

Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6	Sunday	7
Breakfast													
Oatmeal Scrambled Eggs WW Toast Points w/Margarine Banana		Cream of Wheat Poached Egg Bran Muffin Banana		Oatmeal Boiled Egg WW Toast Points w/Margarine Banana		Cream of Wheat Scrambled Eggs Buttered Raisin Toast Banana		Oatbran Cereal Poached Egg WW Toast Points w/Margarine Banana		Cream of Wheat Scrambled Eggs WW Toast Points w/Margarine Banana		Oatmeal Boiled Egg Crispy Bacon WW Toast Points w/Margarine Banana	
Alternates													
Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal Stewed Prunes	
AM													
Orange Juice		Cranapple Juice		Cranberry Cocktail Juice		Orange Juice		Apple Juice		Cranberry Cocktail Juice		Apple Juice	
Lunch													
Cream of Celery Soup Cheddar Cheese w/Fruit Plate Tiger Mousse		Chicken & Rice Soup Spinach Quiche California Mixed Vegetables Rainbow Sorbet		Split Pea Soup Cheese Pizza Mixed Bean Salad Rice Krispie Square		Crn of Tomato & Red Pepper Soup Turkey Mandarin Salad WW Dinner Roll Lemon Cake		Vegetable Florentine Soup Hamburger w/Condiments Potato Salad Angel Food Cake w/Strawberry Sauce		Cream Of Mushroom Soup Cheese & Tomato On A Croissant Cucumber Slices Chocolate Chip Cake		Vegetable Soup Haddock Bites w/Tartar Sauce Savoury Diced Potatoes Creamy Coleslaw Butterscotch Ice Cream	
Alternates													
Beef Pot Pie Diced Turnip Citrus Fruit Salad		Turkey Salad Sandwich Pickled Beets Diced Pears		Salmon Salad Sandwich Tomato Cucumber Salad Blueberries		Pulled Pork On A Bun Sunrise Mixed Vegetables Orange Sections		Egg Salad Sandwich Greek Salad w/Feta Diced Watermelon		California Chicken Salad Plate Diced Peaches		Ham & Swiss Sliders Tomato Parmesan Mixed Berries	
PM													
Lemonade Oatmeal Raisin Baked Cookie		Peach Drink Baked Chocolate Chip Cookie		Grape Drink Social Tea Cookies		Raspberry Drink Bran Crunch Cookies		Iced Tea Baked Shortbread Cookie		Fruit Punch Drink Digestive Cookies		Tropical Punch Drink Almonette Cookie	
Dinner													
Honey Balsamic Chicken Mashed Potatoes Diced Carrots Zucchini Loaf		Pork Tenderloin Mashed Potatoes Corn Niblets Fruit Crisp		Veal Parmesan Mashed Potatoes Red Cabbage Banana Pudding		Homestyle Meatloaf Mashed Potatoes Broccoli Vanilla Swirl Caramel Cake		Baked Tilapia Potato Puffs Diced Squash Black Forest Pudding		Pork & Pineapple Stir Fry Brown Rice Vegetables Stir Fry Apple Strudel		Roast Beef Mashed Potatoes Baby Carrots Lemon Meringue Pie	
Alternates													
Baked Ham Denver WW Dinner Roll Brussels Sprouts Fruited Jello		Krunchie Perch Baked Potato Wedges Seasoned Green Beans Diced Mango		Tempura Chicken Balls Rice Pilaf Thai Mix Vegetables Mixed Melons		Fettuccine Alfredo WW Dinner Roll Garden Salad Fruit Medley		BBQ Chicken Mashed Potatoes Italian Mixed Vegetables Stewed Rhubarb		Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Tropical Fruit Salad		Turkey Schnitzel Scalloped Potato Sliced Beets Grapes	
HS													
Cheese & Crackers		Raisin Bread w/Cream Cheese		Ribbon Cheese Sandwich		Peanut Butter & Crackers		Ham Sandwich		Peanut Butter & Jam Sandwich		Assorted Sandwiches	
Alternates													
Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies	

Assorted Beverages offered at all meals. Coffee, Tea, Water, Juice. Yogurt & PeanutButter offered at Breakfast. Bananas & Prunes offered at Breakfast. Bread offered at Lunch & Dinner.

Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12	Saturday	13	Sunday	14
Breakfast													
Oatmeal Scrambled Eggs WW Toast Points w/Margarine Banana		Cream of Wheat Boiled Egg WW Toast Points w/Margarine Banana		Oatmeal Poached Egg Blueberry Passion Muffin Banana		Cream of Wheat Scrambled Eggs Buttered Raisin Toast Banana		Oatbran Cereal Poached Egg WW Toast Points w/Margarine Banana		Cream of Wheat Scrambled Eggs WW Toast Points w/Margarine Banana		Oatmeal Boiled Egg Crispy Bacon WW Toast Points w/Margarine Banana	
Alternates													
Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes		Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal Stewed Prunes		Assorted Cold Cereal Stewed Prunes	
AM													
Orange Juice		Cranapple Juice		Cranberry Cocktail Juice		Orange Juice		Apple Juice		Cranberry Cocktail Juice		Apple Juice	
Lunch													
Butternut Squash Soup Back Bacon On A Bun Garden Salad Chocolate Raspberry Bundt Cake		Beef Rice Soup Crab Salad On A Bun Tossed Salad Pound Cake w//Whipping Cream		Lentil Soup Whitefish w/Asparagus Savoury Diced Potatoes Jello w/Whip Topping		Chicken Noodle Soup Swiss Cheese w/Fruit Plate Butterscotch Pudding w/Whip Topping		French Onion Soup Turkey Burger On A Bun Creamy Cucumber Salad Ice Cream Sandwich		Vegetable Beef Soup Perogies w/Cheese & Sour Cream Summer Greens Lemon Tart w/Whipped Topping		Cream of Potato Soup Turkey Cranberry Sandwich Pickled Beets Strawberry Pudding	
Alternates													
Mediterranean Frittata WW Toast Points w/Margarine Stewed Tomato Medley Diced Honeydew		BBQ Boneless Pork Ribs Baked Potato Wedges Diced Squash Mandarin Oranges		Cobb Egg Salad Plate WW Dinner Roll Diced Pears		Tourtiere Spinach Salad Hawaiian Fruit Salad		Summer Vegetable Quiche Niagara Vegetables Mixed Melons		Ham Salad Sandwich Green Bean Vinagrette Salad Diced Peaches		Baked Beans & Beef Wiener Diced Carrots Cantaloupe	
PM													
Peach Drink Maple Cream Cookie		Grape Drink Baked Peanut Butter Cookie		Lemonade Social Tea Cookies		Iced Tea Oatmeal Raisin Baked Cookie		Raspberry Drink White Choc Macadamia Cookie		Tropical Punch Drink Chocolate Wafer Cookie		Fruit Punch Drink Graham Wafer Cookie	
Dinner													
Cheese Cannelloni Garlic Bread Caesar Salad Strawberry Trifle		Sweet & Sour Meatballs Mashed Potatoes Herbed Parsnip Iced Banana Cake		Pasta Bake Vegetable Mix Mexican Style Orange Sherbet		Country Style Fried Chicken Sweet Potato Fries Creamy Coleslaw Coffee Cake		Baked Fish w/Creamy Tartar Sauce Mini Red Potatoes Corn Niblets Iced Carrot Cake		Chicken Stir Fry Rice Pilaf Thai Mix Vegetables Chocolate Cake		Herbed Roast Pork Mashed Potatoes Brussels Sprouts Banana Cream Pie	
Alternates													
Baked Veal Cutlet Mashed Potatoes Green Peas Cinnamon Applesauce		Baked Country Ranch Chicken Baked Potato Italian Mixed Vegetables Diced Watermelon		Turkey Sausage Mashed Potatoes Wax Beans Crushed Pineapple		Breaded Liver Mashed Potatoes Lemon Broccoli Apricot Halves		Honey Mustard Pork Chop Mashed Potatoes Red Cabbage Diced Mango		Shepherd's Pie Peas & Carrots Fruited Jello		Battered Fish w//Tartar Sauce Savoury Diced Potatoes Zucchini Grapes	
HS													
Ribbon Cheese Sandwich		Bologna Sandwich		Cheese & Crackers		Peanut Butter & Jam Sandwich		Assorted Yogurt		Peanut Butter & Crackers		Assorted Sandwiches	
Alternates													
Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies		Assorted Cookies	

Assorted Beverages offered at all meals. Coffee, Tea, Water, Juice. Yogurt & PeanutButter offered at Breakfast. Bananas & Prunes offered at Breakfast. Bread offered at Lunch & Dinner.

