

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Apple Juice 125 mL	Cranberry Juice 125 mL	Orange Juice 125 mL	Apple Juice 125 mL	Cranberry Juice 125 mL	Apple Juice 125 mL	Orange Juice 125 mL
Cinnamon Oatmeal 180 mL	Cream of Wheat with Bran 180 mL	High Fibre Oatmeal 180 mL	Cream of Wheat with Bran 180 mL	Assorted Cold Cereal 250 mL	Cream of Wheat with Bran 180 mL	High Fibre Oatmeal 180 mL
Poached Egg 1 each	Cheddar Cheese Slice 30 g	Poached Egg 1 each	Whole Wheat English Muffin 1 each	High Fibre Oatmeal 180 mL	Cottage Cheese 60 mL	Bacon 2 slice
Whole Wheat Toast 2 slice	Whole Wheat English Muffin 1 each	Whole Wheat Toast 2 slice	Margarine 1 each	Scrambled Eggs 60 mL	Waffles 1 each	Scrambled Egg 60 g
Margarine 1 each	Whole Wheat English Muffin 1 each	Margarine 1 each	Fried Egg Patty 1 each	Whole Wheat Toast 2 slice	Pancake Syrup 1 each	Buttered Raisin Toast 2 slice
2% Milk 250 mL	Fried Egg Patty 1 each	2% Milk 250 mL	Cheddar Cheese Slice 30 g	Margarine 1 each	Margarine 1 each	Margarine 1 each
Assorted Cold Cereal 250 mL	Margarine 1 each	Assorted Cold Cereal 250 mL	Margarine 1 each	2% Milk 250 mL	Margarine 1 each	2% Milk 250 mL
Peanut Butter 30 mL	2% Milk 250 mL	Peanut Butter 30 mL	2% Milk 250 mL	Peanut Butter 30 mL	2% Milk 250 mL	Assorted Cold Cereal 250 mL
White Toast 2 slice	Assorted Cold Cereal 250 mL	White Toast 2 slice	Assorted Cold Cereal 250 mL	White Toast 2 slice	Bran Flakes Cereal 180 mL	Peanut Butter 30 mL
2% Milk 250 mL	Peanut Butter 30 mL	2% Milk 250 mL	Peanut Butter 30 mL	2% Milk 250 mL	Peanut Butter 30 mL	White Toast 2 slice
	Whole Wheat Toast 2 slice		Whole Wheat Toast 2 slice		White Toast 2 slices	2% Milk 250 mL
	White Toast 2 slice		2% Milk 250 mL		2% Milk 250 mL	
	2% Milk 250 mL					

