

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sliced Strawberries	Banana Half	Mandarin Oranges	Blueberries	Honeydew Melon	Banana Half	Cantaloupe Chunks
Super Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Super Oatmeal	Cream of Wheat	Cinnamon Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Fried Egg
Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
Sliced Strawberries	Banana Half	Mandarin Oranges	Blueberries	Honeydew Melon	Banana Half	Potato Hashbrowns
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Vanilla Smooth Cottage Cheese	Vanilla Yogurt	Peanut Butter	Vanilla Yogurt	Peanut Butter	Vanilla Smooth Cottage Cheese	Cantaloupe Chunks
Bran Muffin	Mini Pancakes	Whole Wheat Toast Fruit Extreme Muffin	Croissant	Mini Cinnamon Bun	Texas French Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast
LUNCH						
Unsalted Soda Crackers	Beef Vegetable Soup	Chicken Noodle Soup	Homemade Vegetable Barley Soup	Unsalted Soda Crackers	Country Bean & Vegetable Soup	Cream of Cauliflower Soup
French Onion Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Cream of Potato & Leek Soup	Unsalted Soda Crackers	Unsalted Soda Crackers
Hamburger on Wheat Bun	Macaroni & Cheese	English Style Fish	Toasted Western Sandwich	Turkey Pot Pie	Mini Submarine Sandwich	Salmon & Potato Salad Plate
Greek Salad	Stewed Tomatoes	French Fries	Roasted Root Vegetable Blend	Italian Mixed Grilled Vegetables	Spring Mix Lettuce Salad	Wheat Roll
Fresh Watermelon	Garlic Bread	Creamy Coleslaw	Chilled Diced Peaches	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Pears
Unsalted Soda Crackers	Cantaloupe Chunks	Fruit Cocktail	Homemade Vegetable Barley Soup	Unsalted Soda Crackers	Country Bean & Vegetable Soup	Cream of Cauliflower Soup
Egg Salad Sndw on Croissant	Beef Vegetable Soup	Chicken Noodle Soup	Unsalted Soda Crackers	Cream of Potato & Leek Soup	Unsalted Soda Crackers	Unsalted Soda Crackers
Greek Salad	Unsalted Soda Crackers	Unsalted Soda Crackers	Chicken Caesar Salad	Pulled Beef on Wheat Bun	Cheese Tortellini & Marinara	Country Sausage
Butterscotch Ice Cream	Turkey w/Lettuce on Whole Wheat	Quiche Florentine	Wheat Roll	Beet & Onion Salad	Sauteed Spinach	Pancakes
	Tossed Ranch Salad	Green Beans	Strawberry Mousse	Lemon Bar	Black Forest Pudding	Strawberries & Rhubarb Compote Salty Caramel Ice Cream on Stick
	Apple Crumble Square	Crepe Caramel				
DINNER						
Mediterranean Chicken	Pork Chop & Mushroom Sauce	Seasoned Cowboy Steak	LS Sweet & Sour Pork	Baked Chicken Breast	Meatloaf	Roast Turkey
Lemon Potatoes	Mashed Potatoes	Baked Potato	Brown Rice	Oven-Browned Potatoes	Mashed Potatoes	Herbed Potatoes
Bistro Vegetables	Roasted Mediterranean Vegetables	Broccoli Florets	Asian Vegetables	Green Peas	California Vegetables	Sunrise Vegetables
Cinnamon Roll Cake	Strawberry Shortcake	Chocolate Cheesecake	Citrus Orange Cake	Vanilla Ice Cream	Red Velvet Cake	Apple Pie Slice
Garden Chill	Lamb Kebab	Turkey Cacciatore	Mushroom Ravioli w/Alfredo Sauce	Lemon Herb Panko Pollock	Honey Garlic Ribs	Roasted Vegetable Lasagna
Garlic Bread	Mashed Potatoes	Brown Rice	Italian Mixed Vegetables	Oven-Browned Potatoes	Mashed Potatoes	Mixed Green Italian Salad
Green Beans	Butternut Squash	Parslied Cauliflower	Chilled Apple Slices	Sauteed Pepper & Onion	Buttered Corn	Garlic Bread
