



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Cinnamon Glazed French Toast Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Cheese Omelette Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cinnamon Oatmeal Sausage Links Whole Wheat Toast Assorted Cold Cereal 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 Yogurt & Granola Parfait Whole Wheat Toast Assorted Cold Cereal White Toast	Assorted Juice Assorted Fresh Fruit Bowl Stewed Prunes High Fibre Cream of Wheat Crispy Bacon Scrambled Eggs Assorted Cold Cereal White Toast Whole Wheat Toast
LUNCH						
Carrot Ginger Soup Unsalted Crackers Vegetable Quiche Tomato Onion Salad Whole Wheat Bread Stewed Rhubarb & Berries Chef Salad Plate Stewed Rhubarb & Berries	Vegetable Soup Unsalted Crackers Swiss & Tomato Sndw on WW Cabbage & Apple Salad Mandarin Oranges Hamburger on Wheat Bun Tomato/Onion Slices Onion Pickle Slice Cabbage & Apple Salad Mandarin Oranges	Lemon Lentil Soup Unsalted Crackers Pulled BBQ Beef on Wheat Red Beet Citrus Salad Blueberries Thai Chicken Salad Red Beet Citrus Salad Whole Wheat Bread Blueberries	Beef & Noodle Soup Unsalted Crackers Cheddar Cheese & Fruit Banana Muffin Chilled Apricots Savory Mushroom Potato Dumplings Mixed Green Salad Whole Wheat Bread Chilled Apricots	Mushroom Wild Rice Soup Unsalted Crackers Crispy Chicken Burger Cucumber Salad Honeydew Chunks Savory Mushroom Potato Sandwich Cucumber Salad Honeydew Chunks	Tuscan Bean & Vegetable Soup Unsalted Crackers Grilled Salmon & Asparagus Salad Naan Bread Wedges Strawberries Tomato Ricotta Tart Caesar Salad Whole Wheat Bread Strawberries	Potato & Cabbage Soup Unsalted Crackers Turkey Salad on Wheat Zesty Citrus Spinach Salad Fruit Cocktail Margarita Pizza Whole Wheat Bread Zesty Citrus Spinach Salad Fruit Cocktail
DINNER						
Penne & Meat Sauce Savory Caesar Brussels Sprouts Whole Wheat Bread Hot Spiced Apples Savory Mustard Chicken Basmati Rice Savory Caesar Brussels Sprouts Whole Wheat Bread Caramel Iced Cream Sandwich	Coq au Vin Chives & Sour Cream Mashed Potatoes Green Beans Whole Wheat Bread Chilled Pineapples Primavera Pasta Green Beans Whole Wheat Bread Iced Banana Cake	Haddock w/Dill Sauce Boiled Potatoes Seasoned Green Peas Whole Wheat Bread Tropical Fruit Wine Mustard Glazed Ham Boiled Potatoes Seasoned Green Peas Whole Wheat Bread Brownie Pudding Cake	Cheese & Spinach Cannelloni Parsley Carrots Whole Wheat Bread Ambrosia Salad Italian-Style Beef Liver Potato Wedges Parsley Carrots Whole Wheat Bread Oatmeal Cookies	Beef Biscuit Bake French Fries Confetti Coleslaw Whole Wheat Bread Pumpkin Tart Beer Battered Pollock French Fries Confetti Coleslaw Whole Wheat Bread Pumpkin Tart	Turkey Scallopini Herb Roasted Potatoes Diced Beets Whole Wheat Bread Cantaloupe Chunks Ham & Potato Casserole Diced Beets Whole Wheat Bread Homemade Carrot Cake	Homemade Roast Beef Brown Gravy Garlic Mashed Potatoes Fresh Broccoli Florets Yorkshire Pudding Apple Pie Pork Schnitzel w/Mushroom Gravy Garlic Mashed Potatoes Fresh Broccoli Florets Whole Wheat Bread Apple Pie

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