

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
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
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Buttered Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams
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	Peanut Butter	Peanut Butter
					Whole Wheat Toast	Bacon
						Whole Wheat Toast
<b>LUNCH</b>						
Rosemary Chicken	Oktoberfest Sausage	Liver & Onions	Pork Loaf	Veal Cutlet	Southern Style Fried Chicken	Pulled Pork on WW Bun
Stuffed Potatoes	Mashed Potatoes	Garlic Mashed Potatoes	Savoury Diced Potatoes	Rice Pilaf	Baked Sweet Potato Wedges	Carrot Raisin Salad
Julienne Parsley Carrots	Buttered Cabbage	Cauliflower	Creamy Cabbage & Apple Salad	Fall Medley Vegetables	Seasoned Zucchini	Grated Parmesan Cheese
Poultry Gravy	Brown Gravy	Beef Gravy	Cherry Cheesecake	Brown Gravy	Poultry Gravy	Lemon Meringue Pie
Peach Crisp	Ice Cream Sandwich	Butterscotch Pudding	Cheese & Veg Pasta Mornay	Cranberry Apple Crisp	Chocolate Mousse	Meatballs w/Tomato Sc
Vegetable & Cheese Omelette	Shrimp Alfredo Rotini	Rotisserie Chicken Leg	Florentine Veg Mix	Salmon Broccoli Quiche	Salisbury Steak	Lemon Herb Orzo
Tossed Salad	California Vegetables	Tator Tots	Chilled Diced Pears	Tossed Salad	Mashed Potatoes	Italian Mixed Vegetables
Potato Roll	Chilled Tropical Fruit	Peas & Carrots		Chilled Diced Peaches	Green Beans	Chilled Pineapple
Apricot Halves		Fruit Cocktail			Brown Gravy	
					Mixed Berries	
<b>DINNER</b>						
Ham, Bean & Vegetable Soup	Vegetable Florentine Soup	Cream of Mushroom Soup	Garden Vegetable Soup	Borscht Soup	Chicken Noodle Soup	Tomato Basil Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Philly Cheese Steak Sandwich	Beef Lasagna	Captain Burger on WW Bun	Hot Turkey Sndw on WW w/Gravy	Breaded Chicken Strips	Turkey & Ham Chef Salad Bowl	Egg Salad Sndw on Croissant
Italian Mixed Vegetables	Broccoli Florets	Shredded Lettuce	Green Peas	Potato Coins	White Dinner Roll	Caesar Salad
Mandarin Oranges	Chilled Apple Slices	Shredded Lettuce	Mango	Mixed Salad with Italian Dressing	Watermelon Chunks	Strawberries
Tuna Salad Plate	Turkey Sandwich w/Cranberry Mayo	Creamy Coleslaw	Vegetable Cheese Strata	Plum Sauce	Grilled Reuben Sandwich	Pepperoni Pizza
Buttered WW Bread	Mixed Green Salad	Tartar Sauce	Creamy Cucumber Salad	Fruit Cocktail	Pickled Beets	Seven Bean Salad
Raspberry Gelatin	Chocolate Pudding	Chilled Apricots	Vanilla Caramel Swirl Cake	Sloppy Joe on WW Bun	Vanilla Pudding	Butter Tart
		German Potato Salad w/Sausage		Buttered Corn		
		Mixed Salad with French Dressing		Tangerine Mousse		
		Strawberry Gelatin				

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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
Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat
Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Assorted jams	Buttermilk Pancakes	Waffles	Whole Wheat Toast	Rye Toast	Buttered Raisin Toast
Assorted jams	Margarine	Assorted jams	Whole Wheat Toast	Assorted jams	Assorted jams	Assorted jams
Margarine	Assorted cold cereal	Margarine	Assorted jams	Margarine	Margarine	Margarine
Assorted cold cereal	Peanut Butter	Assorted cold cereal	Maple Syrup	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Whole Wheat Toast	Peanut Butter	Margarine	Peanut Butter	Peanut Butter	Peanut Butter
		Whole Wheat Toast	Assorted cold cereal		Whole Wheat Toast	Bacon
			Peanut Butter			Whole Wheat Toast
<b>LUNCH</b>						
Chicken Cacciatore	Turkey Schnitzel on Bun	Baked Italian Haddock	Meatloaf	Cod Vera Cruz	Herb Chicken	Teriyaki Beef & Broccoli
Savoury Diced Potatoes	Green & Yellow Beans	Mashed Potatoes	Garlic Mashed Potatoes	Baked Potato Wedges	Mashed Potatoes	Fluffy Rice
Diced Squash	Dill Pickles	California Vegetables	Prince Edward Vegetables	New England Vegetables	Italian Mixed Vegetables	Fusion Mix Vegetables
Poultry Gravy	Grated Parmesan Cheese	Apple Crumble Cake	Beef Gravy	Banana Cake	Poultry Gravy	Apple Pie Slice
Blueberry Crisp	Fresh Fruit	Chicken Vegetable Ragout	Tiramisu Mousse	Sweet-N-Sour Pork Bites	Chocolate Layer Cake	Ravioli w/Rose Sauce
Potato & Onion Perogies	Chili Con Carne	Buttered Egg Noodles	Penne Vegetable PrimaVera	Vegetable Fried Rice	Shrimp Scampi	Caesar Salad
California Vegetables	Cheddar Herb Tea Biscuit	Julienne Parsley Carrots	Green Peas	Asian Stir Fry Vegetables	Parslied Noodles	Chilled Pineapple
Sour Cream	Buttered Corn	Strawberries	Grated Parmesan Cheese	Chilled Diced Peaches	Zucchini Parmesan	
Chilled Diced Pears	Lemon Cake		Chilled Diced Pears		Mixed Berries	
<b>DINNER</b>						
Potato & Leek Soup	Garden Vegetable Soup	Pea Soup	White Bean Soup	Barley Beef Soup	Fall Harvest Soup	Cream of Carrot Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Honey Garlic Meatballs w/Veg	Grilled Ham & Cheese Sndw on Rye	Turkey Salad on Lettuce Bed	Peameal Bacon Sandwich on Bun	Cottage Cheese & Fruit Plate	Sliced Chicken Sndw on WW	Egg & Potato Salad Plate
Mashed Potatoes	Mixed Green Salad	Buttered WW Bread	Mixed Salad with French Dressing	Mini Blueberry Scone	Mixed Green Italian Salad	Tomato Basil Salad
Cocktail Vegetables	Pineapple Tidbits	Chilled Apricots	Mango	Banana & Chocolate Sauce	Chilled Peach Slices	Mandarin Oranges
Beef Gravy	Cheese & Veg Pasta Mornay	Farmers Sausage on Bun	Potato Leek Quiche	Beef Roast Sandwich on Wheat	Chilled Peach Slices	Chicken Kiev
Fruit Cocktail	Baked Tomato au Gratin	Romaine with Mustard Vinaigrette	Pickled Beets	Cucumber Slices	Pork Souvlaki	French Fries
Tuna Salad on WW	Vanilla Frozen Yogurt	Whipped Topping	Oreo Ice Cream Sandwich	Baked Custard	Baked Potato	Buttered Brussels Sprouts
Tossed Garden Salad		Cherry Gelatin			Montego Vegetables	
Chocolate Pudding					Tzatziki Sauce	Mini Raspberry Tart
					Carrot Cake	

