Monday Nov-02, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19	Tuesday Nov-03, Dec-01, Dec-29, Jan-26, Feb-23, Mar-23, Apr-20	Wednesday Nov-04, Dec-02, Dec-30, Jan-27, Feb-24, Mar-24, Apr-21	Thursday Nov-05, Dec-03, Dec-31, Jan-28, Feb-25, Mar-25, Apr-22	Friday Nov-06, Dec-04, Jan-01, Jan-29, Feb-26, Mar-26, Apr-23	Saturday Nov-07, Dec-05, Jan-02, Jan-30, Feb-27, Mar-27, Apr-24	Sunday Nov-08, Dec-06, Jan-03, Jan-31, Feb-28, Mar-28, Apr-25
Breakfast						
Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Texas French Toast WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Poached Egg Assorted Yogurt WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Breakfast Sausage Omelette French Toast On White Banana 2% Milk	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg Crispy Bacon WW Toast w/Margarine Banana 2% Milk
Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Banana Bread Diced Peaches	Cream of Wheat w/Bran Assorted Cold Cereal Sliced Cheese English Muffin Diced Pears	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Raisin Toast Apricot Halves	Cream of Wheat w/Bran Assorted Cold Cereal Blueberry Passion Muffin Crushed Pineapple	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Creamy Yogurt WW Toast w/Margarine Fruit Cocktail	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Raspberry Yogurt Muffin Mango & Peaches	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Rye Toast Mandarin Oranges
Lunch						
Chicken & Rice Soup Chicken Strips Baked Potato Wedges Italian Mixed Vegetables Peach Mousse Plum Sauce	Cream of Tomato Soup Macaroni & Cheese 4 Way Mixed Vegetables Butter Tart Bar	Potato Leek Soup Southern Style Pollock Wings Tartar Sauce Potato Puffs Diced Carrots Apple Crisp	Beef Noodle Soup Fried Bologna Mustard French Fries Seasoned Diced Turnips Caramel Bread Pudding	Split Pea & Ham Soup Grilled Cheese Sandwich Dollar Chip Fries Broccoli Florets Nanaimo Bar	Italian Wedding Soup Cobb Egg Salad Plate WW Dinner Roll Maple Chocolate Cake	Roasted Red Pepper Soup Meatball Sub Potato Puffs PEI Mixed Vegetables Butterscotch Ice Cream
BLT Sandwich Pickle Spear Romaine & Spinach Salad Sliced Banana w/Cream	Roast Beef Sandwich Greek Salad w/Lettuce & Feta Cheese Mandarin Oranges	Pickle Spear Egg Salad Sandwich No Veg Creamy Coleslaw Stewed Rhubarb & Strawberries	Chicken Salad On A Croissant Tomato Cucumber Salad Blueberries	Captain Burger on WW Bun Tartar Sauce Fresh Celery & Carrot Sticks Diced Cantaloupe	Perogies w/Bacon & Onion Sunrise Mixed Vegetables Strawberries Sour Cream	Turkey & Swiss On Rye Honey Orange Beet Salad Cinnamon Applesauce
Dinner						
Spaghetti & Meat Sauce Garlic Bread Caesar Salad Chocolate Chip Cake 2% Milk	Parmesan Chicken Baked Potato Sour Cream Montego Blend Vegetables Vanilla Ice Cream 2% Milk	Lemon Pepper Baked Salmon Mashed Potatoes Seasoned Diced Turnips Lemon Pound Cake w/Topping 2% Milk	BBQ Baked Chicken Leg Baked Potato Chalet Sauce Baked Crumbed Tomato Half Apple Brown Betty 2% Milk	Cod w/Ital Crumb Topping Mashed Potatoes Seasoned Asparagus Cherry Cheesecake 2% Milk Savoury Baked Potato Wedges	Herbed Roast Pork Mashed Potatoes Seasoned Wax Beans Angel Food Cake w/Strawberry Sauce 2% Milk	Roast Turkey Stuffing Mashed Potatoes G/Free Turkey Gravy Pick of the Day Vegetable Blend Cherry Pie 2% Milk
Baked Ham Scalloped Potato Creamed Corn Fruit Salad	Salisbury Steak Mashed Potatoes Beef Gravy Sweet Balsamic Brussel Sprouts Stewed Blueberries	Pork & Pineapple Stir Fry Vegetarian Egg Fried Rice Stir Fry Vegetables Mixed Melons	Cheese Cappelletti w/Pesto Sauce Mashed Potatoes Garden Salad Mango & Peaches	Pepperoni Pizza Spring Mix Lettuce Salad Diced Honeydew	Chili Con Carne White Dinner Roll Parslied Cauliflower Tropical Fruit Salad	Cheese Cannelloni Broccoli Diced Pears

