



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Yogurt & Granola Parfait Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes 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 Cheese Omelette Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Glazed Ham Assorted Cold Cereal Whole Wheat Toast White Toast	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 Hard Boiled Egg 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						
Barley Beef Soup Unsalted Crackers Grilled Reuben Sandwich Strawberries Mixed Green Salad Chilled Pineapples Cottage Cheese & Fruit Plate Corn Muffin Chilled Pineapples	Tomato Soup Unsalted Crackers Egg Salad Sandwich Creamy Coleslaw Tropical Fruit Grilled Cheese Sandwich Creamy Coleslaw Tropical Fruit	Chicken Rice Soup Unsalted Crackers Fall Harvest Turkey Salad Pita Bread Wedges Strawberries Broccoli & Cheese Quiche Carrot Apple Salad Whole Wheat Bread Strawberries	Roasted Cauliflower Soup Unsalted Crackers Sausage & Potato Bake Whole Wheat Bread Zesty Citrus Spinach Salad Fresh Fruit Salad Pastrami Sandwich Zesty Citrus Spinach Salad Fresh Fruit Salad	Potato Bacon Soup Unsalted Crackers Chicken Salad Sndw on WW Chickpea with Feta & Tomato Salad Fruit Gelatin Tuscan Mac & Cheese Chickpea with Feta & Tomato Salad Fruit Gelatin	Butternut Squash Soup Unsalted Crackers Deviled Ham Salad Sandwich Waldorf Salad Mandarin Oranges Hot Beef Dip Sandwich on Texas Toast Waldorf Salad Mandarin Oranges	Fall Harvest Soup Unsalted Crackers Quinoa & Chicken Salad Plate Garlic Stick Honeydew Chunks Pepperoni & Mushroom Pizza Whole Wheat Bread Green Beans Honeydew Chunks
DINNER						
Chicken & Veg Stir Fry Fluffy Rice Asian Vegetables Whole Wheat Bread Chilled Poached Pears Liver & Onions w/Bacon Fluffy Rice Asian Vegetables Whole Wheat Bread Boston Cream Cake	Glazed Pork Chop Orange Sage Mashed Sweet Potato Green Beans with Pimento Whole Wheat Bread Chilled Apricots Spaghetti & Meat Sauce Green Beans with Pimento Whole Wheat Bread Ice Cream Sandwich	Beef Stroganoff Buttered Egg Noodles Peas & Carrots Whole Wheat Bread Blueberries BBQ Pork Ribs Buttered Egg Noodles Peas & Carrots Whole Wheat Bread Brownie	Vegetarian Lasagna Sweet & Sour Cabbage Whole Wheat Bread Fruit Cocktail Lemon Thyme Chicken Herbed Potatoes Sweet & Sour Cabbage Whole Wheat Bread Black Forest Pudding	Beef Pie Baked Potato Buttered Corn Whole Wheat Bread Chilled Peaches Haddock with Roasted Red Pepper Sauce Baked Potato Buttered Corn Whole Wheat Bread Lemon Blueberry Coffee Cake	Creamy Sundried Tomato & Chicken Gnocchi Cauliflower & Peppers Whole Wheat Bread Mixed Berries Chicken Fingers with Plum Sauce O'Brien Potatoes Cauliflower & Peppers Whole Wheat Bread Chocolate Eclair Dessert	Roast Turkey LS Turkey Gravy Cranberry Sauce Turkey Stuffing Glazed Sweet Potatoes Roasted Root Vegetables Whole Wheat Bread Cinnamon Applesauce Cheese Tortellini w/ Alfredo Sauce Roasted Root Vegetables Whole Wheat Bread Pecan Pie

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