LUNCH

Italian Wedding Soup 250 mL	Minestrone Soup 180 mL	Beef Barley & Vegetable Soup 180 mL	Golden Lentil Soup 180 mL	Creamy Broccoli Rotini Soup 180 mL	Cream of Mushroom Soup 180 mL	French Canadian Pea Soup 180 mL
Unsalted Crackers 2 each	Unsalted Crackers 2 each	Unsalted Crackers 2 each	Unsalted Crackers 2 each	Unsalted Crackers 2 each	Unsalted Crackers 2 each	Unsalted Crackers 2 each
Sloppy Joe on WW Bun 1 each	Diced Pork 3 Oz	Sausage Links 2 each	Beef Burger on Bun 1 each	Breaded Chicken Strips 5 g	Turkey Chef Salad 1 each	Lemon Pepper Cod 90 g
Copper Penny Salad 125 mL	Thai Stir Fry Vegetables 125 mL	Strawberry Compote 125 mL	Red Beet Citrus Salad 125 mL	Mixed Salad with Balsamic Drsg 125 mL	Whole Wheat Bread 1 slice	Parslied Cauliflower 125 mL
Butterscotch Pudding 125 mL	Chow Mein Noodles 125 mL	French Toast 2 slice	Diced Tomato & Onion 2 each	French Fries 125 each	Margarine 1 each	French Fries 125 each
Cottage Cheese & Fruit Plate 1 each	Soy Sauce 1 each	Syrup 30 mL	Lime Gelatin 125 mL	Plum Sauce 30 mL	LoCal French Dressing 1 each	Mixed Berry Bread Pudding 125 mL
Bran Muffin 1 each	Chocolate Ice Cream 125 mL	Lemon Mousse 125 mL	Cheese Ravioli & Sauce 250 mL	Butter Tart w/Raisins 1 each	Ice Cream Neapolitan 125 mL	Chicken Rice Bake 180 mL
Fruit Cocktail 125 mL	Turkey Salad 125 mL	Tuna Salad Sndw on WW 1 each	Caesar Salad 125 mL	Boneless Korean Beef Short Ribs 90 g	Ham & Cheese on Wheat 1 each	Florentine Veg Mix 125 mL
2% Milk 250 mL	Tomato Cucumber Salad 125 mL	Triple Bean Salad 125 mL	Margarine 1 each	Buttered Corn 125 mL	Coleslaw 125 mL	Mandarin Oranges 125 mL
	Tea Biscuit 1 each	Chilled Apricots 125 mL	Grated Parmesan Cheese 5 mL	Vegetable Fried Rice 125 mL	Chilled Peach Slices 125 mL	2% Milk 250 mL
	Pineapple Tidbits 125 mL	2% Milk 250 mL	Fruit Cocktail 125 mL	Fresh Watermelon 125 mL	2% Milk 250 mL	
	2% Milk 250 mL		2% Milk 250 mL	2% Milk 250 mL		

DINNER

Lemon Herb Chicken Breast 90 g	Beef Shepherd's Pie 1 (3x4")	Baked Chicken with Chalet Sauce 90 g	Hot Turkey Sndw on WW w/Gravy 1 each	Lemon Dill Salmon 90 g	Chicken a la King 250 mL	Grilled Ham & Pineapple 90 g
Green Beans 125 mL	California Vegetables 125 mL	Diced Squash 125 mL	Green Peas 125 mL	Italian Mixed Vegetables 125 mL	Green & Yellow Beans 125 mL	Sunrise Vegetables 125 mL
Roasted Red Skin Rosemary & Garlic Potato Halves 125 mL	Margarine 1 each	Garlic Mashed Potatoes 125 mL	Margarine 1 each	Buttered Egg Noodles 125 mL	Savoury Diced Potatoes 125 mL	Au Gratin Potatoes 125 mL
Margarine 1 each	Beef Gravy 30 mL	Margarine 1 each	Cherry Cheesecake 1 (2x3 inch)	Margarine 1 each	Margarine 1 each	Margarine 1 each
Raspberry Tart 1 each	Date Square 1 (2x2)	Chocolate Cherry Cake 1 (2x3)	Honey Pork Chop 90 g	Nanaimo Bar 1 (2x2)	Iced Brownie 1 (2x2)	Apple Pie Slice 1 slice
Shrimp Fried Rice 250 mL	Tomato Feta Penne 250 mL	Potato & Cheese Perogies 3 each	Parsley Carrots 125 mL	Veal Marsala 90 g	Moroccan Stew 250 mL	Swiss Steak 90 g
Asian Vegetables 125 mL	Florentine Veg Mix 125 mL	5-Way Mixed Vegetables 125 mL	Rice Pilaf 125 mL	Fall Medley Vegetables 125 mL	Seasoned Zucchini 125 mL	Buttered Brussels Sprouts 125 mL
Chilled Diced Pears 125 mL	Grated Parmesan Cheese 5 mL	Fried Onions 60 mL	Chilled Peach Slices 125 mL	Parslied Potatoes 125 mL	Lemon Rice 125 mL	Roasted Red Skin Rosemary & Garlic Potato Halves 125 mL
2% Milk 250 mL	Chilled Tropical Fruit 125 mL	Sour Cream 30 mL	2% Milk 250 mL	Stewed Strawberries & Rhubarb 125 mL	Blueberries with Whip Topping 125 mL	Beef Gravy 30 mL
	2% Milk 250 mL	Mandarin Oranges 125 mL		2% Milk 250 mL	2% Milk 250 mL	Pineapple Tidbits 125 mL
	Garlic Stick 1 each	2% Milk 250 mL				2% Milk 250 mL

