



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
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 Glazed Ham 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 Cinnamon Glazed French Toast Assorted Cold Cereal Whole Wheat Toast White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Poached 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 Scrambled Eggs Crispy Bacon Whole Wheat Toast Assorted Cold Cereal White Toast
<b>LUNCH</b>						
Golden Lentil Soup Unsalted Crackers Sliced Egg Salad Plate Potato Salad Whole Wheat Bread Cantaloupe Chunks Sausage on White Bun Cucumber Salad Cantaloupe Chunks	French Onion Soup Unsalted Crackers Roast Beef Sandwich Carrot Raisin Salad Mango Quiche Lorraine Carrot Raisin Salad Whole Wheat Bread Mango	Beer Cheese Soup Unsalted Crackers Chicken and Mango Salad White Pita Bread Wedges Mixed Berries Crab Cakes Brd RTB Hashbrown Patty Wax Beans & Pimento Whole Wheat Bread Mixed Berries	Corn Chowder Unsalted Crackers Turkey Salad on Wheat Marinated Tomato Salad Chilled Peach Slices Wieners & Beans Hashbrown Tomato Salad Cornbread Chilled Peach Slices	Squash Apple Soup Unsalted Crackers Cheddar Fruit Plate Banana Muffin Whole Wheat Bread Chilled Apricots Homestyle Turkey Chili Mexican Vegetables Whole Wheat Bread Chilled Apricots	Vegetable Soup Unsalted Crackers Deli Beef Salad Plate Whole Wheat Bread Blueberries Homemade Cheese Pizza Pear & Pecan Lettuce Salad Whole Wheat Bread Blueberries	Lemon Chicken & Rice Soup Unsalted Crackers Pulled Pork on Wheat Bun Broccoli Slaw Honeydew Chunks Egg Salad Sndw on Wheat Broccoli Slaw Honeydew Chunks
<b>DINNER</b>						
Forest Mushroom Beef Stew Scalloped Potatoes Glazed Carrots Whole Wheat Bread Strawberries Turkey Pot Pie Scalloped Potatoes Glazed Carrots Whole Wheat Bread Oreo Cookie & Cream Cheesecake	Chicken Breast with Wine Sauce Couscous Pilaf Buttered Red Cabbage Whole Wheat Bread Raspberries Tilapia & Dill Sauce Couscous Pilaf Buttered Red Cabbage Whole Wheat Bread Frosted Gingerbread Bar	Beef Stuffed Green Pepper Basmati Rice Fresh Golden Cauliflower Whole Wheat Bread Pineapple Tidbits Honey Garlic Ribs Basmati Rice Fresh Golden Cauliflower Whole Wheat Bread Tiramisu Mousse	Vegetarian Sloppy Joe on WW Bun Savory Potato Wedges Harvard Beets Whole Wheat Bread Ambrosia Salad BBQ Chicken Leg Savory Potato Wedges Harvard Beets Whole Wheat Bread Ambrosia Salad	Baked Sole & Tomato Ginger Sauce Roasted New Potatoes Broccoli Almondine Whole Wheat Bread Sliced Pears Sherry Beef Tips Roasted New Potatoes Broccoli Almondine Whole Wheat Bread Apple Streusel Cake	Breaded Chicken Breast Mashed Sweet Potatoes Buttered Brussels Sprouts Whole Wheat Bread Oreo Ice Cream Sandwich Tropical Fruit Pork Tourtiere Mashed Sweet Potatoes Buttered Brussels Sprouts Whole Wheat Bread Oreo Ice Cream Sandwich	Homemade Roast Beef Lyonnais Potatoes Glazed Turnips Whole Wheat Bread Rosy Applesauce LoCal Vegan Shepherds Pie Lyonnais Potatoes Glazed Turnips Whole Wheat Bread Lemon Meringue Pie

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