

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Fried Egg	Assorted Greek Yogurt Cup	Crispy Bacon	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast
LUNCH						
Minestrone Soup	Cream of Mushroom Soup	Clam Chowder	Split Pea Soup	Beef Vegetable Soup	Potato Bacon Soup	Chicken Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Ham & Havarti on Onion Bun	Chicken Caesar Salad	Beef Taco Salad	Cottage Cheese & Summer Fruit Salad Plate	Boneless Chicken Wings	Asian Steak Tip Salad	Belgian Waffle & Berries
Cheeseburger Pie	Cheese & Spinach Cannelloni	Salmon Salad on Rye	Hamburger on Wheat Bun	Spinach Feta Omelette Cup	Cheesy Tuna Melt	Turkey Breakfast Sausage
Cucumber Dill Salad	Caesar Salad	Pickled Beets	Mediterranean Salad	Chickpea with Feta & Tomato Salad	Carrot Raisin Salad	Cinnamon Applesauce
Fresh Watermelon	Garlic Bread	Wheat Roll	Blueberry Oatmeal Muffin	Stewed Rhubarb	Wheat Roll	
	Fruit Cocktail	Orange Sections	Fruit Gelatin		Chilled Apricots	
DINNER						
Dijon Maple Glazed Salmon	Beef & Broccoli Stir-Fry	Baked Chicken with Chalet Sauce	Swiss Steak	Herbed Pork Chops in Gravy	Tandoori Chicken	Pork Roast
Roast Creole Chicken Thigh	Vegetable Masala	Sweet & Sour Pork	Primavera Pasta	G-F Breaded Lemon Sole Fillet	Sausage Jambalaya	Roasted Red Skin Potatoes
Mashed Sweet Potatoes	Fluffy Rice	Potato Wedges	Mashed Potatoes	Garlic Mashed Potatoes	Basmati Rice	Buttered Corn
Roasted Fresh Asparagus	Fresh Broccoli Florets	Rice	Fresh Diced Beets	Buttered Red Cabbage	Fresh Zucchini Medley	Wheat Roll
Wheat Roll	Wheat Roll	Parsley Carrots	Wheat Roll	Wheat Roll	Wheat Roll	Lemon Meringue Pie
German Chocolate Cake	Oatmeal Raisin Cookie	Wheat Roll	Date Square Bar	Berry Cobbler	Homemade Carrot Cake	
		Strawberries				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

BREAKFAST

Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice
High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	High Fibre Cream of Wheat
Assorted Greek Yogurt Cup	Hard Boiled Egg	Pork Sausage Pattie	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Peanut Butter
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast
				White Toast		Whole Wheat Toast
						Raisin Toast

LUNCH

Spring Vegetable Soup	Golden Lentil Soup	Carrot Ginger Soup	Italian Wedding Soup	Potato Leek Soup	Cream of Celery Soup	Chicken Creole Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Asparagus & Red Pepper Quiche	Deli Salad Platter	Hamburger on Wheat Bun	Chicken Salad on Multi-Grain	Chef Salad Plate	Pesto Tuna Salad on Rye	Eggs Benedict with Peameal
Crab Salad on Brioche Bun	Cream Cheese & Cucumber Sandwich	Blackened Chicken Citrus Salad	Fish Tacos	Eggplant Parmesan Sandwich	Lemon Ricotta Penne	Baked Apple
Citrus Spinach Salad		Marinated Vegetable Salad	Fresh Broccoli Slaw	Caesar Salad	Tomato Wedges	Fresh Melon
Chilled Peaches	Coleslaw Vinaigrette	Mixed Berries	Mandarin Oranges	Wheat Roll	Fresh Pineapple	
	Fresh Fruit Salad			Baked Spiced Pears		

DINNER

Corned Beef	Chicken Cordon Bleu	Baked Trout	Honey Garlic Ribs	Salisbury Steak & Gravy	Butter Chicken	Homemade Roast Beef
Honey Garlic Chicken	Zesty Honey Dijon Baked Fish	Turkey Schnitzel	Vegan Lasagna	Shrimp Skewer	Sweet Harvest Casserole	Yorkshire Pudding
Parslied New Potatoes	Sweet Potatoes	Wild & Brown Rice	Baked Potato	Rosemary Potatoes	Basmati Rice	Cheesy Mashed Potatoes
Glazed Carrots	Sugar Snap Peas	Fresh Broccoli Florets	Tossed Salad	Fresh Cauliflower & Peppers	Peas & Carrots	Glazed Butternut Squash
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
Strawberry Rhubarb Crisp	Luscious Lemon Square	Chocolate Mousse	Coconut Poke Cake	Angel Cake with Berries	Ice Cream with Cherry Sauce	Pecan Pie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