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Apple Juice	125 mL	Cranberry Juice	125 mL	Orange Juice	125 mL	Apple Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL	Orange Juice	125 mL
Cream of Wheat with Bran	180 mL	High Fibre Oatmeal	180 mL	Cream of Wheat with Bran	180 mL	High Fibre Oatmeal	180 mL	Cream of Wheat with Bran	180 mL	Cinnamon Oatmeal	180 mL	Cream of Wheat with Bran	180 mL
Poached Egg	1 each	Assorted Cold Cereal	250 mL	Poached Egg	1 each	Western Omelette	1 each	Scrambled Eggs	60 mL	Assorted Cold Cereal	250 mL	Bacon	2 slice
Whole Wheat Toast	2 slice	Cheddar Cheese Slice	30 g	Whole Wheat Toast	2 slice	Margarine	1 each	Whole Wheat Toast	2 slice	Hard Boiled Egg	1 each	Scrambled Eggs	60 mL
Margarine	1 each	Whole Wheat English Muffin	1 each	Margarine	1 each	2% Milk	250 mL	Margarine	1 each	Buttered Raisin Toast	2 slice	Whole Wheat Toast	2 slice
2% Milk	250 mL	Fried Egg Patty	1 each	2% Milk	250 mL	Assorted Cold Cereal	250 mL	2% Milk	250 mL	Margarine	1 each	Margarine	1 each
Assorted Cold Cereal	250 mL	Whole Wheat Toast	2 slice	Assorted Cold Cereal	250 mL	Peanut Butter	30 mL	Assorted Cold Cereal	250 mL	2% Milk	250 mL	2% Milk	250 mL
Peanut Butter	30 mL	White Toast	2 slices	Peanut Butter	30 mL	White Toast	2 slice	Peanut Butter	30 mL	Peanut Butter	30 mL	Assorted Cold Cereal	250 mL
White Toast	2 slice	Margarine	1 each	White Toast	2 slices	Whole Wheat Toast	2 slice	White Toast	2 slice	White Toast	2 slice	Peanut Butter	30 mL
2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	Whole Wheat Toast	2 slice	White Toast	2 slice
		Peanut Butter	30 mL							2% Milk	250 mL	2% Milk	250 mL
		2% Milk	250 mL										

LUNCH													
Bacon and Potato Chowder	180 mL	Unsalted Crackers	2 each	Japanese Beef & Vegetable Soup	180 mL	Chicken Noodle Soup	180 mL	Cream of Mushroom Soup	180 mL	Chicken Gumbo	180 mL	Unsalted Crackers	2 each
Unsalted Crackers	2 each	Ham & Bean Soup	180 mL	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Potato & Leek Soup	180 mL
Cheese Pizza	1 each	B L T on Wheat	1 each	Cheddar Cheese Fruit Plate	1 plate	Beef Burger on WW Bun	1 each	Chicken Souvlaki	60 g	Macaroni & Cheese	250 mL	Roasted Vegetable Lasagna	1 (3x4)
Caesar Salad	125 mL	Apple & Beet Salad	125 mL	Mixed Greens w/Berry Vinaigrette	125 mL	Mixed Greens w/Berry Vinaigrette	125 mL	Roasted Mediterranean Vegetables	125 mL	Stewed Tomatoes	125 mL	Mixed Green Italian Salad	125 mL
Fruit Cocktail	125 mL	Ambrosia Pudding	125 mL	Buttered WW Bread	1 slice	Tiramisu Mousse	125 mL	Pita Bread	1 each	Blueberry Tart	1 each	Cherries Jubilee	1 (2x3")
Beans n' Franks	180 mL	Cheese Tortellini & Marinara	180 mL	Lemon Gelatin	125 mL	Spinach & Cheese Cannelloni	2 each	Tzatziki Sauce	15 mL	Hot Dog on White Bun	1 each	Chicken Salad Sndw on WW	1 each
New England Vegetables	125 mL	Romaine & Onion Salad	125 mL	Whipped Topping	30 mL	California Vegetables	125 mL	Diced Tomato & Onion	2 each	Corn Salad	125 mL	Carrot Raisin Salad	125 mL
Whole Wheat Roll	1 each	Buttered WW Bread	1 slice	Cod Nuggets	3 each	Garlic Toast	1 slice	Neapolitan Ice Cream	125 mL	Chilled Peach Slices	125 mL	Margarine	1 each
Chocolate Pudding	125 mL	Cantaloupe Chunks	125 mL	Vinaigrette Coleslaw	125 mL	Margarine	1 each	Corned Beef on Rye	1 each	2% Milk	250 mL	Mandarin Oranges	125 mL
2% Milk	250 mL	2% Milk	250 mL	Savory Potato Wedges	125 mL	Applesauce	125 mL	Cucumber & Red Onion Salad	125 mL			2% Milk	250 mL
				Tartar Sauce	30 mL	2% Milk	250 mL	Pickle Spear	1 each				
				Chilled Apricots	125 mL			Dijon Mustard	15 mL				
				2% Milk	250 mL			Fruit Cocktail	125 mL				

