Sweet Potato 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	Coleslaw	Raspberry Mousse	Paradisio Vegetables	Green Peas	Plum Sauce
Fruit Cocktail	Beef Barley & Vegetable Soup	Cherry Gelatin w/Whip		Whole Wheat Pita Bread	Tartar Sauce	Mandarin Oranges
Vegetable Florentine Soup	Cottage Cheese & Fruit Plate	Chicken Noodle Soup	Leek & Sweet Potato Soup	Vanilla Ice Cream Cup	Chilled Diced Pears	Split Pea Soup
Egg Salad Sndw on Wheat	Blueberry Scone	Chicken Cobb Salad	Ham & Cheese Quiche	Borscht Soup	Fall Harvest Soup	Mini Spring Roll
Romaine & Onion Salad	Bananas & Cream	Buttered WW Bread	Pickled Beets	Corned Beef on Wheat	Cheese & Tomato Croissant	Seasoned Rice
Pickle Spear		Chilled Apricots	White Dinner Roll	Marinated Tomatoes	Mixed Green Italian Salad	Asian Vegetables
Chocolate Pudding			Mango	Fruit Cocktail	Lemon Chiffon LoCal	Dessert of the Day

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LUNCH						
BBQ Sauce Glazed Chicken	Beef Shepherd's Pie	Bangers and Mash	Roasted Vegetable Lasagna	Breaded Haddock	Stuffed Cabbage Rolls	Apple Braised Pork Chops
Poultry Gravy	Beef Gravy	Brown Gravy	Garlic Knot	Tartar Sauce	Brown Gravy	Brown Gravy
Mashed Potatoes	Seasoned Zucchini	Green & Yellow Beans	Steamed Broccoli	Brown Gravy	Mashed Potatoes	Scalloped Potatoes
Green Peas	Chilled Tropical Fruit	Apple Crisp	Chilled Diced Pears	Mashed Potatoes	Parslied Cauliflower	Diced Squash
Cherries in Snow	Asian Turkey Stir Fry	Spaghetti & Meat Sauce	Veal Cutlet	Sunrise Vegetables	Sponge Cake	Lemon Meringue Pie
Pork Goulash Hungarian	Fluffy Rice	Parslied Cauliflower	Brown Gravy	Chocolate Layer Cake	Turkey Sausage	Krunchie Perch
Egg Noodles	Diced Parsnips	Grated Parmesan Cheese	Mashed Potatoes	Chicken Vegetable Stew	Savoury Diced Potatoes	Mashed Potatoes
Prince Edward Vegetables	Dessert of the Day	Mandarin Oranges	Parsley Carrots	Baked Sweet Potato Wedges	Steamed Asparagus	Peas & Carrots
Chilled Diced Pears			Lemon Buttermilk Cake	Steamed Broccoli	Blueberries	Mandarin Oranges
				Baked Apple		
DINNER						
Garden Vegetable Soup	Lentil & Vegetable Soup	Tomato Soup	Chicken Vegetable Barley Soup	Golden Mushroom Soup	Borscht Soup	Split Pea Soup
Salmon Salad on WW	Salami on Wheat	Chicken Breast w/BBQ Sauce	Turkey Salad on Wheat	Pulled Pork	Hot Roast Beef on Bun with Gravy	Macaroni & Cheese
Pickled Beets	Cucumber Slices	Sweet Potato Fries	White Dinner Roll	White Dinner Roll	Green Beans	Stewed Tomatoes
Vanilla Pudding	Tiramisu Mousse	Buttered Corn	Tomato Slices	Italian Seasoned Vegetables	Chilled Diced Peaches	Ice Cream
Garden Vegetable Soup	Lentil & Vegetable Soup	Strawberries	Chocolate Mousse	Vanilla Ice Cream	Borscht Soup	Split Pea Soup
Potato & Cheese Perogies	Swiss & Onion Quiche	Tomato Soup	Chicken Vegetable Barley Soup	Golden Mushroom Soup	Chicken Caesar Salad	Sliced Chicken Sndw on WW
Montego Vegetables	Sliced Carrots	Grilled Cheese on Wheat	Western Omelette	Red Pepper & Basil Frittata w/Parmesan Cheese	White Dinner Roll	Tossed Salad & Italian Dressing
Sour Cream	Pineapple Tidbits	Spinach Onion Salad	Dixie Coleslaw		Dessert of the Day	Pineapple Tidbits
Fruit Cocktail		Orange Gelatin	Banana & Chocolate Sauce	Green Peas		
		Whipped Topping		Tea Biscuit		
				Fruit Cocktail		