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Breakfast						
Oatmeal Scrambled Eggs WW Toast Points w/Margarine Banana	Cream of Wheat Poached Egg Oatmeal Apple Bran Muffin Banana	Oatmeal Boiled Egg WW Toast Points w/Margarine Banana	Cream of Wheat Scrambled Eggs Buttered Raisin Toast Banana	Oatbran Cereal Poached Egg WW Toast Points w/Margarine Banana	Cream of Wheat Scrambled Eggs WW Toast Points w/Margarine Banana	Oatmeal Boiled Egg WW Toast Points w/Margarine Banana
Alternates						
Assorted Cold Cereal Stewed Prunes	Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes	Assorted Cold Cereal Stewed Prunes	Assorted Cold Cereal WW Toast Points w/Margarine Stewed Prunes	Assorted Cold Cereal Stewed Prunes	Assorted Cold Cereal Stewed Prunes	Assorted Cold Cereal Stewed Prunes
AM						
Orange Juice	Cranapple Juice	Cranberry Cocktail Juice	Orange Juice	Apple Juice	Cranberry Cocktail Juice	Apple Juice
Lunch						
Cream of Tomato Soup Grilled Cheese Sandwich Red Cabbage Salad Chocolate Ice Cream	Minestrone Soup Fish Burger On A Bun Asparagus Mini Cupcake	Cream of Broccoli Soup Brd Chicken Wingettes Savoury Diced Potatoes California Mixed Vegetables White Cake w/Icing	Beef Barley Soup Vegetarian Patty w/Sce Diced Hashbrowns Italian Mixed Vegetables Fruit Crisp	Cream Of Cauliflower Soup Hot Dog On A Bun Medley Vegetable Fries Vanilla Pudding	Turkey & Rice Soup Macaroni & Cheese Stewed Tomato Medley Assorted Desserts	Mulligatawny Soup Egg Salad Plate WW Dinner Roll Broccoli Salad Iced Brownie
Alternates						
Chicken Caesar Salad WW Dinner Roll Mixed Berries	Smoked Turkey Salad Plate Multi Grain Bread w/Margarine Diced Watermelon	Corned Beef Sandwich On Rye Greek Salad w/Feta Raspberries w/Whip Topping	Turkey & Swiss Sandwich Cranberry Coleslaw Yogurt w/Fruit Sauce	Cottage Cheese w/Fruit Plate Scone Apricot Halves	Beef Submarine Tossed Ranch Salad Hawaiian Fruit Salad	Pancakes Crispy Bacon Cinnamon Applesauce Diced Peaches
PM						
Grape Drink Apple Turnover Cookie	Raspberry Drink Baked Chocolate Chip Cookie	Lemonade Vanilla Wafers	Tropical Punch Drink Bran Crunch Cookies	Peach Drink Shortbread Swirl Cookie	Iced Tea Mini Donut	Fruit Punch Drink Blueberry Turnover Cookie
Dinner						
Western Omelet Potato Puffs Sauteed Onions & Mushrooms Raspberry Jelly Roll	Baked Ham Scalloped Potato Sunrise Mixed Vegetables Maple Chocolate Cake	Lemon Dill Haddock Mashed Potatoes Sliced Beets Tiramisu Mousse	Salisbury Steak w/Gravy Mashed Potatoes Diced Carrots Strawberry Jello Cheesecake	Baked Pollock Mashed Potatoes Thai Mix Vegetables Ice Cream Neopolitan	Honey Mustard Roast Pork Mashed Potatoes Peas & Carrots Orange Cake	Roast Turkey Mashed Potatoes PEI Mixed Vegetable Coconut Cream Pie
Alternates						
Cheese Tortellini WW Dinner Roll Broccoli Fruit Cocktail	Hot Beef Sandwich w/Gravy Green Peas Diced Pears	Pork Souvlaki Steamed Rice Corn Niblets Mandarin Oranges	Creamy Vegetable Lasagna Garlic Bread Sauteed Red Peppers Berry Applesauce	Beef Sloppy Joes Summer Greens Mixed Melons	Lemon Rosemary Chicken Baked Potato Sunrise Mixed Vegetables Crushed Pineapple	Beef & Cabbage Casserole Herbed Parsnip Fresh Fruit
HS						
Cheese & Crackers	Peanut Butter Sandwich	Ribbon Cheese Sandwich	Ham Sandwich	Assorted Yogurt	Peanut Butter & Jam Sandwich	Assorted Sandwiches
Alternates						
Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies

Assorted Beverages offered at all meals. Coffee, Tea, Water, Juice. Yogurt & PeanutButter offered at Breakfast. Bananas & Prunes offered at Breakfast. Bread offered at Lunch & Dinner.