DINNER													
Turkey Schnitzel	1 each	Southwest Beef	250 mL	Baked Ham	90 g	Orange Ginger Turkey	150 g	BBQ Pork Ribs	90 g	Turkey Broccoli Mornay	250 mL	Roast Beef	90 g
5-Way Mixed Vegetables	125 mL	Green Beans	125 mL	Mashed Turnips	125 mL	Green Peas	125 mL	Cinnamon Honey Glazed Carrots	125 mL	Green Beans	125 mL	Sunrise Vegetables	125 mL
Mashed Potatoes	125 mL	Savoury Diced Potatoes	125 mL	Scalloped Potatoes	125 mL	Confetti Rice	125 mL	Mashed Potatoes	125 mL	Tea Biscuit	1 each	Baked Potato	0.5 each
Turkey Gravy	30 mL	Margarine	1 each	Margarine	1 each	Margarine	1 each	Margarine	1 each	Margarine	1 each	Margarine	1 each
Pickle Spear	1 each	Turkey Gravy	30 mL	Chocolate Cherry Indulgence	1 (2x3)	Cranberry Bars	1 (2x2")	Margarine	1 each	Lemon Cheese Bar	1 (2x3)	Beef Gravy	30 mL
Peach Crisp	125 mL	Buttertart Square	1 (2x2)	Veal Piccata	90 g	Wax Beans	125 mL	Pork Gravy	30 mL	Shrimp Scampi	90 g	Horseradish	15 mL
Breaded Sole	90 g	Quiche Lorraine	1 each	Chicken Kiev	1 each	Garlic Mashed Potatoes	125 mL	Rice Raisin Pudding	1 each	Zucchini Parmesan	125 mL	Sour Cream	30 mL
Prince Edward Vegetables	125 mL	Diced Squash	125 mL	Prince Edward Vegetables	125 mL	Chilled Diced Pears	125 mL	Fish Sticks	3 each	Parslied Noodles	125 mL	Apple Pie Slice	1 slice
Fluffy Rice	125 mL	Mashed Potatoes	125 mL	Lemon Rice	125 mL	2% Milk	250 mL	Creamy Coleslaw	125 mL	Margarine	1 each	Bratwurst Sausage	1 each
Margarine	1 each	Chilled Tropical Fruit	125 mL	Mandarin Oranges	125 mL			French Fries	125 each	Mixed Berries	125 mL	Harvard Beets	125 mL
Tartar Sauce	30 mL	2% Milk	250 mL	2% Milk	250 mL			Tartar Sauce	30 mL	2% Milk	250 mL	Savory Potato Wedges	125 mL
Chilled Diced Pears	125 mL							Stewed Rhubarb	125 mL			Pineapple Tidbits	125 mL
2% Milk	250 mL							2% Milk	250 mL			2% Milk	250 mL

