

| 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 | Southwest Beef | 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 | Parslied Noodles | Seasoned Zucchini | Mashed Potatoes | Beef Gravy | Crinkle Cut Fries | Mashed Potatoes |
| Seasoned Diced Turnips | California Vegetables | Seasoned Zucchini | Italian Mixed Vegetables | Mashed Potatoes | Steamed Broccoli | Mashed Potatoes |
| Maple Cake | Blueberry Crisp | Lemon Buttermilk Cake | Vegetables | Julienne Parsley Carrots | Iced Brownie | Buttered Brussels Sprouts |
| Rotini Primavera w/Alfredo Sc | Potato Leek Quiche | Salisbury Steak | Cinnamon Roll Cake | Lemon Tart | Cheese Tortellini & Rose Sauce | Cherry Pie |
| Sliced Carrots | Chuckwagon Corn | Brown Gravy | Meat Lasagna | Breaded Haddock | Green Beans | Beef Stroganoff |
| Chilled Diced Pears | Chilled Tropical Fruit | Mashed Potatoes | Garlic Toast | Savoury Diced Potatoes | Grated Parmesan Cheese | Egg Noodles |
| | | Parslied Cauliflower | Fusion Mix Vegetables | Diced Parsnips | Blueberries | Fall Medley Vegetables |
| | | Chilled Diced Peaches | Chilled Apricots | Orange Sections | | Crushed Pineapple |
| 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 | 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 | Mixed Salad with French Dressing | Vegetable Fried Rice |
| Fruit Cocktail | Borscht Soup | Chicken Rice Soup | Garden Vegetable Soup | Mixed Greens Salad | Tomato Slices & Lettuce | Green Peas |
| Minestrone Soup | Turkey Sandwich w/Cranberry Mayo | Sausage Links | Hot Turkey Sndw on WW w/Gravy | Fruit Cocktail | Chilled Diced Peaches | Mandarin Oranges |
| Vegetable Cheese Strata | Carrot Raisin Salad | Syrup | Green Peas | Italian Wedding Soup | Beef Vegetable & Noodle Soup | Lentil & Vegetable Soup |
| Sunrise Vegetables | Ice Cream | Waffles | Vanilla Mousse | Pastrami Sndw on Wheat | Salmon Patty | Egg & Potato Salad Plate |
| Butterscotch Pudding | | Hot Spiced Apples | | Marinated Tomatoes | Creamy Coleslaw | Pickled Beets |
| | | Strawberry Gelatin | | Chocolate Pudding | White Dinner Roll | Tapioca Pudding |
| | | | | | Tartar Sauce | |
| | | | | | Dessert of the Day | |

| 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 |
| 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 | Peanut Butter | Peanut Butter | Buttered WW Toast | Bacon |
| | | Buttered WW Toast | | | Peanut Butter | Buttered WW Toast |
| | | Peanut Butter | | | | |

| | | | | | | |
|-------------------------|-------------------------------|--------------------|---------------------------|-----------------------|----------------------|------------------------|
| 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 | Rice Pilaf | 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 | Pork Tourtiere Pie | Vanilla Caramel Cake | Mocha Pudding | Horseradish |
| Caramel Sauce | Turkey Divan | Lemon Pepper Cod | Brown Gravy | Veal Parmesan | Meat Lasagna | Coconut Cream Pie |
| Shrimp Alfredo Rotini | Poultry Gravy | Fluffy Rice | Mashed Potatoes | Poultry Gravy | Garlic Knot | Lemon Fish Sole Fillet |
| Seasoned Zucchini | Mashed Potatoes | Diced Squash | Green Peas | 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 | 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 | Mango | Paradisio Vegetables | Green Peas | Mandarin Oranges |
| Fruit Cocktail | Beef Barley & Vegetable Soup | Chilled Apricots | Chicken Noodle Soup | Whole Wheat Pita Bread | Tartar Sauce | Split Pea Soup |
| Vegetable Florentine Soup | Cottage Cheese & Fruit Plate | Chicken Cobb Salad | Chicken Cobb Salad | Fruit Cocktail | Chilled Diced Pears | Mini Spring Roll |
| Egg Salad Sndw on Wheat | Blueberry Scone | Buttered WW Bread | Leek & Sweet Potato Soup | Borscht Soup | Fall Harvest Soup | Seasoned Rice |
| Romaine & Onion Salad | Bananas & Cream | Cherry Gelatin w/Whip | Ham & Cheese Quiche | Corned Beef on Wheat | Cheese & Tomato Croissant | Asian Vegetables |
| Pickle Spear | | | Pickled Beets | Marinated Tomatoes | Mixed Green Italian Salad | Plum Sauce |
| Chocolate Pudding | | | White Dinner Roll | Vanilla Ice Cream Cup | Lemon Chiffon LoCal | Dessert of the Day |
| | | | Raspberry Mousse | | | |

| 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 |
| 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 Buttered WW Toast Peanut Butter | Peanut Butter | Peanut Butter | Buttered WW Toast Peanut Butter | Bacon Buttered WW Toast |
| LUNCH | | | | | | |
| BBQ Sauce Glazed Chicken | Beef Shepherd's Pie | Bangers and Mash | Meat Lasagna | Chicken Vegetable Stew | Stuffed Cabbage Rolls | Teriyaki Pork Chop |
| Poultry Gravy | Beef Gravy | Brown Gravy | Garlic Knot | Baked Sweet Potato Wedges | Brown Gravy | Brown Gravy |
| Mashed Potatoes | Seasoned Zucchini | Green & Yellow Beans | Steamed Broccoli | Steamed Broccoli | Mashed Potatoes | Scalloped Potatoes |
| Green Peas | Dessert of the Day | Apple Crisp | Lemon Buttermilk Cake | Chocolate Layer Cake | Parslied Cauliflower | Diced Squash |
| Cherries in Snow | Asian Turkey Stir Fry | Spaghetti & Meat Sauce | Breaded Veal Cutlet | Breaded Haddock | Sponge Cake | Lemon Meringue Pie |
| Pork Goulash Hungarian | Fluffy Rice | Parslied Cauliflower | Brown Gravy | Tartar Sauce | Turkey Sausage | Krunchie Perch |
| Egg Noodles | Butternut Squash | Grated Parmesan Cheese | Mashed Potatoes | Mashed Potatoes | Savoury Diced Potatoes | Mashed Potatoes |
| Prince Edward Vegetables | Chilled Tropical Fruit | Mandarin Oranges | Parsley Carrots | Sunrise Vegetables | Steamed Asparagus | Peas & Carrots |
| Chilled Diced Pears | | | Chilled Diced Pears | Baked Apple | Blueberries | Mandarin Oranges |
| 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 | Tomato Slices | White Dinner Roll | Green Beans | Stewed Tomatoes |
| Fruit Cocktail | Pineapple Tidbits | Buttered Corn | Banana & Chocolate Sauce | Italian Seasoned Vegetables | Chilled Diced Peaches | Pineapple Tidbits |
| Garden Vegetable Soup | Lentil & Vegetable Soup | Strawberries | | 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 | Potato Roll | | Dessert of the Day | Ice Cream |
| Vanilla Pudding | | Orange Gelatin | Dixie Coleslaw | Green Peas | | |
| | | Whipped Topping | Chocolate Mousse | Tea Biscuit | | |
| | | | | Vanilla Ice Cream | | |