



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Orange Wedges</b>	<b>Apple Juice</b>	<b>Banana Half</b>	<b>Orange Juice</b>	<b>Banana Half</b>	<b>Apple Juice</b>	<b>Fresh Grapes</b>
<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>Scrambled Eggs</b>	<b>Crispy Bacon</b>	<b>Hard Boiled Egg</b>	<b>Assorted Greek Yogurt Cup</b>	<b>Poached Egg</b>	<b>Scrambled Eggs</b>	<b>Cheddar Cheese Slice</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Raisin Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast
<b>LUNCH</b>						
<b>Country Bean &amp; Veg Soup</b>	<b>Chicken Noodle Soup</b>	<b>Corn Chowder</b>	<b>Golden Lentil Soup</b>	<b>Minestrone Soup</b>	<b>Beef Barley and Veg Soup</b>	<b>Clam Chowder</b>
<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Ham &amp; Swiss on Croissant</b>	<b>Roasted Red Pepper Pizza</b>	<b>Beef Taco Salad</b>	<b>Cheddar Fruit Plate</b>	<b>Chicken Strips</b>	<b>Tuna Salad on White</b>	<b>Eggs Florentine</b>
<b>Cucumber Dill Salad</b>	<b>Caesar Salad</b>	<b>Tortilla Whole Wheat</b>	<b>Blueberry Oatmeal Muffin</b>	<b>French Fries</b>	<b>Carrot Raisin Salad</b>	<b>Homemade Caprese Salad</b>
<b>Fresh Watermelon</b>	<b>Fruit Cocktail</b>	<b>Mango</b>	<b>Fruit Gelatin</b>	<b>Vinaigrette Coleslaw</b>	<b>Whole Wheat Bread</b>	<b>Cantaloupe Chunks</b>
				<b>Strawberries</b>	<b>Chilled Apricots</b>	
<b>DINNER</b>						
<b>Roast Creole Chicken Thigh</b>	<b>Beef &amp; Broccoli Stir-Fry</b>	<b>Tilapia &amp; Dill Sauce</b>	<b>Swiss Steak</b>	<b>G-F Breaded Lemon Sole Fillet</b>	<b>BBQ Chicken Leg</b>	<b>Pork Roast</b>
Cheese & Spinach Cannelloni	Sauteed Chickpeas & Spinach	Baked Farmers Sausage	Primavera Pasta	Herbed Pork Chops in Gravy	Lamb Stew	Chicken Pot Pie
<b>Mashed Sweet Potatoes</b>	<b>Fluffy Rice</b>	<b>Potato Wedges</b>	<b>Mashed Potatoes</b>	<b>Baked Potato</b>	<b>Basmati Rice</b>	<b>Brown Gravy</b>
<b>Roasted Fresh Asparagus</b>	Fresh Broccoli Florets	<b>Parsley Carrots</b>	<b>Green Beans</b>	<b>Tarragon Roast Beets</b>	<b>Fresh Zucchini Medley</b>	<b>Roasted Red Skin Potatoes</b>
<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Buttered Corn</b>
<b>German Chocolate Cake</b>	<b>Peaches &amp; Cream Pudding</b>	<b>Strawberry Ice Cream</b>	<b>Macaroon Madness Bar</b>	<b>Whole Wheat Bread</b>	<b>Homemade Carrot Cake</b>	<b>Whole Wheat Bread</b>
		<b>Strawberry Drizzle</b>		<b>Cran-Apple Cobbler</b>		<b>Lemon Meringue Pie</b>



