Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Oatmeal Assorted Yogurt WW Toast w/Margarine Apple Slices Fresh	Oatmeal Assorted Creamy Yogurt WW Toast w/Margarine Diced Cantaloupe	Oatmeal Cottage Cheese WW Toast w/Margarine Banana	Oatmeal Sliced Cheese WW Toast w/Margarine Hollandaise Sauce Sliced oranges	Oatmeal Cottage Cheese WW Toast w/Margarine Diced Watermelon	Oatmeal Assorted Yogurt WW Toast w/Margarine Fresh Diced Pineapple	Oatmeal Swiss Cheese Slice WW Toast w/Margarine Fresh Fruit
Cream of Wheat Assorted Cold Cereal Boiled Egg Muffin Banana Chocolate Chunk Mandarin Oranges	Cream of Wheat Assorted Cold Cereal Poached Egg Raisin Toast w/Margarine Diced Peaches	Cream of Wheat Assorted Cold Cereal Boiled Egg Blueberry Passion Muffin Diced Cantaloupe	Cream of Wheat Assorted Cold Cereal Fried Egg Sliced Ham English Muffin Fruit Cocktail	Cream of Wheat Assorted Cold Cereal Poached Egg Raisin Toast w/Margarine Mandarin Oranges	Cream of Wheat Assorted Cold Cereal Broccoli Quiche Diced Pears	Cream of Wheat Assorted Cold Cereal Fried Egg Sausage Patty English Muffin Banana
Lunch						
Cream of Celery Soup Omelet Western (scratch) GFS Ketchup Herb Roasted Potatoes Sunrise Mixed Vegetables Raspberry Mousse	Cabbage Roll Soup Pizza Pasta Casserole Garden Salad Butter Tart	Italian Wedding Soup Breaded Chicken Wingettes Potato Salad (No Celery) Broccoli Salad Ice Cream Cone	Carrot Soup Turkey sausage and pepper penne Tomato Arugula Lettuce Salad Lemon Pound Cake w/Topping	Cream Of Mushroom Soup Captain Burger on WW Bun Ketchup, Mustard, Relish Lettuce, Tomato & Onion Garnish Fresh House Salad Praline Caramel Crunch Ice Cream	Cream of Vegetable Chowder Macaroni & Cheese w/Mushroom Casserole Savoury Diced Potatoes Baked Crumbed Tomato Half Vanilla Mousse	French Onion Soup Poutine w/ shredded cheese French Fries Creamy Coleslaw Tapioca Pudding
Turkey Club Sandwich Pickle Spear Sliced Fresh Tomato Fruited Applesauce	Beef Mexican Fajita Wrap Pico de Gallo Hmd Banana & Mandarin Oranges	Fried Bologna Macaroni Salad Caprese Salad Tropical Fruit Salad	Egg Salad Sandwich No Veg Dill & Lemon Pepper Glazed Carrots Applesauce	Turkey Pot Pie Peas & Carrots Stewed Blueberries	Chicken Salad on Bun Red Peppers Peach Slices	Haddock Bites Yellow & Green Beans Assorted Fruit
Dinner						
Lamb Stew Tea Biscuit Fresh Steamed Vegetables Mango Ice cream	Tomato gnocchi Chicken Gravy Herb Baked Chicken Thigh Garlic Green Beans Fruited Jello	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad MM5 Apple Brown Betty Cake	Krunchie Perch Tartar Sauce Mashed Sweet Potatoes Sauteed Zucchini & Red Peppers Date Square	Veal Parmesan Buttered Egg Noodles Brussel sprouts roasted Cherry Pie Whip	Spaghetti w/Meat Sauce Spinach Onion Salad Corn Bread Pumpkin Pie	Beef Gravy Beef Pot Roast Rice Pilaf Rst Asparagus & Potato Blend Coconut Cake
Cabbage Rolls Garlic Cheese Bread Diced Cantaloupe	Pork Dumplings Shanghai Noodles Vegetarian Egg Rolls w/Plum Sauce Mango & Peaches	Veggie Burger on WW Bun French Fries Lettuce, Tomato & Onion Garnish Cauliflower Florets Diced Pineapple	Chicken Noodle Casserole Pearl Harvest Vegetable Blend Fresh Watermelon	Ham & Pineapple Baked Beans WW Dinner Roll Italian Mixed Vegetables Sliced Banana w/Cream	Pork and Vegetable Stew Multigrain Bun Diced Honeydew	Vegetable Lasagna Mixed Green Salad Raspberry Compote