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Apple Juice	125 mL	Cranberry Juice	125 mL	Orange Juice	125 mL	Apple Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL	Orange Juice	125 mL
High Fibre Oatmeal	180 mL	Cream of Wheat with Bran	180 mL	High Fibre Oatmeal	180 mL	Cream of Wheat with Bran	180 mL	Cinnamon Oatmeal	180 mL	Cream of Wheat with Bran	180 mL	High Fibre Oatmeal	180 mL
Poached Egg	1 each	Cheddar Cheese Slice	30 g	Poached Egg	1 each	Whole Wheat English Muffin	1 each	Scrambled Eggs	60 mL	Bacon	2 slice	Scrambled Eggs	60 mL
Whole Wheat Toast	2 slice	Whole Wheat English Muffin	1 each	Whole Wheat Toast	2 slice	Fried Egg Patty	1 each	Whole Wheat Toast	2 slice	Cottage Cheese	60 mL	Buttered Raisin Toast	2 slice
Margarine	1 each	Fried Egg Patty	1 each	Margarine	1 each	Cheddar Cheese Slice	30 g	Margarine	1 each	Buttermilk Pancakes	1 each	Margarine	1 each
2% Milk	250 mL	Whole Wheat Toast	2 slice	2% Milk	250 mL	Margarine	1 each	2% Milk	250 mL	Pancake Syrup	1 each	2% Milk	250 mL
Assorted Cold Cereal	250 mL	Margarine	1 each	Peanut Butter	30 mL	2% Milk	250 mL	Rice Krispies Cereal	180 mL	Margarine	1 each	Peanut Butter	30 mL
Peanut Butter	30 mL	2% Milk	250 mL	White Toast	2 slice	Bran Flakes Cereal	180 mL	Peanut Butter	30 mL	2% Milk	250 mL	Peanut Butter	30 mL
White Toast	2 slice	Assorted Cold Cereal	250 mL	2% Milk	250 mL	Peanut Butter	30 mL	White Toast	2 slice	Raisin Bran Cereal	180 mL	White Toast	2 slice
2% Milk	250 mL	Peanut Butter	30 mL			Whole Wheat Toast	2 slice	2% Milk	250 mL	Peanut Butter	30 mL	2% Milk	250 mL
		White Toast	2 slice			2% Milk	250 mL			White Toast	2 slice		
		2% Milk	250 mL							2% Milk	250 mL		

LUNCH													
Chili Con Carne	180 mL	Unsalted Crackers	2 each	Cream of Mushroom Soup	180 mL	Three Sisters Soup	180 mL	Golden Lentil Soup	180 mL	Cream of Broccoli Soup	180 mL	Tomato Soup	180 mL
Unsalted Crackers	2 each	Cabbage & Potato Soup	180 mL	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Unsalted Crackers	2 each	Unsalted Crackers	2 each
Turkey Sausage Jambalaya	250 mL	Salami on Wheat	1 each	Unsalted Crackers	2 each	Beef Burger on WW Bun	1 each	Ham Salad on WW	1 each	Egg Salad Sndw on Wheat	1 each	Chicken Caesar Salad	1 each
Broccoli Florets	125 mL	Romaine & Onion Salad	125 mL	Salmon Salad on WW	1 each	Coleslaw	125 mL	Spinach Onion Salad	125 mL	Garden Salad	125 mL	Cheese & Garlic Breadstick	1 each
Tea Biscuit	1 each	Mustard	15 mL	Pickled Beets	125 mL	Buttered Corn on the Cob	1 half	Chocolate Ice Cream	125 mL	Ranch Dressing	30 mL	Coconut Cake	1 (2x3 in)
Bananas in Vanilla Pudding	125 mL	Pickle Spear	1 each	Orange Gelatin	125 mL	Margarine	1 each	Sole w/Lemon Pepper	90 g	Vanilla Caramel Swirl Cake	1 (2x3)	Beef Roast Sandwich on Wheat	1 each
Swiss & Tomato Sndw on WW	1 each	Butterscotch Ice Cream	125 mL	Whipped Topping	30 mL	Pumpkin Mousse	125 mL	Buttered Brussels Sprouts	125 mL	Turkey Stir Fry	250 mL	Carrot Raisin Salad	125 mL
Spinach Onion Salad	125 mL	Garlic Herb Tilapia	1 each	Potato & Cheese Perogies	3 each	Turkey Cobb Salad	1 each	Rice Pilaf	125 mL	Asian Vegetables	125 mL	Dijon Mustard	15 mL
Fruit Cocktail	125 mL	Sliced Carrots	125 mL	Holiday Cabbage	125 mL	Whole Wheat Bread	1 slice	Fruit Cocktail	125 mL	Fluffy Rice	125 mL	Pineapple Tidbits	125 mL
2% Milk	250 mL	French Fries	10 each	Sour Cream	30 mL	Watermelon Chunks	125 mL	2% Milk	250 mL	Chilled Peach Slices	125 mL	2% Milk	250 mL
		Tartar Sauce	15 mL	Chilled Apricots	125 mL	2% Milk	250 mL			2% Milk	250 mL		
		Pineapple Tidbits	125 mL	2% Milk	250 mL								
		2% Milk	250 mL										

