

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Sliced Cheese Fruit Fiber Muffin Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs Crispy Bacon WW Toast w/Margarine Choice of Banana
AM						
Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink
Lunch						
Cream of Broccoli Soup Soda Crackers Herbed Fish Tartar Sauce Rice Pilaff Diced Carrots Fruit Salad	Vegetable Beef Soup Soda Crackers Sweet Potato and Ham Casserole Corn Niblets Apricot Halves	Chicken & Rice Soup Soda Crackers Hamburger w/condiments Lettuce, Tomato & Onion Garnish Potato Chips Diced Pears	Split Pea & Ham Soup Soda Crackers Swiss & Mushroom Quiche 4 Way Mixed Vegetables Raspberries	Lentil Soup Soda Crackers Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Diced Pineapple	Cream Of Cauliflower Soup Soda Crackers Beef Pot Pie Beef Gravy Seasoned Wax Beans Mandarin Oranges	Navy Bean Soup Soda Crackers Turkey Burger On A Bun Summer Salad Fruit Cocktail
Corned Beef & Swiss On Rye Four Bean Salad Donuts	Deli Turkey Sandwich Mixed Green Salad Iced Brownie	Cottage Cheese Fruit Plate Raisin Bread w/Margarine Orange Sherbet	Salmon Salad Sandwich Caesar Salad Jello w/Topping	Turkey w/ Hummus Sandwich Carrot Dill Salad Vanilla Pudding	Egg Salad Sandwich Tomato Cucumber Salad Caramella Cake	Deli Meat Plate WW Dinner Roll Butterscotch Ice Cream
PM						
Milk Or Choice of Drink Digestive Cookies	Milk Or Choice of Drink Vanilla Wafer Cookies	Light Peach Drink with Fiber Oatmeal Raisin Cookie	Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Chocolate Mint Wafer	Light Peach Drink with Fiber Bran Crunch Cookies	Milk Or Choice of Drink Shortbread Swirl Cookie
Dinner						
Milk Or Choice of Drink Chicken Pot Pie Chicken Gravy PEI Mixed Vegetables Bread WW w/Margarine Cherry Cheesecake	Milk Or Choice of Drink Vegetarian Chili Green Peas Garlic Bread Cinnamon Applesauce	Milk Or Choice of Drink BBQ Diced Pork Mashed Potatoes Sunrise Mixed Vegetables Bread WW w/Margarine Mixed Berries	Milk Or Choice of Drink Bruschetta Chicken Mashed Potatoes Diced Squash Bread WW w/Margarine Carrot Cake w/Icing	Milk Or Choice of Drink Battered Fish Tartar Sauce Lattice cut fries Vinaigrette Coleslaw Bread WW w/Margarine Stewed Rhubarb	Milk Or Choice of Drink Oktoberfest Sausage Diced Hashbrowns PEI Mixed Vegetables Bread WW w/Margarine Tropical Fruit Salad	Milk Or Choice of Drink Roast Beef & Gravy Horseradish Mashed Potatoes Glazed Carrots Bread WW w/Margarine Blueberry Pie
Pork Tenderloin Pork Gravy Mashed Potatoes Seasoned Asparagus Diced Peaches	Mediterranean Diced Beef Lemon Roasted Potatoes Zucchini Blueberry Tart	Chicken ala King Tea Biscuit Broccoli Lemon Luscious Cake	Veal Picata Buttered Pasta Noodles Brussels Sprouts Diced Watermelon	Salisbury Steak w/Gravy Mashed Potatoes Seasoned Green Beans Banana Bread	Crunchy Ranch Chicken Mashed Potatoes Corn Niblets Lemon Streusel Cake	Creamy Vegetable Lasagna Garlic Bread Italian Mixed Vegetables Strawberries
HS						
Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Peanut Butter Sandwich	Milk Or Choice of Drink Cheese & Crackers	Milk Or Choice of Drink 12 Grain Bagel with Cream Cheese	Milk Or Choice of Drink Peanut Butter & Jam Sandwich	Milk Or Choice of Drink Cheddar Cheese Sandwich	Milk Or Choice of Drink Raisin Bread and Cheese

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Breakfast						
Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Crispy Bacon WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs Crispy Bacon WW Toast w/Margarine Choice of Banana
AM						
Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink
Lunch						
Hearty Minestrone Soup Soda Crackers Baked Ham Denver Creamy Cucumber Salad Diced Mango	Vegetable Barley Soup Soda Crackers Haddock Bites Tartar Sauce Savoury Diced Potatoes Broccoli Salad Tropical Fruit Salad	Fiesta Chicken Chowder Soda Crackers Open Face Hot Beef Green Peas Apricot Halves	Potato Leek Soup Soda Crackers Goat Cheese & Turkey Frittata Diced Hashbrowns Diced Carrots Diced Pears	Lentil Soup Soda Crackers Grilled Cheese Sandwich Salad Spinach Fruited Jello	Cream of Tomato Soup Soda Crackers Peameal Bacon French Toast Blueberries Stewed Fruited Rhubarb	Vegetable Beef Soup Soda Crackers Cheese & Vegetable Omelet Multi Grain Bread w/Margarine Diced Squash Raspberries
Turkey Reuben on Whole Wheat Pickled Beets Cream Puffs	Beef Pot Pie Beef Gravy Corn Niblets Butter Tart Bar	Salmon Salad Sandwich Tomato and Cucumber Slices Vanilla Pudding with Topping	Ham Salad On A Bun Marinated Vegetable Salad Baked Peanut Butter Cookie	Turkey Pot Pie Turkey Gravy Seasoned Green Beans Lemon Mousse	Caesar Chicken Salad Garlic Bread Yogurt with Granola	Beef Sandwich Submarine Coleslaw Vanilla Ice Cream Cup
PM						
Milk Or Choice of Drink Digestive Cookies	Milk Or Choice of Drink Vanilla Wafer Cookies	Milk Or Choice of Drink Social Tea Cookies	Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Strawberry Turnover Cookie	Light Peach Drink with Fiber Oatmeal Raisin Cookie	Milk Or Choice of Drink Bran Crunch Cookies
Dinner						
Baked Beans & Veggie Wiener Vegetable Mix 5 Way Tea Biscuit Crushed Pineapple	Herbs-Dijon Chicken Breast Chicken Gravy Baked Potato Diced Carrots Bread WW w/Margarine Diced Honeydew	Baked Pork Chop w/Mushroom Sce Mashed Potatoes Sunrise Mixed Vegetables Bread WW w/Margarine Raspberries	Milk Or Choice of Drink Spaghetti w/Meat Sauce Caesar Salad Garlic Bread Mango & Peaches	Milk Or Choice of Drink Baked Basa Tartar Sauce Mashed Potatoes PEI Mixed Vegetables Bread WW w/Margarine Fruit Salad	Milk Or Choice of Drink Caramelized Meatloaf Beef Gravy Mashed Potatoes Corn Niblets Bread WW w/Margarine Apple Slices Baked	Milk Or Choice of Drink Herb Pork Roast Pork Gravy Mashed Potatoes Seasoned Asparagus Bread WW w/Margarine Lemon Meringue Pie
Tangy Citrus Meatballs Mashed Potatoes Vegetable Mix Florentine Vanilla Swirl Caramel Cake	Mandarin Pork Roast Mashed Potatoes Beans Green Strawberry Pudding w/Whip Topping	Honey Garlic Chicken Mashed Potatoes Diced Squash Red Velvet Cake	Vegetarian Patty w/Sce Sweet Potato Fries Brussels Sprouts Chocolate Ice Cream Cup	BBQ Beef Ribette On A Bun Green Peas Orange Cake w/Icing	Falafel w/Garlic Sauce Rice Pilaff Harvard Beet Chocolate Eclair	Italian Baked Chicken Mini Roasted Potatoes Garden Salad Diced Cantaloupe
HS						
Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Peanut Butter Sandwich	Milk Or Choice of Drink Cheese & Crackers	Milk Or Choice of Drink 12 Grain Bagel with Cream Cheese	Milk Or Choice of Drink Peanut Butter & Jam Sandwich	Milk Or Choice of Drink Cheddar Cheese Sandwich	Milk Or Choice of Drink Raisin Bread and Cheese

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Sliced Cheese Raisin Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Breakfast Sausage WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs Crispy Bacon WW Toast w/Margarine Choice of Banana