Chilled Diced Pears	Crushed Pineapple	Apricot Halves		Mango	Crushed Pineapple	Fresh Watermelon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Blueberries	Banana Half	Sliced Strawberries	Cantaloupe Chunks	Papaya	Banana Half	Chilled Diced Pears
Oatbran Cereal	Super Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Super Oatmeal	Cream of Wheat
Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Eggs	Fried Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Potato Hashbrowns
Blueberries	Banana Half	Sliced Strawberries	Cantaloupe Chunks	Papaya	Banana Half	Bacon Strips
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Vanilla Smooth Cottage Cheese	Vanilla Yogurt	Peanut Butter	Lemon Smooth Cottage Cheese	Vanilla Yogurt	Chilled Diced Pears
Bran Muffin	Mini Cinnamon Bun	Mini Pancakes	Fruit Extreme Muffin	Croissant	Texas French Toast	Assorted Cold Cereal
						Peanut Butter
						Whole Wheat Toast
LUNCH						
Creamy Carrot Ginger Soup	Unsalted Soda Crackers	Cream of Celery Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Italian Wedding Soup	Unsalted Soda Crackers
Swiss & Parmesan Cheese Quiche	Cream of Tomato Soup	Unsalted Soda Crackers	Turkey Vegetable Soup	Chicken Vegetable Barley Soup	Hot Dog on Wheat Bun	Cream of Mushroom Soup
Sauteed Spinach	Captain Burger on WW Bun	Chicken Strips	Pizza of Choice	Cod Nuggets	Iceberg & Carrot Salad	Tuna Salad Sandwich WW
Orange Sections	Beet & Onion Salad	Poutine Gravy & Cheese Curd	Caesar Salad	Potato Bites	Fruit Cocktail	Rainbow Coleslaw
Creamy Carrot Ginger Soup	Chilled Diced Pears	French Fries	Chilled Diced Peaches	Marinated Cucumbers	Italian Wedding Soup	Fresh Watermelon
Sliced Ham Sndw on Rye	Unsalted Soda Crackers	Tossed Salad & Italian Dressing	Unsalted Soda Crackers	Mandarin Oranges	Four Cheese Penne Pasta Casserole	Unsalted Soda Crackers
Tossed Ranch Salad	Cream of Tomato Soup	Crushed Pineapple	Turkey Vegetable Soup	Unsalted Soda Crackers	Kale Vegetable Blend	Cream of Mushroom Soup
Date Square	Grilled Cheese on Wheat	Cream of Celery Soup	Roast Beef & Cheddar Sndw on WW	Chicken Vegetable Barley Soup	Garlic Bread	Chicken Wings Boneless
	Creamy Cucumber & Onions	Unsalted Soda Crackers	Tossed Garden Salad	Egg Salad Sndw on Wheat	Butterscotch Pudding	Potato Bites
	Ice Cream Sandwich	Dell & Pasta Salad Plate	Neapolitan Ice Cream	Cheddar Cheese		Italian Mixed Vegetables
		Wheat Roll		Bread and Butter Pickle		Pistachio Dark Chocolate Bar
		Maple Avalanche Cake		Wildberry Macaroon Cake		
DINNER						
Country Style Fried Chicken	BBQ Pork Chops	Salisbury Steak	Tea Biscuit Chicken Pot Pie	Turkey & Mashed Potato Casserole	Mediterranean Glazed Haddock	Roast Beef
Herbed Potatoes	Mashed Potatoes	Baked Potato	Seasoned Green Beans	Eurogold Vegetables	Brown Rice	Yorkshire Pudding
Broccoll Florets	Cocktail Vegetables	Brussels Sprouts	Blueberry Crisp	Triple Chocolate Fudge Cake	Sunrise Vegetables	Buttered Corn
Chocolate Mousse	Caramel Cheesecake	Rice Pudding			Peach Pie	Black Forest Cake
Beef & Vegetable Stew	LS Turkey a la King	Sole w/Lemon Pepper	Hawaiian Ham	Swedish Meatballs		
Mashed Potatoes	Buttered Egg Noodles	Brown Rice	Scalloped Potatoes	Buttered Egg Noodles	Creamy Dijon Chicken & Mushrooms	Homemade Turkey Meatloaf
Roasted Root Vegetable Blend	Green Peas	Scandinavian Vegetables	Sauteed Pepper & Onion	Florentine Veg Mix	Boiled Potatoes	Mashed Potatoes
