

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Breakfast**

<p>Cranberry Juice Oat Bran with Flax Scrambled Eggs Bacon Whole Wheat Toast Fruit Cocktail <i>Assorted Cold Cereal</i> <i>Peanut Butter Pkg</i></p>	<p>Apple Juice Oatmeal with Flax Boiled Egg  Whole Wheat Toast Mixed Berries <i>Assorted Cold Cereal</i> <i>Peanut Butter Pkg</i></p>	<p>Orange Juice Cream of Wheat with Flax Smooth Fruit Yogurt  Blueberry Buttermilk Muffin Banana <i>Assorted Cold Cereal</i> <i>Poached Egg</i></p>	<p>Cranberry Juice Cinnamon Oatmeal Scrambled Eggs  Raisin Toast Honeydew <i>Assorted Cold Cereal</i> <i>Peanut Butter Pkg</i></p>	<p>Apple Juice Oat Bran with Flax Cheddar Cheese  Whole Wheat Toast Fruit Cocktail <i>Assorted Cold Cereal</i> <i>Boiled Egg</i></p>	<p>Orange Juice Oatmeal with Flax Poached Egg  English Muffin Peaches <i>Assorted Cold Cereal</i> <i>Peanut Butter Pkg</i></p>	<p>Cranberry Juice Cream of Wheat with Flax Boiled Egg  Whole Wheat Toast Mandarin Oranges <i>Assorted Cold Cereal</i> <i>Peanut Butter Pkg</i></p>
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**Lunch**

<p>Roast Pork Gravy Mashed Potatoes Sauteed Peppers Triple Berry Crumble <i>Meatballs in Sauce</i> <i>Spaghetti Noodles</i> <i>Broccoli Florets</i> <i>Mandarin Oranges</i> 2% Milk Whole Wheat Bread</p>	<p>Savoury Chicken Thigh Gravy Roasted Potatoes Harvest Vegetables Brownie <i>Crusted Cod Fillet</i> <i>Roasted Potatoes</i> <i>Herbed Zucchini</i> <i>Apricots</i> 2% Milk Whole Wheat Bread</p>	<p>Veal with Cream Sauce  Buttered Noodles Brussels Sprouts Lemon Crunch Square <i>Honey Apple Pork</i> <i>Scalloped Potatoes</i> <i>Butternut Squash</i> <i>Fruit Cocktail</i> 2% Milk Whole Wheat Bread</p>	<p>Herb Baked Tilapia  Home Fries Glazed Carrots Cherry Tart <i>Beef Riblette</i> <i>Mashed Potatoes</i> <i>Cauliflower</i> <i>Blueberries</i> 2% Milk Whole Wheat Bread</p>	<p>Lemon Thyme Turkey  Roasted Potatoes Garden Peas Coconut Cream Pie <i>Sweet &amp; Sour Pork</i> <i>Steamed Rice</i> <i>Oriental Vegetables</i> <i>Mandarin Oranges</i> 2% Milk Whole Wheat Bread</p>	<p>Shepherd's Pie Gravy  PEI Vegetables Banana Cake <i>Baked Salmon Loin</i> <i>Rice Pilaf</i> <i>Parsnips</i> <i>Pears</i> 2% Milk Whole Wheat Bread</p>	<p>Peppercorn Pork Loin Gravy Oven Roasted Potatoes Green Beans Butter Tart <i>Veal Parmesan</i> <i>Oven Roasted Potatoes</i> <i>Roasted Winter Vegetables</i> <i>Baked Apple Slices</i> 2% Milk Whole Wheat Bread</p>
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**Dinner**

<p>Corn Chowder Crackers Salmon Salad Sandwich  Mixed Green Salad Pears <i>Chicken Nuggets</i> <i>Plum Sauce</i> <i>Home Fries</i> <i>Garden Peas</i> <i>Strawberry Mousse</i></p>	<p>Mushroom Soup Crackers Pulled Pork Sandwich  Spinach Salad Peaches <i>Beef Macaroni Casserole</i>  <i>Grilled Garlic Bread</i> <i>Green Beans</i> <i>Butterscotch Pudding</i></p>	<p>Chicken Noodle Soup Crackers Three Cheese Quiche  Seasonal Vegetables Stewed Rhubarb <i>Turkey Reuben on Rye</i>  <i>Garden Salad</i> <i>Sherbet</i></p>	<p>Cream of Celery Soup Crackers Chicken Strips Dinner Roll Caesar Salad Baked Apple Slices <i>Cheese &amp; Spinach Cannelloni</i>  <i>Broccoli Florets</i> <i>Carrot Cake</i></p>	<p>Minestrone Soup Crackers Egg Salad Croissant  Tossed Salad Pineapple, MCD <i>Bangers Sausage</i>  <i>Mashed Potatoes</i> <i>California Vegetables</i> <i>Tapioca Pudding</i></p>	<p>Split Pea Soup Crackers Pastrami Sandwich on Rye  Mixed Bean Salad Apricots <i>Perogies</i> <i>Sour Cream</i>  <i>Harvard Beets</i> <i>Vanilla Ice Cream</i></p>	<p>Tomato Rice Soup Crackers Turkey Pot Pie  Rainbow Garden Salad Tropical Fruit <i>Sausage Links</i>  <i>French Toast</i> <i>Strawberry Rhubarb Compote</i> <i>Cherry Jello</i></p>
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