BREAKFAST

Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal
Pork Sausage Pattie	Fried Egg	Assorted Greek Yogurt Cup	Peanut Butter	Poached Egg	Hard Boiled Egg	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	Whole Wheat Toast White Toast

LUNCH

Beef Vegetable Soup	Spiced Chicken Chickpea Soup	Roasted Red Pepper Soup	Potato Leek Soup	Cream of Asparagus Soup	Lentil Soup	Wild Rice Chicken Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Egg Salad Platter	Margarita Pizza	Mini Turkey Club on a Bun	Philly Steak & Cheese Melt	Chicken Spinach Tomato Salad	Grilled Cheese Sandwich	Pancake with Maple Syrup
Corned Beef on Rye	Chicken Mushroom Crepe	Pepper Frittata	Three Cheese Penne	Hot Dog on Bun	Nicoise Tuna Plate	Vanilla Greek Yogurt
Marinated 4 Bean Salad	Iceberg & Carrot Salad	Spring Salad Mix	Cranberry Almond Salad	Spinach Tomato Salad	Coleslaw Vinaigrette	Blueberries
Orange Sections	Tropical Fruit	Mandarin Pineapple Cup	Fresh Watermelon	Wheat Roll Chilled Cherries	Fresh Grapes	Mandarin Dream Gelatin

DINNER

Crispy Baked Chicken	Pork Chop & Apple Chutney	Spaghetti & Meatballs	Steamed Haddock & Mango Salsa	Oriental Beef & Vegetables	Chicken in Creamy Leek Sauce	Honey Glazed Ham
Moroccan Lamb Tagine	Braised Beef Liver & Onions	Grilled Salmon & Spinach Sld Plt	Grilled Chicken Souvlaki	Roasted Tomato Sole	Beef Ravioli & Sauce	Scalloped Potatoes
Couscous Pilaf	Golden Potato Bake	Baked Zucchini & Tomato	Glazed Sweet Potatoes	Brown Rice	Mashed Potatoes	Roasted Fresh Asparagus
Glazed Carrots	Sweet & Sour Cabbage	Wheat Roll	Fresh Green Beans	Sauteed Bok Choy	Fresh Broccoli Florets	Wheat Roll
Wheat Roll	Wheat Roll	Tripleberry Square	Wheat Roll	Wheat Roll	Wheat Roll	Strawberry Rhubarb Pie
Brownie Pudding Cake	Homemade Peach Cobbler		Creamy Rice Pudding	Summer Berry Flan	Ice Cream Sundae	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

BREAKFAST

Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice
High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	High Fibre Cream of Wheat
Sausage Links	Hard Boiled Egg	Crispy Bacon	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast
			Raisin Toast	White Toast		White Toast

LUNCH

English Pea Soup	Barley Beef Soup	Chicken Noodle Soup	Barley Beef Soup	Vegetable Rice Soup	Vegetable Soup	Squash Apple Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Baked Macaroni & Cheese	Deviled Ham Salad Sandwich	Beef & Corn Casserole	Grilled Chicken Ranch Cobb Salad	Pulled Pork on Wheat Bun	Roast Beef Sandwich	Sausage Links
Ham & Swiss on Croissant	Zest Shrimp Pasta Salad	Balsamic Chicken Salad	Hamburger w/Mushrooms	Chicken Citrus Salad	Chickpea Lemon Dill Plate	French Toast
Garden Salad	Asian Coleslaw	Greek Salad	Tossed Salad	Red Beet Citrus Salad	Marinated Tomato Salad	Strawberries
Chilled Peaches	Mango & Pineapple Salad	Chilled Poached Pears	Wheat Roll	Stewed Rhubarb & Berries	Fresh Grapes	Fresh Fruit Salad
			Diced Cantaloupe & Honeydew			

DINNER

Stuffed Cabbage Roll	Baked Sole & Dill Sauce	Baked Ocean Perch	Marmalade Pork Loin	Beef Shepherds Pie	Turkey a la King	Homemade Roast Beef
Breaded Chicken Breast	Olive & Tomato Braised Chicken	Pork Loaf	Portuguese Grilled Chicken	Multigrain Tilapia	Ham Fettuccini Alfredo	Yorkshire Pudding
Mashed Potatoes	Multigrain Rice Pilaf	French Fries	Roasted Red Skin Potatoes	Sweet Potato Wedges	Puff Pastry Wedge	Chives & Sour Cream Mashed Potatoes
Buttered Corn	Steamed Snow Peas	Fresh Golden Cauliflower	Glazed Butternut Squash	Baked Parmesan Tomato	Caesar Salad	Fresh Green Beans
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
Mini Pancakes w/Berries &Choc Sc Berry Trifle		Chocolate Pudding	Cherry Crisp	Chocolate Zucchini Cake	Vanilla Ice Cream & Fruit Sauce	Blueberry Pie Slice