AM						
Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink
Lunch						
Cream of Mushroom Soup Soda Crackers Tuna Noodle Casserole Green Peas Diced Mango	Chicken Vegetable Barley Soup Soda Crackers Beef Hot Dog On A Bun Potato Chips Green Bean Salad Blueberries	Cream of Potato Soup Soda Crackers Western Omelet WW Toast w/Margarine Diced Turnip Tropical Fruit Salad	Chicken & Rice Soup Soda Crackers Philly Beef Bake Multi Grain Bread w/Margarine PEI Mixed Vegetables Crushed Pineapple	Cream of Broccoli Soup Soda Crackers Breaded Chicken Strips Sweet & Sour Sauce Sweet Potato Fries Honey Orange Beet Salad Chocolate Pudding w/Whip Topping	Cream of Potato Soup Soda Crackers Fish Burger On A Bun Creamy Coleslaw Mandarin Oranges	Country Vegetable Soup Soda Crackers Broccoli Quiche Spinach Salad Mixed Berries
Ham & Swiss Sandwich Summers Salad Mini Tart	Egg Salad Sandwich Broccoli Slaw Strawberry Ice Cream Cup	Turkey Mandarin Salad Bread WW w/Margarine Lemon Tart	Sliced Egg Plate Summer Pasta Salad Tomato and Cucumber Slices Date Square	Beef Sloppy Joes Hamburger Bun Caesar Salad Apple Slices Fresh	Chicken Salad On A Croissant Carrot Dill Salad Cream Puffs	Cabbage Roll Bread WW w/Margarine Vegetable Mix 5 Way Lemon Pudding w/Whip Topping
PM						
Milk Or Choice of Drink Digestive Cookies	Light Peach Drink with Fiber Vanilla Wafer Cookies	Milk Or Choice of Drink Bran Crunch Cookies	Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Chocolate Chip Cookie	Milk Or Choice of Drink Oatmeal Raisin Cookie	Light Peach Drink with Fiber Shortcake Cookies
Dinner						
Milk Or Choice of Drink Lemon Rosemary Chicken Chicken Gravy Mini Roasted Potatoes Brussels Sprouts Bread WW w/Margarine Fruit Cocktail	Milk Or Choice of Drink Canadian Maple BBQ Ribs Mashed Potatoes Corn Niblets Bread WW w/Margarine Peach Crisp	Milk Or Choice of Drink Beef Stew Tea Biscuit Diced Honeydew	Milk Or Choice of Drink Pork Souvlak Tzatziki Sauce Rice Pilaff Seasoned Green Beans Bread WW w/Margarine Berry Applesauce	Milk Or Choice of Drink Mediterranean Glazed Salmon Baked Potato + Sour Cream Seasoned Asparagus Bread WW w/Margarine Apple Strudel Cake	Milk Or Choice of Drink Vegetarian Curry Steamed Rice Broccoli Bread WW w/Margarine Fruit Cocktail	Milk Or Choice of Drink Roast Turkey Turkey Gravy Mashed Potatoes Vegetable Mix Florentine Bread WW w/Margarine Strawberry Rhubarb Pie
Lamb Ragu Mashed Potatoes Diced Carrots Homemade Cheese Cake	Chicken Fettuccine Alfredo Bread WW w/Margarine Italian Mixed Vegetables Fruited Jello	Vegetarian Chili Sunrise Mixed Vegetables Bread WW w/Margarine Black Forest Cake	Creamy Swiss Chicken Mashed Potatoes Diced Squash Iced Banana Cake	BBQ Pork Chop Mashed Potatoes Corn Niblets Diced Watermelon	Meat Lasagna Garlic Bread Garden Salad Butterscotch Ice Cream Cup	Sausage on a Bun Sauerkraut Mashed Turnip Diced Peaches
HS						
Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Peanut Butter Sandwich	Milk Or Choice of Drink Cheese & Crackers	Milk Or Choice of Drink 12 Grain Bagel with Cream Cheese	Milk Or Choice of Drink Peanut Butter & Jam Sandwich	Milk Or Choice of Drink Cheddar Cheese Sandwich	Milk Or Choice of Drink Raisin Bread with cheese

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Breakfast						