DINNER													
Lemon Chicken Thighs	90 g	Salisbury Steak w/ Peppers & Onions	1 each	Chicken Breast w/BBQ Sauce	1 each	Vegetarian Taco Casserole	250 mL	Beef Cabbage Roll w/Tomato Sauce	2 each	Pork Tenderloin	90 g	Roast Turkey	90 g
Green Peas	125 mL	Buttered Corn	125 mL	Green Beans	125 mL	Parsley Carrots	125 mL	Sunrise Vegetables	125 mL	Wax Beans	125 mL	Whipped Squash	125 mL
Fluffy Rice	125 mL	Roasted Potato	125 mL	Baked Potato	0.5 each	Lemon Buttermilk Cake	1 (2x3)	Mashed Potatoes	125 mL	Au Gratin Potatoes	125 mL	Mashed Potatoes	125 mL
Margarine	1 each	Margarine	1 each	Margarine	1 each	Garlic Toast	1 slice	Margarine	1 each	Margarine	1 each	Poultry Gravy	30 mL
Cherry Crisp	125 mL	Beef Gravy	30 mL	Sour Cream	30 mL	Veal Schnitzel	90 g	Apple Brown Betty	1 (2x2sq)	Nanaimo Bar	1 (2x2)	Cranberry Sauce	30 mL
Veal Parmesan	1 each	Blonde Bars	1 (2x2")	Cherry Cheesecake	1 (2x3 inch)	Italian Mixed Vegetables	125 mL	Honey Garlic Glazed Chicken	90 g	Captain Burger on WW Bun	1 each	Margarine	1 each
Cauliflower	125 mL	Turkey Divan	250 mL	Baked Pork Chop	90 g	Mashed Potatoes	125 mL	Diced Parsnips	125 mL	Coleslaw	125 mL	Boston Cream Pie	1 slice
Mashed Potatoes	125 mL	Seasoned Diced Turnips	125 mL	Diced Squash	125 mL	Margarine	1 each	Savoury Diced Potatoes	125 mL	Savoury Baked Potato Wedges	125 mL	Quiche Lorraine	1 each
Chilled Diced Pears	125 mL	Mashed Potatoes	125 mL	Mashed Potatoes	125 mL	Chilled Diced Pears	125 mL	Stewed Rhubarb	125 mL	Tartar Sauce	15 mL	Peas & Carrots	125 mL
2% Milk	250 mL	Chilled Tropical Fruit	125 mL	Pork Gravy	30 mL	2% Milk	250 mL	2% Milk	250 mL	Mixed Berries	125 mL	Mandarin Oranges	125 mL
		2% Milk	250 mL	Mandarin Oranges	125 mL					2% Milk	250 mL	2% Milk	250 mL
				2% Milk	250 mL								