Monday Nov-09, Dec-07, Jan-04, Feb-01, Mar-01, Mar-29, Apr-26	Tuesday Nov-10, Dec-08, Jan-05, Feb-02, Mar-02, Mar-30, Apr-27	Wednesday Nov-11, Dec-09, Jan-06, Feb-03, Mar-03, Mar-31, Apr-28	Thursday Nov-12, Dec-10, Jan-07, Feb-04, Mar-04, Apr-01, Apr-29	Friday Nov-13, Dec-11, Jan-08, Feb-05, Mar-05, Apr-02, Apr-30	Saturday Nov-14, Dec-12, Jan-09, Feb-06, Mar-06, Apr-03, May-01	Sunday Nov-15, Dec-13, Jan-10, Feb-07, Mar-07, Apr-04, May-02
Breakfast						
Choice of Juice Oatmeal w/Flax LF Scrambled Eggs WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg English Muffin Banana 2% Milk	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Texas French Toast Raisin Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax LF Scrambled Eggs WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Cream of Wheat w/Bran Boiled Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg Crispy Bacon Toasted English Muffin Banana 2% Milk
Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Banana Muffin Peaches & Pears	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt WW Toast w/Margarine Apricot Halves	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt English Muffin Cinnamon Applesauce	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt WW Toast w/Margarine Diced Pears	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Rye Toast Diced Peaches	Assorted Cold Cereal Assorted Yogurt Waffles Mandarin Oranges	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt WW Toast w/Margarine Crushed Pineapple
Lunch						
Fiesta Chicken Chowder Open Face Hot Hamburger On WW Brd Garden Salad Lemon Tart	Cream of Mushroom Soup Breaded Chicken Strips French Fries California Mixed Vegetables Lime Jello Plum Sauce	Soup Italian Wedding Turkey Pot Pie Peas & Carrots Chocolate Pudding w/Whip Topping	Beef Noodle Soup Beef Hot Dog Baked Beans Seasoned Wax Beans Peach Crisp	Country Vegetable Soup Macaroni & Cheese Italian Spice Green Beans Fruit Sorbet Cup	Mediterranean Risotto Perogies w/Bacon & Onion Broccoli Florets Baked Ginger Molasses Cookie Sour Cream	Chicken Noodle Soup Southern Style Pollock Wings Dollar Chip Fries Creamy Coleslaw Mousse Very Berry Tartar Sauce
Cheddar Cheese w/Fruit Plate WW Dinner Roll Stewed Rhubarb & Strawberries	Roast Beef & Cheddar Sndw on WW Cabbage Salad w/Oil & Vinegar Mandarin Oranges Dill Pickles Slices	Chicken Salad on WW Bun San Francisco Vegetable Mix Fruit Cocktail	Egg Salad Sandwich On Croissant Cucumber Coins w/Dip Sliced Banana w/Cream	Bologna Sandwich Marinated Vegetable Salad Diced Watermelon	Turkey & Swiss Sandwich Summer Salad Diced Peaches	Ham w/Lettuce on Wheat PEI Mixed Vegetables Diced Cantaloupe Cheddar Cheese Slice
Dinner						
Maple Glazed Salmon Mashed Potatoes Sour Cream Italian Mixed Vegetables Ice Cream Sandwich 2% Milk	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Date Square 2% Milk	Turkey Stew Tea Biscuit Baby Carrots Boston Cream Pie 2% Milk	Beef Stroganoff Egg Noodles Steamed Spinach Carrot Cake w/Icing 2% Milk	Lemon Dill Haddock Mini Red Potatoes Macedonia Vegetables Banana Split Dessert 2% Milk	Chicken Balls w/Sweet & Sour Sauce Fried Rice Oriental Mix Vegetables Baked Peanut Butter Cookie 2% Milk	Herbed Roast Pork Pork Gravy Sweet Potato Fries Brussels Sprouts Apple Pie 2% Milk
Sweet & Sour Pork Fried Rice Green Peas Baked Apple Slices	Chicken Breast Dijon Mashed Potatoes Seasoned Asparagus Mixed Melons	Teriyaki Pork Loin Mashed Potatoes Bistro Vegetables Crushed Pineapple	Baked Ham Mashed Potatoes California Mixed Vegetables Grapes	Shepherd's Pie Romaine & Spinach Salad Fresh Blueberries	Homestyle Meatloaf Mashed Potatoes Peas & Onions Mango & Berries	Turkey Sausage Mashed Potatoes Zucchini Fruit Salad

