



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Breakfast**

Cranberry Juice  
Oatmeal  
Poached Egg  
-----  
Assorted Cold Cereal  
Whole Wheat Toast  
White Toast

Prune Juice  
Cream of Wheat  
Fried Egg  
-----  
Assorted Cold Cereal  
Whole Wheat Toast  
White Toast

Orange Juice  
Oatmeal  
Scrambled Eggs  
-----  
Assorted Cold Cereal  
White Toast  
Whole Wheat Toast

Cranberry Juice  
Cream of Wheat  
Hard Boiled Egg  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

Prune Juice  
Oatmeal  
Poached Egg  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

Apple Juice  
Cream of Wheat  
Fried Egg  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

Orange Juice  
Oatmeal  
Scrambled Eggs  
Whole Wheat Toast  
-----  
Assorted Cold Cereal  
White Toast

**Lunch**

Fall Harvest Soup  
Unsalted Crackers  
Turkey & Lettuce on  
Wheat  
Tossed Salad  
Fruit Salad  
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Weiners & Beans  
Parsley Carrots  
Chocolate Pudding

Golden Lentil Soup  
Unsalted Crackers  
Tuna Salad on Wheat  
Marinated Fresh  
Vegetable Salad  
Cantaloupe Chunks  
-----  
Pancake  
Syrup  
Sausage Links  
Scalloped Apples  
Cranberry Spice  
Oatmeal Cookie

Butternut Squash Soup  
Unsalted Crackers  
Egg Salad on  
Multi-Grain  
Waldorf Salad  
Chilled Apricots  
-----  
Chicken Leek Pasta  
Sliced Beets  
Date Square

Cream of Potato Soup  
Unsalted Crackers  
Yogurt Fruit Plate  
Bran Muffin  
Butterscotch Pudding  
-----  
Beef Dip Sandwich  
Carrot Raisin Salad  
Mango

Harvest Vegetable  
Soup  
Unsalted Crackers  
Macaroni & Cheese  
Baked Parmesan  
Tomato  
Fruit Cocktail  
-----  
Pastrami on Rye  
Spring Salad Mix  
Lime Sherbet

Beef Noodle Soup  
Unsalted Crackers  
Sundried Tomato  
Frittata  
Herbed Green Beans  
Wheat Roll  
Strawberries  
-----  
Mini Sub Sandwich  
Ruby Twist Salad  
Rainbow Parfait

Wild Rice Chicken Soup  
Unsalted Crackers  
Salmon Salad on Wheat  
Cucumber Salad  
Fresh Watermelon  
-----  
Margarita Pizza  
Tossed Salad  
Coconut Tart

**Dinner**

Beef Ragu Pasta Bake  
Broccoli Florets  
Bananas and Oranges  
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Cod Au Gratin  
Lemon Wedge  
Garlic Mashed Potatoes  
Steamed Asparagus  
Peach Cobbler

Turkey Stuffing Loaf  
Mashed Sweet  
Potatoes  
PEI Vegetables  
Sliced Pears  
-----  
Tomato Feta Penne  
Spinach Orange Salad  
Blueberry Crumble Tart

Pork Chop in Mushroom  
Sauce  
Mashed Potatoes  
Seasoned Green Peas  
Fresh Grapes  
-----  
Eggplant Parmigiana  
Caesar Salad  
Creamy Cinnamon Rice  
Pudding

Maple Chicken  
Whipped Potatoes  
Rainbow Vegetables  
Mandarin Oranges  
-----  
Curried Lamb  
Fluffy Rice  
Wax Beans  
Black Forest Drop Cake

Mango Salsa Haddock  
Mashed Potatoes  
Zucchini Medley  
Pineapple Tidbits  
-----  
Steak Diane  
Baked Potato  
Cauliflower  
Lemon Mousse Cake

Crispy Baked Chicken  
German Potato Salad  
Confetti Coleslaw  
Poached Spiced Pears  
-----  
Sweet & Sour Pork  
Brown Rice  
Carrots & Parsnips  
English Trifle

Roast Beef  
Horseradish  
Beef Gravy  
Roasted Baby Potatoes  
Classic Vegetables  
Tropical Fruit  
-----  
Turkey a la King  
Mashed Potatoes  
Broccoli Florets  
Apple Pie