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<b>BREAKFAST</b>						
<b>Banana Half</b>	<b>Orange Juice</b>	<b>Fresh Grapes</b>	<b>Apple Juice</b>	<b>Banana Half</b>	<b>Orange Juice</b>	<b>Fresh Fruit Salad</b>
<b>High Fibre Cream of Wheat</b>	<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>Hard Boiled Egg</b>	<b>Pork Sausage Pattie</b>	<b>Scrambled Eggs</b>	<b>Assorted Greek Yogurt Cup</b>	<b>Poached Egg</b>	<b>Cottage Cheese</b>	<b>Hard Boiled Egg</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat English Muffin</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast
				White Toast		
<b>LUNCH</b>						
<b>Spring Vegetable Soup</b>	<b>Chicken Rice Soup</b>	<b>English Pea Soup</b>	<b>Potato Bacon Soup</b>	<b>Harvest Vegetable Soup</b>	<b>Portuguese Kale Soup</b>	<b>Chicken Creole Soup</b>
<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Grilled Swiss &amp; Tomato Sandwich</b>	<b>Spinach &amp; Feta Quiche</b>	<b>Hamburger on Wheat Bun</b>	<b>Fish Tacos</b>	<b>Grilled Chicken Souvlaki</b>	<b>Tuna &amp; Macaroni Salad Plate</b>	<b>Belgian Waffle &amp; Berries</b>
<b>Citrus Spinach Salad</b>	<b>Beet &amp; Onion Salad</b>	<b>Creamy Coleslaw</b>	<b>Mexican Corn</b>	<b>Naan Bread Wedges</b>	<b>Fresh Pineapple</b>	<b>Peameal Bacon</b>
<b>Chilled Peaches</b>	<b>Tropical Fruit</b>	<b>Mixed Berries</b>	<b>Mandarin Oranges</b>	<b>Greek Salad</b>		<b>Mandarin Dream Gelatin</b>
				<b>Baked Spiced Pears</b>		
<b>DINNER</b>						
<b>Crispy Baked Chicken</b>	<b>Beef Stroganoff</b>	<b>Cod with Caper Wine Sauce</b>	<b>Honey Garlic Ribs</b>	<b>Salisbury Steak &amp; Gravy</b>	<b>Butter Chicken</b>	<b>Homemade Roast Beef</b>
Lemon Ricotta Penne	Savory Turkey Stuffing Casserole	Glazed Ham	Meat Lasagna	Shrimp Skewer	Pork Tortiere	Chicken Pot Pie
<b>Portuguese Baked Sweet Potatoes</b>	<b>Brown Rice</b>	<b>Au Gratin Potatoes</b>	<b>German Potato Salad</b>	<b>Rosemary Potatoes</b>	<b>Basmati Rice</b>	<b>Brown Gravy</b>
<b>Sugar Snap Peas</b>	<b>Baby Carrots</b>	<b>Fresh Broccoli Florets</b>	<b>Sauteed Spinach</b>	<b>Fresh Golden Cauliflower</b>	<b>Peas &amp; Carrots</b>	<b>Cheesy Mashed Potatoes</b>
<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Glazed Butternut Squash</b>
<b>Strawberry Shortcake</b>	<b>Lemon Tart</b>	<b>Chocolate Mousse</b>	<b>Rice Raisin Pudding</b>	<b>Coconut Poke Cake</b>	<b>Neapolitan Ice Cream</b>	<b>Whole Wheat Bread</b>
						<b>Pecan Pie</b>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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**BREAKFAST**

<b>Orange Wedges</b>	<b>Apple Juice</b>	<b>Banana Half</b>	<b>Orange Juice</b>	<b>Banana Half</b>	<b>Apple Juice</b>	<b>Fresh Grapes</b>
<b>Cinnamon Oatmeal</b>	<b>Cream of Wheat</b>	<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Oatmeal</b>
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>Scrambled Eggs</b>	<b>Crispy Bacon</b>	<b>Hard Boiled Egg</b>	<b>Assorted Greek Yogurt Cup</b>	<b>Poached Egg</b>	<b>Cheddar Cheese Slice</b>	<b>Scrambled Eggs</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Raisin Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast

**LUNCH**

<b>Broccoli Cheese Soup</b>	<b>Lentil Soup</b>	<b>Tuscan Bean &amp; Vegetable Soup</b>	<b>Potato Leek Soup</b>	<b>Beef &amp; Noodle Soup</b>	<b>Portuguese Caldo Verde</b>	<b>Chicken Creole Soup</b>
<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Haddock Bites</b>	<b>Hot Dog on Bun</b>	<b>Unsalted Crackers</b>	<b>Philly Steak &amp; Cheese Melt</b>	<b>Chicken Spinach Tomato Salad</b>	<b>Margarita Flatbread Pizza</b>	<b>Wieners &amp; Beans</b>
<b>Sweet Potato French Fries</b>	<b>Buttered Corn</b>	<b>Mini Turkey Club on a Bun</b>	<b>Vinaigrette Coleslaw</b>	<b>Garlic Toast</b>	<b>Iceberg &amp; Carrot Salad</b>	<b>Hash Brown Potatoes</b>
<b>Creamed Spinach</b>	<b>Fruit Cocktail</b>	<b>Spring Salad Mix</b>	<b>Fresh Watermelon</b>	<b>Honeydew Chunks</b>	<b>Mandarin Oranges</b>	<b>Pickled Beets</b>
<b>Chilled Poached Pears</b>		<b>Mandarin Pineapple Cup</b>				<b>Broken Glass Parfait</b>

**DINNER**

<b>Portuguese Grilled Chicken</b>	<b>Salmon with Dill Sauce</b>	<b>Corned Beef</b>	<b>Steamed Haddock &amp; Mango Salsa</b>	<b>Asian Beef &amp; Vegetables</b>	<b>Chicken in Creamy Leek Sauce</b>	<b>Roast Turkey</b>
Ravioli with Rose Sauce	Pork Schnitzel & Mustard Sauce	Chicken Sausage & Shrimp Paella	Braised Beef Liver & Onions	Southwest Bean Bake	Spaghetti & Meat Sauce	Beef Pot Pie
<b>Couscous Pilaf</b>	<b>Golden Potato Bake</b>	<b>Glazed Sweet Potatoes</b>	<b>Chives &amp; Sour Cream Mashed Potatoes</b>	<b>Brown Rice</b>	<b>Lemon Roasted Potatoes</b>	<b>Turkey Gravy</b>
<b>Peas &amp; Pearl Onions</b>	<b>Sweet &amp; Sour Cabbage</b>	<b>Seasoned Zucchini</b>	<b>Fresh Green Beans</b>	<b>Sauteed Bok Choy</b>	<b>Fresh Broccoli Florets</b>	<b>Cranberry Sauce</b>
<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Bread</b>	<b>Scalloped Potatoes</b>
<b>Brownie Pudding Cake</b>	<b>Homemade Peach Cobbler</b>	<b>Pudding Parfait</b>	<b>Whole Wheat Bread</b>	<b>Summer Berry Flan</b>	<b>Ice Cream Sundae</b>	<b>Roasted Fresh Asparagus</b>
			<b>Creamy Rice Pudding</b>			<b>Whole Wheat Bread</b>
						<b>Pineapple Upside-Down Cake</b>



