Monday Nov.-02, Nov.-30, Dec.-28, Jan.-25	Tuesday Nov.-03, Dec.-01, Dec.-29, Jan.-26	Wednesday Nov.-04, Dec.-02, Dec.-30, Jan.-27	Thursday Nov.-05, Dec.-03, Dec.-31, Jan.-28	Friday Nov.-06, Dec.-04, Jan.-01, Jan.-29	Saturday Nov.-07, Dec.-05, Jan.-02, Jan.-30	Sunday Nov.-08, Dec.-06, Jan.-03, Jan.-31
Breakfast						
Oatmeal Scrambled Eggs WW Toast w/Margarine Banana	Oatmeal Fried Egg WW Toast w/Margarine Banana	Oatmeal Boiled Egg WW Toast w/Margarine Banana	Oatmeal Poached Egg Assorted Yogurt WW Toast w/Margarine Banana	Oatmeal Breakfast Sausage Omelette French Toast On White Banana	Oatmeal Poached Egg WW Toast w/Margarine Banana	Oatmeal Fried Egg Crispy Bacon WW Toast w/Margarine Banana
Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Bran Muffin Diced Peaches	Cream of Wheat w/Bran Assorted Cold Cereal Sliced Cheese Assorted Creamy Yogurt English Muffin Diced Pears	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Blueberry Passion Muffin Apricot Halves	Cream of Wheat w/Bran Assorted Cold Cereal Raisin Toast w/Margarine 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						
Cream of Chicken Soup Chicken Strips Baked Potato Wedges Italian Mixed Vegetables Peach Mousse	Potato Leek Soup Southern Style Pollock Wings Potato Puffs Diced Carrots Apple Crisp	Beef Noodle Soup Fried Bologna French Fries Seasoned Diced Turnips Caramel Bread Pudding	Cream of Tomato Soup Macaroni & Cheese 4 Way Mixed Vegetables Butter Tart Bar	Split Pea & Ham Soup Grilled Cheese Sandwich Dollar Chip Fries Broccoli Florets Nanaimo Bar	Italian Wedding Soup Deli & Potato Salad Plate Sunrise Mixed Vegetables Maple Chocolate Cake	French Canadian Pea Soup Cheeseburger w/Condiments Green Peas Macaroni Salad Maple Twist Ice Cream
BLT Wrap Romaine & Spinach Salad Sliced Banana w/Cream	Egg Salad Sandwich No Veg Creamy Coleslaw Stewed Rhubarb & Strawberries	Turkey & Swiss On Rye Tomato Cucumber Salad Apricot Halves	Roast Beef Sandwich Greek Salad w/Lettuce & Feta Cheese Mandarin Oranges	Captain Burger on WW Bun Fresh Celery & Carrot Sticks Diced Watermelon	Perogies w/Bacon & Onion Fresh Strawberries	Cottage Cheese w/Fruit Plate Scone Creamy Coleslaw Apricot Halves
Dinner						
Spaghetti & Meat Sauce Garlic Bread Caesar Salad Chocolate Chip Cake	Parmesan Chicken Baked Potato Montego Blend Vegetables Vanilla Ice Cream	Lemon Pepper Baked Salmon Mashed Potatoes Diced Squash Lemon Pound Cake w/Topping	Herbed Roast Pork Mashed Potatoes Seasoned Wax Beans Angel Food Cake w/Strawberry Sauce	BBQ Baked Chicken Leg Baked Potato Chalet Sauce Baked Crumbed Tomato Half Apple Brown Betty	Cod w/Ital Crumb Topping Mashed Potatoes Seasoned Asparagus Banana Split Dessert	Roast Turkey Stuffing Mashed Potatoes G/Free Turkey Gravy Pick of the Day Vegetable Blend Cherry Pie
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	Chili Con Carne White Dinner Roll Parslied Cauliflower Tropical Fruit Salad	Cheese Cappelletti w/Pesto Sauce Garden Salad Mango & Peaches	Pepperoni Pizza Spring Mix Lettuce Salad Diced Honeydew	Cheese Cannelloni Broccoli Diced Pears

Monday Nov.-09, Dec.-07, Jan.-04	Tuesday Nov.-10, Dec.-08, Jan.-05	Wednesday Nov.-11, Dec.-09, Jan.-06	Thursday Nov.-12, Dec.-10, Jan.-07	Friday Nov.-13, Dec.-11, Jan.-08	Saturday Nov.-14, Dec.-12, Jan.-09	Sunday Nov.-15, Dec.-13, Jan.-10
Breakfast						
Oatmeal LF Scrambled Eggs WW Toast w/Margarine Banana	Oatmeal Fried Egg English Muffin Banana	Oatmeal Boiled Egg WW Toast w/Margarine Banana	Oatmeal Poached Egg Raisin Toast w/Margarine Banana	Oatmeal LF Scrambled Eggs WW Toast w/Margarine Banana	Oatmeal Cream of Wheat w/Bran Poached Egg WW Toast w/Margarine Banana	Oatmeal Fried Egg Crispy Bacon Toasted English Muffin Banana