Choice of Juice Oatmeal w/Flax Breakfast Sausage WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Poached Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Boiled Egg WW Toast w/Margarine Choice of Banana	Choice of Juice Oatmeal w/Flax Scrambled Eggs Crispy Bacon WW Toast w/Margarine Choice of Banana
AM						
Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink	Milk Or Choice of Drink
Lunch						
Butternut Squash Soup Soda Crackers Cobb Egg Salad Plate WW Dinner Roll Pickled Beets Diced Honeydew	Lentil Soup Soda Crackers Macaroni & Cheese Broccoli Florets Berry Applesauce	Vegetable Barley Soup Soda Crackers Mexican Beef Pie Beef Gravy Green Peas Diced Pineapple	Beef Noodle Soup Soda Crackers Breaded Chicken Wingettes Plum Sauce Sweet Potato Fries Brussels Sprouts Tropical Fruit Salad	Tomato Soup Soda Crackers Baked Beans & Wiener Bread WW w/Margarine Scandinavian Mix Vegetables Apricot Halves	Navy Bean Soup Soda Crackers Breakfast Sausage Pancakes Stewed Rhubarb & Strawberries Yogurt Parfait	Chicken Noodle Soup Soda Crackers Beef Goulash Seasoned Green Beans Baked Apple Slices
Chicken Burger On A Bun Seasoned Green Beans Vanilla Ice Cream Cup	Roast Beef Sandwich Creamy Cucumber Salad Baked Chocolate Chip Cookie	Tuna Salad Sandwich Marinated Veg Salad Banana Pudding with Topping	Ham & Swiss Sandwich Salad Garden Macaroon Madness Bar	Turkey Cranberry Sandwich Tomato and Cucumber Slices Butterscotch Pudding w/Whip Topping	Chicken Salad Sandwich Pickled Beets ButterTart	Egg Salad Sandwich Mixed Tossed Salad Fruit Trifle
PM						
Milk Or Choice of Drink Digestive Cookies	Milk Or Choice of Drink Vanilla Wafer Cookies	Milk Or Choice of Drink Social Tea Cookies	Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Chocolate Chip Cookie	Milk Or Choice of Drink Oatmeal Raisin Cookie	Light Peach Drink with Fiber Bran Crunch Cookies
Dinner						
Milk Or Choice of Drink Corned Beef Brisket Baked Potato Wedges Green Braised Cabbage Bread WW w/Margarine Fruit Salad	Milk Or Choice of Drink BBQ Chicken Breast Mini Roasted Potatoes Corn Niblets Bread WW w/Margarine Mandarin Oranges	Milk Or Choice of Drink Baked Tomato Pork Chop Baked Potato Mixed Salad Bread WW w/Margarine Blueberries	Milk Or Choice of Drink Sweet & Sour Meatballs Mashed Potatoes Sunrise Mixed Vegetables Bread WW w/Margarine Chocolate Ice Cream Cup	Milk Or Choice of Drink Lemon Dill Haddock Tartar Sauce Scalloped Potato Springtime Veg Casserole Bread WW w/Margarine Diced Watermelon	Milk Or Choice of Drink Maple Glazed Beef Mini Roasted Potatoes Seasoned Zucchini Medley Bread WW w/Margarine Mousse Very Berry	Milk Or Choice of Drink Baked Ham Mustard Sauce Mashed Potatoes Green Peas Bread WW w/Margarine Boston Cream Pie
Chili Lime Baked Cod Mashed Potatoes Peas & Carrots Maple Chocolate Cake	Pork & Pineapple Stir Fry Steamed Rice PEI Mixed Vegetables Nanaimo Bar	Turkey Schnitzel Turkey Gravy Mashed Potatoes Diced Squash Pound Cake	Spinach Frittata Diced Hashbrowns Italian Mixed Vegetables Fruited Jello	Beef Pot Roast Beef Gravy Mashed Potatoes Glazed Carrots White Cake w Strawberries	Cheese Ravioli w/Tomato Sauce Garlic Bread Caesar Salad Caramel Coffee Cake Loaf	Turkey Stroganoff Buttered Pasta Noodles Sunrise Mixed Vegetables Blueberries
HS						
Milk Or Choice of Drink Bran Muffin	Milk Or Choice of Drink Peanut Butter Sandwich	Milk Or Choice of Drink Cheese & Crackers	Milk Or Choice of Drink 12 Grain Bagel with Cream Cheese	Milk Or Choice of Drink Peanut Butter & Jam Sandwich	Milk Or Choice of Drink Cheddar Cheese Sandwich	Milk Or Choice of Drink Raisin Bread with cheese