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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	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Waffles	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Buttered Raisin Toast
Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams	Assorted jams
Margarine	Margarine	Maple Syrup	Margarine	Margarine	Margarine	Margarine
Assorted cold cereal	Assorted cold cereal	Margarine	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal	Assorted cold cereal
Peanut Butter	Peanut Butter	Assorted cold cereal Peanut Butter Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter Whole Wheat Toast	Peanut Butter Bacon Whole Wheat Toast
<b>LUNCH</b>						
Creamed Chicken & Vegetables	Beef & Turkey Shepherds Pie	Herb Baked Chicken Thigh	Spinach & Cheese Cannelloni	Baked Ham Homefries	Swedish Meatballs w/Mushroom Sauce	Turkey Pot Roast Whipped Potatoes
Fluffy Rice	California Vegetables	Baked Potato	Greek Salad	Buttered Brussels Sprouts	Mashed Potatoes	Diced Squash
Florentine Veg Mix	Beef Gravy	Green Beans	Margarine	Applesauce	Julienne Parsley Carrots	Poultry Gravy
Apple Crisp	Iced Orange Cake	Sour Cream	Lemon Buttermilk Cake	Brown Gravy	Beef Gravy	Mandarin Oranges
Honey Pork Chop	Bratwurst on WW Bun	Poultry Gravy	Beef & Pepper Skillet	Uniced Chocolate Brownie	Baked Apple	Honey Garlic Pork Bites
Sweet Potato Fries	Pickled Beets	Caramel Cheesecake	Parslied Noodles	Baked Cod	Eggplant Parmigiana	Parslied Rice
Cauliflower	Sauerkraut	Battered Haddock	Italian Mixed Vegetables	Scalloped Potatoes	Rotini	Peas & Carrots
Chilled Diced Pears	Mustard	French Fries	Chilled Diced Pears	Montego Vegetables	Steamed Broccoli	Coconut Cream Pie
	Chilled Tropical Fruit	Mixed Salad with French Dressing Tartar Sauce Fruit Cocktail		Watermelon Chunks	Blueberries	
<b>DINNER</b>						
Borscht Soup	Minestrone Soup	Vegetable Soup	Butternut Squash Soup	Cream of Celery Soup	Cream of Broccoli Soup	Cabbage & Potato Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Cheeseburger on Bun	Chicken Schnitzel	Potato & Cheese Perogies	Mixed Veg & Cheese Frittata	Pastrami Sndw on Wheat	Sloppy Joe on WW Bun	Chicken Salad Sndw on WW
Tomato Slices	Chive Whipped Potatoes	Peas & Carrots	Whole Wheat Bread	Creamy Cucumber Salad	Calico Corn	Iceberg Salad
Fruit Cocktail	Creamy Cucumber & Onions	Sour Cream	Triple Bean Salad	Pickle Relish	Chocolate Mousse	Pineapple Tidbits
Sliced Turkey Salad Plate	Pineapple Tidbits	Chilled Apricots	Mandarin Oranges	Fruit Cocktail	Hard Boiled Egg	Spanakopita
Buttered WW Bread	Vegetable Spring Roll	Salmon Salad on Croissant	Turkey Salad Sndw WW	Chicken Caesar Salad	Potato Salad	Mexican Mixed Vegetables
Vanilla Pudding	Fried Rice	Mixed Green Italian Salad	Carrot Pineapple Salad	Garlic Bread	Garden Salad	Dessert of the Day
	Asian Vegetables	Whipped Topping	Strawberry Mousse	Orange Sherbet	Chilled Peach Slices	
	Sweet and Sour Sauce	Orange Gelatin				
	Butterscotch Ice Cream					