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 Fruit Cocktail	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt WW Toast w/Margarine Crushed Pineapple
Lunch						
Corn Chowder Open Face Hot Hamburger On WW Brd Garden Salad Lemon Tart	Country Vegetable Soup Macaroni & Cheese Italian Spice Green Beans Fruit Sorbet Cup	Soup Italian Wedding Turkey Pot Pie WW Dinner Roll Green Peas Chocolate Pudding w/Whip Topping	Mediterranean Risotto Perogies w/Cheese & Sour Cream Broccoli & Cauliflower Baked Ginger Molasses Cookie	Beef Noodle Soup Beef Hot Dog Baked Beans Zucchini & Yellow Beans Peach Crisp	Cream of Mushroom Soup Breaded Chicken Strips French Fries Diced Squash Lime Jello	Chicken Noodle Soup Southern Style Pollock Wings Dollar Chip Fries Creamy Coleslaw Mousse Very Berry
Chicken Salad on Bun San Francisco Vegetable Mix Stewed Rhubarb & Strawberries	Turkey & Swiss Sandwich Marinated Vegetable Salad Diced Watermelon	Cheddar Cheese w/Fruit Plate Hawaiian Fruit Salad	Bologna Sandwich Summer Salad Diced Peaches	Egg Salad Sandwich On Croissant Cucumber Coins w/Dip Potato Salad Sliced Banana w/Cream	Roast Beef & Cheddar Sndw on WW Cabbage Salad w/Oil & Vinegar Mandarin Oranges	Ham w/Lettuce on Wheat PEI Mixed Vegetables Diced Cantaloupe
Dinner						
Maple Glazed Salmon Mashed Potatoes Italian Mixed Vegetables Ice Cream Sandwich	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Date Square	Turkey Stew Tea Biscuit Baby Carrots Boston Cream Pie	Beef Stroganoff Egg Noodles Steamed Spinach Carrot Cake w/Icing	Lemon Dill Haddock Mini Red Potatoes Macedonia Vegetables Banana Split Dessert	Chicken Balls w/Sweet & Sour Sauce Fried Rice Oriental Mix Vegetables Baked Peanut Butter Cookie	Herbed Roast Pork Pork Gravy Sweet Potato Fries Brussels Sprouts Apple Pie
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 Scalloped Potatoes Zucchini Fruit Salad

Monday Nov.-16, Dec.-14, Jan.-11	Tuesday Nov.-17, Dec.-15, Jan.-12	Wednesday Nov.-18, Dec.-16, Jan.-13	Thursday Nov.-19, Dec.-17, Jan.-14	Friday Nov.-20, Dec.-18, Jan.-15	Saturday Nov.-21, Dec.-19, Jan.-16	Sunday Nov.-22, Dec.-20, Jan.-17
Breakfast						
Oatmeal Poached Egg Assorted Creamy Yogurt WW Toast w/Margarine Banana	Oatmeal Fried Egg SB6 Sliced Cheese WW Toast w/Margarine Banana	Oatmeal Boiled Egg WW Toast w/Margarine Banana	Oatmeal Western Omelet Raisin Toast w/Margarine Banana	Oatmeal Poached Egg WW Toast w/Margarine Banana	Oatmeal Boiled Egg WW Toast w/Margarine Banana	Oatmeal Fried Egg Peameal Bacon WW Toast w/Margarine Banana
Assorted Cold Cereal Cream of Wheat w/Bran Cottage Cheese Apple Spice Muffin Apricot Apple Blend	Cream of Wheat w/Bran Assorted Cold Cereal Fruit Yogurt 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 Bran Muffin Diced Mango	Cream of Wheat w/Bran Assorted Cold Cereal Assorted Yogurt Bagel Tropical Fruit Salad
Lunch						
Cream of Tomato Soup Grilled Cheese Sandwich Carrot Coins Chocolate Ice Cream	Vegetable Soup Beef Sloppy Joes Broccoli Florets Blueberry Pie	Beef Barley Soup BLT Sandwich California Mixed Vegetables Tangerine Mousse	Italian Wedding Soup Cabbage Roll Potato Puffs New England Farm Vegetables Iced Brownie	Roasted Red Pepper Soup Meatball Sub PEI Mixed Vegetables Butterscotch Ice Cream	Turkey & Rice Soup Beef Frank on Wheat Bun Parslied Cauliflower Mini Cupcake	Chicken Noodle Soup Captain Burger on WW Bun Tartar Sauce Italian Mixed Vegetables Banana Split Dessert