Combread	Chilled Diced Peaches	Mango	Apricot Halves	Chilled Apple Slices	Whipped Squash	Mashed Turnips
Honeydew Melon					Fresh Grapes	Chilled Tropical Fruit

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BREAKFAST						
Blueberries	Banana Half	Chilled Diced Pears	Fruit Cocktail	Apricot Halves	Banana Half	Chilled Diced Peaches
Cinnamon Oatmeal	Oatbran Cereal	Super Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Fried Egg
Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
Blueberries	Banana Half	Chilled Diced Pears	Fruit Cocktail	Apricot Halves	Banana Half	Potato Hashbrowns
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Vanilla Yogurt	Peanut Butter	Lemon Smooth Cottage Cheese	Peanut Butter	Vanilla Smooth Cottage Cheese	Chilled Diced Peaches
Mini Cinnamon Bun	Croissant	Mini Pancakes Bites	Bran Muffin	Waffles	Fruit Extreme Muffin	Assorted Cold Cereal
						Vanilla Yogurt
						Texas French Toast
LUNCH						
Unsalted Soda Crackers	Cream of Cauliflower Soup	Unsalted Soda Crackers	Minestrone Soup	Cream of Broccoli Soup	Chicken Rice Soup	Cream of Vegetable Chowder
Barley Beef Soup	Homestyle Pulled Pork & Beans	G-F Garden Vegetable Soup	Unsalted Soda Crackers	Steak & Mushroom Pot Pie	Sausage Tomato Garden Quiche	Fish 'n Chips
Perogies w/Bacon	Bistro Vegetables	Turkey Burger on Wheat Bun	Pasta Primavera	Green Peas	Sauteed Spinach	Rainbow Coleslaw
Pick of the Day Vegetable Blend	Hot Dog Bun	Greek Salad	California Vegetables	Mango	Crushed Pineapple	Mandarin Oranges
Cantaloupe Chunks	Chilled Diced Peaches	Honeydew Melon	Fresh Watermelon			
Unsalted Soda Crackers	Cream of Cauliflower Soup	Unsalted Soda Crackers	Minestrone Soup	Sliced Ham Plate	Chicken Rice Soup	Cream of Vegetable Chowder
Barley Beef Soup	Cottage Cheese Fruit Salad Plate	G-F Garden Vegetable Soup	Unsalted Soda Crackers	Drill Potato Salad	Veggie Burger on WW Bun	Cheese Lettuce Tomato Sndw w/Mayo
Sliced Turkey on Rye	Fruit Extreme Muffin	Sausage Patty	Shredded Chicken on WW Bun	Red Beet Citrus Salad	Spring Mix Lettuce Salad	Four Bean Salad
Tossed Salad & Italian Dressing	Maple Swirl Ice Cream	Potato Hashbrowns	Mixed Green Italian Salad	Carrot Cake	Lemon Tart	Sliced Dill Pickle
Baked Custard		Broccoli Florets	Date Square			Vanilla Pudding
		Tiramisu Mousse				
DINNER						
Spaghetti & Meatballs	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	BBQ Pork Drummies	Broiled Salmon	Korean Beef Short Ribs	Pork Roast
Caesar Salad	Potato Bites	Au Gratin Potatoes	Roasted Potatoes	Scalloped Potatoes	Brown Rice	Garlic Mashed Potatoes
Garlic Bread	Green Beans	Sunrise Vegetables	Brussels Sprouts	Diced Squash	Buttered Corn	Parsley Carrots
Apple Crumble Square	Key Lime Cheesecake	Triple Layer Chocolate Cake	Vanilla Caramel Swirl Cake	Vanilla Chocolate Ice Cream Bar	Sticky Toffee Cake	Chocolate Cream Mint Pie
Teriyaki Pork Loin	Beef Shepherd's Pie	Baked Cod Fillet	Meat Lasagna	Turkey Stir Fry	Baked Chicken with Chalet Sauce	Salisbury Steak & Gravy
Mashed Potatoes	Florentine Veg Mix	Au Gratin Potatoes	Lettuce Tomato Salad	Rice Pilaf	Boiled Red Potato	Garlic Mashed Potatoes
Broccoli Florets	Apricot Apple Blend	Wax Beans with Red & Green Peppers	Garlic Bread	Asian Vegetables	Steamed Broccoli	Roasted Mediterranean Vegetables
Mandarin Oranges		Crushed Pineapple	Orange Sections	Fresh Grapes	Honeydew Melon	Deluxe Fruit Salad