Monday Nov-16, Dec-14, Jan-11, Feb-08, Mar-08, Apr-05, May-03	Tuesday Nov-17, Dec-15, Jan-12, Feb-09, Mar-09, Apr-06	Wednesday Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-07	Thursday Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-08	Friday Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-09	Saturday Nov-21, Dec-19, Jan-16, Feb-13, Mar-13, Apr-10	Sunday Nov-22, Dec-20, Jan-17, Feb-14, Mar-14, Apr-11
Breakfast						
Choice of Juice Oatmeal w/Flax Western Omelet WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg SB6 Sliced Cheese WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax LF Scrambled Eggs Raisin Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Texas French Toast WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg Peameal Bacon WW Toast w/Margarine Banana 2% Milk
Assorted Cold Cereal Cream of Wheat w/Bran Cottage Cheese Apple Spice Muffin Apricot Apple Blend	Cream of Wheat w/Bran Assorted Cold Cereal English Muffin Diced Peaches	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Blueberry Passion Muffin Cinnamon Applesauce	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt WW Toast w/Margarine Crushed Pineapple	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Creamy Yogurt Banana Muffin Fruit Cocktail	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Creamy Yogurt Bagel Diced Mango	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Croissant Tropical Fruit Salad
Lunch						
Cream of Tomato Soup Grilled Cheese Sandwich Carrot Coins Jello Orange	Vegetable Soup Beef Sloppy Joes Herb Roasted Potatoes Broccoli Florets Caramel Bread Pudding	Beef Barley Soup BLT Sandwich Greek Salad w/Feta Tangerine Mousse Dill Pickles Slices	Chicken Noodle Soup Captain Burger on WW Bun Tartar Sauce Italian Mixed Vegetables Banana Split Dessert	French Canadian Pea Soup Cheeseburger w/Condiments Lettuce, Tomato & Onion Garnish Green Peas Macaroni Salad Chocolate Chip Cookie	Turkey & Rice Soup Beef Frank on Wheat Bun Parslied Cauliflower Mini Cupcake	Italian Wedding Soup Cabbage Roll Potato Puffs New England Farm Vegetables Iced Brownie
Chicken Caesar Salad Garlic Bread Mixed Berries	Chicken Burger On A Bun Carrot & Pineapple Salad Diced Pineapple	Turkey Pot Pie G/Free Turkey Gravy California Mixed Vegetables Sliced Banana w/Cream	Roast Beef Sandwich Tossed Salad Diced Pears	Cottage Cheese w/Fruit Plate Scone Creamy Coleslaw Apricot Halves	Egg Salad Sandwich on White Tomato & Cucumber Slices GFS Strawberries & Cream	Salmon Salad on White Broccoli Salad Fruit
Dinner						
Maple Glazed Salmon Savoury Baked Potato Wedges Roasted Vegetables Apple Brown Betty 2% Milk	Greek Pork Loin Mashed Potatoes Italian Spice Green Beans Banana Cake 2% Milk	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Vanilla Swirl Caramel Cake 2% Milk	Lemon Rosemary Chicken Scalloped Potato Sunrise Mixed Vegetables Butter Tart Bar 2% Milk	Beer Battered Haddock Tartar Sauce Sweet Potato Fries 4 Way Mixed Vegetables Butterscotch Pudding 2% Milk	Pork Roast Mashed Potatoes Sauteed Red Peppers Mango Cake 2% Milk	Garlic Rosemary Roast Beef Beef Gravy Mashed Potatoes Green Peas Coconut Cream Pie 2% Milk
Beef Stir Fry Egg Noodles Bean Mixed Fruit Cocktail	Swedish Meatballs Steamed Rice Harvard Beets Pears & Mandarin Oranges	Baked Ham Mashed Potatoes Corn on the Cobb Apple Slices	Caramelized Meatloaf Mashed Potatoes Brussels Sprouts Mandarin Oranges	Beef Stroganoff WW Dinner Roll Baby Carrots Mixed Melons	Vegetable Lasagna Garlic Bread Pick of the Day Vegetable Blend Diced Peaches	Apricot Braised Chicken Herb Roasted Potatoes Roasted Root Blend Vegetables Fresh Grapes