Chicken Caesar Salad Wrap Potato Salad Mixed Berries	Chicken Burger On A Bun Carrot & Pineapple Salad Diced Watermelon	Turkey Pot Pie G/Free Turkey Gravy Greek Salad w/Feta Sliced Banana w/Cream	Egg Salad Sandwich White Broccoli Salad Fruit	Turkey & Swiss On Rye Honey Orange Beet Salad Cinnamon Applesauce	Salmon Salad Sandwich Tomato & Cucumber Slices GFS Strawberries & Cream	Roast Beef Sandwich Tossed Salad Diced Pears
Dinner						
Maple Glazed Salmon Mashed Potatoes Roasted Vegetables Caramel Bread Pudding	Greek Pork Loin Mashed Potatoes Italian Spice Green Beans Banana Cake	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Vanilla Swirl Caramel Cake	Lemon Rosemary Chicken Scalloped Potato Sunrise Mixed Vegetables Butter Tart Bar	Pork Roast Mashed Potatoes Sauteed Red Peppers Mango Cake	Beer Battered Haddock Sweet Potato Fries 4 Way Mixed Vegetables Butterscotch Pudding	Garlic Rosemary Roast Beef Beef Gravy Mashed Potatoes Green Peas Coconut Cream Pie
Beef Stir Fry Egg Noodles Bean Mixed Fruit Cocktail	Swedish Meatballs Steamed Rice Harvard Beets Pears & Mandarin Oranges	Baked Ham Mashed Potatoes Creamed Corn Apple Slices	Caramelized Meatloaf Mashed Potatoes Brussels Sprouts Mandarin Oranges	Vegetable Lasagna Garlic Bread Pick of the Day Vegetable Blend Diced Peaches	Beef Stroganoff WW Dinner Roll Baby Carrots Mixed Melons	Apricot Braised Chicken Herb Roasted Potatoes Roasted Root Blend Vegetables Fresh Grapes

Monday Nov.-23, Dec.-21, Jan.-18	Tuesday Nov.-24, Dec.-22, Jan.-19	Wednesday Nov.-25, Dec.-23, Jan.-20	Thursday Nov.-26, Dec.-24, Jan.-21	Friday Nov.-27, Dec.-25, Jan.-22	Saturday Nov.-28, Dec.-26, Jan.-23	Sunday Nov.-29, Dec.-27, Jan.-24
Breakfast						
Oatmeal Poached Egg WW Toast w/Margarine Banana	Oatmeal Cheese Omelette WW Toast w/Margarine Banana	Oatmeal Fried Egg WW Toast w/Margarine Banana	Oatmeal Scrambled Eggs Assorted Creamy Yogurt Raisin Toast w/Margarine Banana	Oatmeal Poached Egg WW Toast w/Margarine Banana	Oatmeal Cream of Wheat w/Bran Sausage Patty Western Omelet WW Toast w/Margarine Banana	Oatmeal Fried Egg Crispy Bacon WW Toast w/Margarine Banana
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 WW 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 Bran Muffin Mandarin Oranges
Lunch						
Cream of Potato Soup Macaroni & Cheese Italian Spice Green Beans Banana Pudding	Lentil Soup Pepperoni Pizza 4 Way Mixed Vegetables Apple Toffee Mini Donut	Beef Barley Soup Breaded Chicken Strips Baked Potato Wedges Broccoli Florets Strawberry Ice Cream	Butternut Squash Soup Tourtiere Pie PEI Mixed Vegetables Butter Tart	Turkey & Rice Soup Four Cheese Penne Pasta Casserole Green Peas Peach Crisp	French Onion 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 Diced Watermelon	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 Mashed Potatoes Baby Carrots Coffee Cake	Spaghetti w/Meat Sauce Garlic Bread Caesar Salad Pound Cake	Honey Garlic Pork Ribs Mashed Potatoes Seasoned Diced Turnips French Vanilla Ice Cream	Swedish Meatballs Garlic Mashed Potatoes Homestyle Vegetables Date Square	Cottage Roll French Fries Glazed Carrots Butterscotch Ice Cream	Honey BBQ Pork Chop Mashed Potatoes Diced Squash Apple Pie	Roast Turkey Stuffing Mashed Potatoes Sunrise Mixed Vegetables Caramel Bread Pudding
BBQ Baked Chicken Leg French Fries Corn on the Cobb Sliced Banana w/Cream	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 Spring Mix Lettuce Salad Fruit Medley	Breaded Sole Mashed Potatoes Parslied Cauliflower Mandarin Oranges	Butter Chicken Steamed Rice Montego Blend Vegetables Diced Peaches	Moroccan Shepherd's Pie WW Dinner Roll Diced Turnip Apricot Halves