

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl
High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	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
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	Peanut Butter	Buttered WW Toast Peanut Butter	Bacon 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	Beef Gravy	Sweet Potato Fries	Brown Gravy	Tartar Sauce	Poultry Gravy	Brown Gravy
Mashed Potatoes	Mashed Potatoes	Seasoned Zucchini	Mashed Potatoes	Savoury Diced Potatoes	Mashed Potatoes	Mashed Potatoes
Seasoned Diced Turnips	California Vegetables	Lemon Buttermilk Cake	Italian Mixed Vegetables	Julienne Parsley Carrots	Steamed Broccoli	Buttered Brussels Sprouts
Maple Cake	Blueberry Crisp	Lamb & Vegetable Stew	Cinnamon Roll Cake	Lemon Tart	Iced Brownie	Cherry Pie
Rotini Primavera w/Alfredo Sc	Potato Leek Quiche	Brown Gravy	Meat Lasagna	Southwest Beef	Cheese Tortellini & Rose Sauce	Beef Stroganoff
Sliced Carrots	Chuckwagon Corn	Mashed Potatoes	Garlic Toast	Beef Gravy	Green Beans	Egg Noodles
Chilled Diced Pears	Chilled Tropical Fruit	Parslied Cauliflower	Fusion Mix Vegetables	Mashed Potatoes	Grated Parmesan Cheese	Fall Medley Vegetables
		Chilled Diced Peaches	Chilled Apricots	Diced Parsnips	Blueberries	Crushed Pineapple
				Orange Sections		
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	Sweet & Sour Chicken Balls	
Caesar Salad	Dill Cucumber & Red Onion Salad	Triple Bean Salad	Red Beet Citrus Salad	Plum Sauce	Plum Sauce	
Sweet Pickle	Pineapple Tidbits	Fresh Fruit Salad	Mango	Potato Coins	Sandwich on Bun	
Fruit Cocktail				Mixed Greens Salad	Mixed Salad with French Dressing	
Minestrone Soup	Borscht Soup	Chicken Rice Soup	Garden Vegetable Soup	Fruit Cocktail	Tomato Slices & Lettuce	Green Peas
Vegetable Cheese Strata	Turkey Sandwich w/Cranberry Mayo	Sausage Links	Hot Turkey Sndw on WW w/Gravy	Italian Wedding Soup	Chilled Diced Peaches	Mandarin Oranges
Sunrise Vegetables	Carrot Raisin Salad	Syrup	Green Peas	Pastrami Sndw on Wheat	Beef Vegetable & Noodle Soup	Lentil & Vegetable Soup
Butterscotch Pudding	Ice Cream	Waffles	Vanilla Mousse	Marinated Tomatoes	Salmon Patty	Egg & Potato Salad Plate
		Hot Spiced Apples		Chocolate Pudding	Creamy Coleslaw	Pickled Beets
		Strawberry Gelatin			White Dinner Roll	Tapioca Pudding
					Tartar Sauce	
					Dessert of the Day	

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BREAKFAST						
Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl
High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal
Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Buttered WW Toast	Buttered WW Toast	Buttermilk Pancakes	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
Assorted cold cereal	Assorted cold cereal	Maple Syrup	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Assorted cold cereal Buttered WW Toast Peanut Butter	Peanut Butter	Peanut Butter	Buttered WW Toast Peanut Butter	Buttered WW Toast Bacon

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

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BREAKFAST						
Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl
High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Buttered Raisin Toast
Buttered WW Toast	Buttered WW Toast	Belgian Waffle	Buttered WW Toast	Buttered WW Toast	Rye Toast	Margarine
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Hard Boiled Egg
Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam
Assorted cold cereal	Assorted cold cereal	Maple Syrup	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Assorted cold cereal	Peanut Butter	Peanut Butter	Buttered WW Toast	Bacon
		Buttered WW Toast			Peanut Butter	Buttered WW Toast
		Peanut Butter				

LUNCH						
BBQ Sauce Glazed Chicken	Beef Shepherd's Pie	Bangers and Mash	Meat Lasagna	Breaded Haddock	Stuffed Cabbage Rolls	Teriyaki Pork Chop
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	Dessert of the Day	Apple Crisp	Lemon Buttermilk Cake	Mashed Potatoes	Parslied Cauliflower	Diced Squash
Cherries in Snow	Asian Turkey Stir Fry	Spaghetti & Meat Sauce	Breaded 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	Butternut Squash	Grated Parmesan Cheese	Mashed Potatoes	Chicken Vegetable Stew	Savoury Diced Potatoes	Mashed Potatoes
Prince Edward Vegetables	Chilled Tropical Fruit	Mandarin Oranges	Parsley Carrots	Baked Sweet Potato Wedges	Steamed Asparagus	Peas & Carrots
Chilled Diced Pears			Chilled Diced Pears	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	Potato Roll	White Dinner Roll	Green Beans	Stewed Tomatoes
Fruit Cocktail	Pineapple Tidbits	Buttered Corn	Tomato Slices	Italian Seasoned Vegetables	Chilled Diced Peaches	Pineapple Tidbits
Garden Vegetable Soup	Lentil & Vegetable Soup	Strawberries	Banana & Chocolate Sauce	Fruit Cocktail	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	Garlic Toast	Tossed Salad & Italian Dressing
Sour Cream	Tiramisu Mousse	Spinach Onion Salad	Dixie Coleslaw	Green Peas	Dessert of the Day	Ice Cream
Vanilla Pudding		Orange Gelatin	Chocolate Mousse	Tea Biscuit		
		Whipped Topping		Vanilla Ice Cream		