Monday Nov-23, Dec-21, Jan-18, Feb-15, Mar-15, Apr-12	Tuesday Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13	Wednesday Nov-25, Dec-23, Jan-20, Feb-17, Mar-17, Apr-14	Thursday Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15	Friday Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16	Saturday Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17	Sunday Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18
Breakfast						
Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Cheese Omelette WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Scrambled Eggs Assorted Creamy Yogurt WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Cream of Wheat w/Bran Sausage Patty Western Omelet WW Toast w/Margarine Banana 2% Milk	Choice of Juice Oatmeal w/Flax Fried Egg Crispy Bacon WW Toast w/Margarine Banana 2% Milk
Cream of Wheat w/Bran Assorted Cold Cereal Assorted Creamy Yogurt Rye Toast Pears & Mandarin Oranges	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Banana Muffin Crushed Pineapple	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Creamy Yogurt English Muffin Cinnamon Applesauce	Cream of Wheat w/Bran Assorted Cold Cereal Sliced Cheese Raisin Toast w/Margarine Diced Peaches	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Banana Muffin Diced Pears	Assorted Cold Cereal Assorted Creamy Yogurt Belgian Waffle Tropical Fruit Salad	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt Mini Danish Pastry Mandarin Oranges
Lunch						
Cream of Potato Soup Macaroni & Cheese Italian Spice Green Beans Banana Pudding	Cabbage Roll Soup Pepperoni Pizza 4 Way Mixed Vegetables Apple Toffee Mini Donut	Beef Barley Soup Breaded Chicken Strips Plum Sauce Baked Potato Wedges Broccoli Florets Strawberry Ice Cream	Cream of Tomato Soup Tourtiere Pie Brown Gravy PEI Mixed Vegetables Butter Tart	Turkey & Rice Soup Four Cheese Penne Pasta Casserole Green Peas Peach Crisp	Hearty Minestrone Soup Cheeseburger w/Condiments California Mixed Vegetables Ice Cream Sandwich	Chicken Noodle Soup Haddock Bites w/Tartar Sauce French Fries Seasoned Asparagus Rice Pudding
Bologna Sandwich Creamy Coleslaw Strawberries Pickle Spear	Tuna Salad Sandwich Garden Salad Mango & Peaches	Pastrami Sandwich Mixed Greens Salad Diced Cantaloupe	Grilled Ham & Cheese Sandwich on White Broccoli Salad Fruit Cocktail	Deli Meat Plate Cabbage Red Salad w/Bacon GFS WW Dinner Roll Strawberries w/Whip Topping	Turkey Cranberry Sandwich On White Greek Salad w/Feta Diced Honeydew	Roast Beef Sandwich Summer Salad Hawaiian Fruit Salad
Dinner						
English Style Fish Tartar Sauce Mashed Potatoes Baby Carrots Coffee Cake 2% Milk	Spaghetti w/Meat Sauce Cheese Parmesan Garlic Bread Caesar Salad Pound Cake 2% Milk	Honey Garlic Pork Ribs Mashed Potatoes Seasoned Diced Turnips French Vanilla Ice Cream 2% Milk	Swedish Meatballs Garlic Mashed Potatoes Homestyle Vegetables Date Square 2% Milk	Cottage Roll French Fries Glazed Carrots Apple Strudel 2% Milk	Honey BBQ Pork Chop Mashed Potatoes Diced Squash Apple Pie 2% Milk	Roast Turkey Stuffing Mashed Potatoes Cranberry Sauce Roasted Root Blend Vegetables Blueberry Pie 2% Milk
BBQ Baked Chicken Leg French Fries Corn on the Cobb Diced Pears	Italian Sausage Mashed Potatoes San Francisco Vegetable Mix Blueberries w/Whip Topping	Chicken Ala King Tea Biscuit Sweet Balsamic Brussel Sprouts Baked Apple Slices	Tuna Noodle Casserole White Dinner Roll Greek Salad w/Feta Fruit Medley	Breaded Sole Tartar Sauce Mashed Potatoes Parslied Cauliflower Mandarin Oranges	Butter Chicken Steamed Rice Montego Blend Vegetables Diced Peaches	Beef Liver & Onions GFS WW Dinner Roll Diced Turnip Apricot Halves