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<b>BREAKFAST</b>						
<b>Banana Half</b>	<b>Orange Juice</b>	<b>Fresh Grapes</b>	<b>Apple Juice</b>	<b>Banana Half</b>	<b>Orange Juice</b>	<b>Fresh Fruit Salad</b>
<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Oatmeal</b>	<b>High Fibre Cream of Wheat</b>	<b>Cinnamon Oatmeal</b>	<b>High Fibre Cream of Wheat</b>
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>Hard Boiled Egg</b>	<b>Sausage Link</b>	<b>Scrambled Eggs</b>	<b>Poached Egg</b>	<b>Assorted Greek Yogurt Cup</b>	<b>Hard Boiled Egg</b>	<b>Cottage Cheese</b>
<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Toasted WW English Muffin</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>	<b>Whole Wheat Toast</b>
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast
<b>LUNCH</b>						
<b>Beef Vegetable Soup</b>	<b>Vegetable Rice Soup</b>	<b>Tortellini Vegetable Soup</b>	<b>Veggie Florentine Soup</b>	<b>Lemon Chicken &amp; Rice Soup</b>	<b>Vegetable Soup</b>	<b>Portuguese Kale Soup</b>
<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>	<b>Unsalted Crackers</b>
<b>Portuguese Shrimp Pasta</b>	<b>Grilled Cheese Sandwich</b>	<b>Chicken Mango Salad</b>	<b>Enchilada Meatballs</b>	<b>Pulled Pork on Wheat Bun</b>	<b>Boneless Chicken</b>	<b>Fried Egg</b>
<b>Broccoli Florets</b>	<b>Baked Parmesan Tomato</b>	<b>Garlic Toast</b>	<b>Tortilla Whole Wheat</b>	<b>Red Beet Citrus Salad</b>	<b>Sweet Potato Wedges</b>	<b>Pancake with Maple Syrup</b>
<b>Chilled Peaches</b>	<b>Mandarin Oranges</b>	<b>Fresh Watermelon</b>	<b>Buttered Corn</b> <b>Diced Cantaloupe &amp; Honeydew</b>	<b>Mixed Berries</b>	<b>Broccoli Slaw</b> <b>Fresh Grapes</b>	<b>Strawberries &amp; Bananas</b> <b>Peach Fruit Whip</b>
<b>DINNER</b>						
<b>Maple Glazed Chicken</b>	<b>Homemade MeatLoaf</b>	<b>Multigrain Tilapia</b>	<b>Creamy Dijon Pork Loin</b>	<b>Braised Beef Stew</b>	<b>Portuguese White Fish</b>	<b>Portuguese Roast Chicken</b>
Stuffed Cabbage Roll	Vegetarian Lasagna	Sausage Jambalaya	Tomato Basil Gnocchi	Turkey a la King	Harvest Vegetable Cass	Beef Pot Pie
<b>Portuguese Tomato Rice</b>	<b>Beef Gravy</b>	<b>Tartar Sauce</b>	<b>Roasted Red Skin Potatoes</b>	<b>Herbed Rice</b>	<b>Baked Potato</b>	Beef Gravy
<b>Herbed Green Beans</b>	<b>Mashed Potatoes</b>	<b>French Fries</b>	<b>Zucchini Parmesan</b>	Puff Pastry Wedge	<b>Niagara Mix Vegetables</b>	<b>Parisienne Potatoes</b>
<b>Whole Wheat Bread</b>	<b>Sugar Snap Peas</b>	<b>Glazed Carrots</b>	<b>Whole Wheat Bread</b>	<b>Grilled Vegetable Blend</b>	<b>Whole Wheat Bread</b>	<b>Roasted Butternut Squash</b>
<b>Mini Pancakes w/Berries &amp;Choc Sc</b>	<b>Whole Wheat Bread</b> <b>Berry Trifle</b>	<b>Whole Wheat Bread</b> <b>Hawaiian Pineapple Cake</b>	<b>Tiramisu Mousse with Ladyfinger</b>	<b>Whole Wheat Bread</b> <b>Chocolate Roll Cake</b>	<b>Vanilla Ice Cream &amp; Fruit Sauce</b>	<b>Whole Wheat Bread</b> <b>Blueberry Pie Slice</b>