



MONDAY	OCT 21	TUESDAY	OCT 22	WEDNESDAY	OCT 23	THURSDAY	OCT 24	FRIDAY	OCT 25	SATURDAY	OCT 26	SUNDAY	OCT 27
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**BREAKFAST**

<b>Cranberry Juice</b> <b>Oatmeal</b> <b>Bagel &amp; Cream Cheese</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Apple Juice</b> <b>High Fibre Cream of Wheat</b> <b>Fruit Yogurt</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Orange Juice</b> <b>Cinnamon Oatmeal</b> <b>Sausage Links</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Prune Juice</b> <b>High Fibre Cream of Wheat</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Cranberry Juice</b> <b>Oatmeal</b> <b>Poached Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Apple Juice</b> <b>High Fibre Cream of Wheat</b> <b>French Toast</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast	<b>Orange Juice</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Bacon</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal White Toast
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**LUNCH**

<b>Roasted Red Pepper Soup</b> <b>Unsalted Crackers</b> <b>Chili Con Carne</b> <b>Broccoli Salad</b> <b>Sliced Pears</b> Ham & Cheese Sandwich Broccoli Salad Sliced Pears	<b>Mushroom Wild Rice Soup</b> <b>Unsalted Crackers</b> <b>Chicken Caesar Salad</b> <b>Garlic Stick</b> <b>Strawberries</b> Perogie Casserole Tossed Salad Whole Wheat Bread Strawberries	<b>Split Pea Soup</b> <b>Unsalted Crackers</b> <b>Beef &amp; Cabbage Casserole</b> <b>Mini Croissant</b> <b>Mixed Green Salad</b> <b>Chocolate Ice Cream Cup</b> Cottage Cheese & Fruit Banana Muffin Chocolate Ice Cream Cup	<b>Minestrone Soup</b> <b>Unsalted Crackers</b> <b>Asparagus &amp; Red Pepper Quiche</b> <b>Whole Wheat Bread</b> <b>Macaroni Salad</b> <b>Chilled Peaches</b> Corned Beef Sandwich Macaroni Salad Chilled Peaches	<b>Cream of Celery Soup</b> <b>Unsalted Crackers</b> <b>Beef Taco Salad</b> <b>Corn Chips</b> <b>Fruit Cocktail</b> Spanakopita Pie Whole Wheat Bread Carrot Raisin Salad Fruit Cocktail	<b>Navy Bean Soup</b> <b>Unsalted Crackers</b> <b>Macaroni &amp; Cheese</b> <b>Whole Wheat Bread</b> <b>Pickled Beets</b> <b>Honeydew Chunks</b> Crab Salad Sndw on WW Pickled Beets Honeydew Chunks	<b>Tomato Soup</b> <b>Unsalted Crackers</b> <b>Waffles</b> <b>Turkey Sausage</b> <b>Stewed Berries</b> <b>Cantaloupe Chunks</b> Hawaiian Pizza Whole Wheat Bread Cranberry Spinach Salad Cantaloupe Chunks
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**DINNER**

<b>Mediterranean Moussaka</b> <b>Roasted Potatoes</b> <b>Glazed Carrots</b> <b>Whole Wheat Bread</b> <b>Berry Trifle</b> Tuscan Lemon Chicken Roasted Potatoes Glazed Carrots Whole Wheat Bread Berry Trifle	<b>Beef Stroganoff</b> <b>Buttered Egg Noodles</b> <b>Baked Parmesan Tomato</b> <b>Whole Wheat Bread</b> <b>Cranberry Apple Crisp</b> Cheese Tortellini wth Alfredo Sauce Baked Parmesan Tomato Whole Wheat Bread Cranberry Apple Crisp	<b>Sausage &amp; Apples</b> <b>Confetti Rice</b> <b>Parslied Parsnips</b> <b>Whole Wheat Bread</b> <b>Tropical Fruit</b> Chicken & Veg Stir Fry Confetti Rice Parslied Parsnips Whole Wheat Bread Lemon Mousse	<b>Beef Shepherds Pie</b> <b>Italian Mix Vegetables</b> <b>Whole Wheat Bread</b> <b>Mandarin Oranges</b> Three Cheese Penne Italian Mix Vegetables Whole Wheat Bread Jammy Shortbread Bar	<b>Parmesan Herb &amp; Garlic Baked Pork Souvlaki</b> <b>Cod</b> <b>Basmati Rice</b> <b>Buttered French Beans</b> <b>Whole Wheat Bread</b> <b>Cherry Crisp</b> BBQ Pork Ribs Basmati Rice Buttered French Beans Whole Wheat Bread Cherry Crisp	<b>Homemade Roast Beef</b> <b>Parslied New Potatoes</b> <b>Butternut Squash</b> <b>Whole Wheat Bread</b> <b>Apple Pie</b> Turkey Schnitzel Parslied New Potatoes Butternut Squash Whole Wheat Bread Apple Pie
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Note: Note: Toast with jam/jelly or peanut butter offered @BRK. Water(250ml@BRK, 250ml@L/D), Coffee/Tea(250ml) are served each meal.