



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Poached Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Yogurt & Granola Parfait Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Cinnamon Glazed French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Hard Boiled Egg Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Cheese Omelette Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Sausage Links Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Scrambled Eggs Crispy Bacon Whole Wheat Toast Assorted Cold Cereal White Toast
LUNCH						
Unsalted Crackers Roasted Red Pepper Soup Chili Con Carne Broccoli Salad Whole Wheat Bread Chilled Poached Pears Ham Salad on WW Broccoli Salad Chilled Poached Pears	Mushroom Wild Rice Soup Unsalted Crackers Chicken BLT Salad Garlic Stick Mandarin Oranges Pergie Casserole Winter Vegetables Whole Wheat Bread Mandarin Oranges	Split Pea Soup Unsalted Crackers Taco Casserole Tortilla Chips Heritage Blend Salad Chilled Pineapples Tuna Salad Sandwich Heritage Blend Salad Chilled Pineapples	Minestrone Soup Unsalted Crackers Tex Mex Chicken Salad Plate Macaroni Salad Naan Bread Wedges Chilled Peaches Spanakopita Pie Tzatziki Sauce Macaroni Salad Naan Bread Wedges Chilled Peaches	Beer Cheese Soup Unsalted Crackers Egg Salad Sndw on Wheat Pickled Beets Mango Beef Ravioli & Sauce Pickled Beets Whole Wheat Bread Mango	Harvest Vegetable Soup Unsalted Crackers Cheesy Beef Macaroni Casserole California Vegetables Whole Wheat Bread CranApple Gel Salad Cottage Cheese Fresh Fruit Carrot Muffin CranApple Gel Salad	Beef & Noodle Soup Unsalted Crackers Vegetarian Pizza Citrus Couscous Salad Whole Wheat Bread Cantaloupe Chunks Chicken Salad Sndw on WW Citrus Couscous Salad Cantaloupe Chunks
DINNER						
Honey Balsamic Salmon Wild & Brown Rice Parsley Carrots Whole Wheat Bread Mixed Berries Tuscan Lemon Chicken Wild & Brown Rice Parsley Carrots Whole Wheat Bread Peach Passion Mousse	Guinness Beef Pot Pie Parslied Potatoes Baked Parmesan Tomato Whole Wheat Bread Tropical Fruit Cheese Tortellini wth Alfredo Sauce Baked Parmesan Tomato Whole Wheat Bread Neapolitan Ice Cream Sandwich	Sausage & Apples Sweet Potatoes Parslied Parsnips Whole Wheat Bread Raspberries Breaded Chicken Breast Sweet Potatoes Parslied Parsnips Whole Wheat Bread Tapioca Pudding	Beef Stir-Fry Fluffy Rice Italian Mix Vegetables Whole Wheat Bread Apple Crisp Eggplant Parmigiana Casserole Fluffy Rice Italian Mix Vegetables Whole Wheat Bread Apple Crisp	Parmesan Herb & Garlic Baked Cod Rosemary Potatoes Seasoned Spinach Whole Wheat Bread Cherry Cobbler Pork Tortiere Rosemary Potatoes Seasoned Spinach Whole Wheat Bread Cherry Cobbler	Pork Kabob Skewer Basmati Rice Roasted Mixed Peppers Whole Wheat Bread Chilled Apricots Sweet & Sour Chicken Balls Basmati Rice Roasted Mixed Peppers Whole Wheat Bread Choco Raspberry Pudding Cake	Pork Loin w/Mushroom Sauce German Potato Salad Roasted Butternut Squash Whole Wheat Bread Honeydew Chunks Turkey Schnitzel German Potato Salad Roasted Butternut Squash Whole Wheat Bread Blueberry Pie

Note: Toast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 250ml@L/D), Coffee/Tea(250ml) are served each meal.