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Apple Juice Cream of Wheat Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Prune Juice Oatmeal Fried Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Orange Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Cranberry Juice Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Apple Juice Cream of Wheat Poached Egg ----- Assorted Cold Cereal White Toast Whole Wheat Toast	Cranberry Juice Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Orange Juice Cream of Wheat Scrambled Eggs Breakfast Sausage Link Whole Wheat Toast ----- Assorted Cold Cereal White Toast
<b>Lunch</b>	Cream of Broccoli Soup Unsalted Crackers Vegetarian Chili Cornmeal Loaf Sliced Pears ----- Tuna Salad on a Croissant Spinach Tomato Salad Lemon Delight Fluff	French Onion Soup Unsalted Crackers Butternut Squash Ravioli Tossed Salad Strawberries & Bananas ----- Avocado Ranch Cobb Salad Herb Focaccia Sugar Cookies	Pumpkin Pie Bisque Unsalted Crackers Cottage Cheese & Fruit Assorted Muffin Chilled Peach Slices ----- Turkey Apple Brie Sandwich Multi Cucumber Salad Chocolate Pudding	Chicken Noodle Soup Unsalted Crackers Crispy Tuna Slider Cabbage & Apple Salad Fruit Salad ----- Deli Roast Beef on Wheat Mixed Green Salad Orange Sherbet	Beer Cheese Soup Unsalted Crackers Chicken Salad on Wheat Cranberry Almond Salad Mandarin Pineapple Cup ----- Cheesy Egg Strata Broccoli Florets Iced Banana Cake	Cream of Mushroom Soup Unsalted Crackers Broccoli and Cheese Baked Potato Tossed Green Salad Chilled Peach Slices ----- Pork Tourtiere Pie Pork Gravy Wax Beans Tapioca Pudding	Caldo Verde Soup Unsalted Crackers Western Omelet Sandwich Tomato Slices Chilled Apricots ----- Crab Cake Tartar Sauce Pear & Pecan Lettuce Salad Wheat Roll White Chocolate Mousse
<b>Dinner</b>	Herb Baked Chicken Thigh Chicken Gravy Mashed Potatoes Baby Carrots Fresh Grapes ----- Alfredo Fettuccine Whole Mixed Beans Chocolate Zucchini Cake	Baked Sole & Dill Sauce Roasted Red Skin Potatoes Diced Beets Diced Fresh Melon ----- Glazed Bacon Roast Mashed Potatoes Sweet Balsamic Brussels Sprouts Nanaimo Bar	Malibu Chicken Roasted New Potatoes Calico Corn Fresh Watermelon ----- Steak & Mushrooms Mashed Potatoes Zucchini Medley Custard Tart	Honey Garlic Ribs Mashed Potatoes Peas & Carrots Mango ----- Turkey Pot Pie Whipped Squash Homemade Carrot Cake	Fish 'n Chips Confetti Coleslaw Mixed Berries ----- Sherry Beef Tips Mushroom Wine Gravy Mashed Potatoes Parsley Carrots Cherry Cobbler	Spaghetti & Meat Sauce Soft Garlic Stick Caesar Salad Hot Spiced Apples ----- Roast Leg of Lamb & Veg Mashed Potatoes 5-Way Mixed Vegetables Strawberry Cheesecake	Roast Turkey Savory Bread Stuffing Turkey Gravy Mashed Potatoes Pearl Harvest Veggies Tropical Fruit ----- Glazed Ham Scalloped Potatoes Mashed Turnips Pumpkin Pie



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<b>Breakfast</b>	Cranberry Juice Oatmeal Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Orange Juice Cream of Wheat Fried Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Apple Juice Oatmeal Oatmeal Apple Muffin Hard Boiled Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Prune Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Orange Juice Oatmeal Poached Egg Whole Wheat Toast ----- Assorted Cold Cereal White Toast	Cranberry Juice Cream of Wheat Bran Muffin Fried Egg ----- Assorted Cold Cereal White Toast Whole Wheat Toast	Apple Juice Oatmeal Scrambled Eggs Breakfast Sausage Link Whole Wheat Toast ----- Assorted Cold Cereal White Toast
<b>Lunch</b>	Veggie Florentine Soup Unsalted Crackers Macaroni & Cheese Stewed Tomatoes Diced Fresh Melon ----- Sausage on Bun Grilled Peppers & Onions Pudding Parfait	Chicken Noodle Soup Unsalted Crackers Ham Salad on Wheat Cucumber Salad Fruit Salad ----- Vegetable & Swiss Quiche Garden Salad Orange Gelatin w/Whip	Black Bean Soup Unsalted Crackers Tuna Salad on Wheat Waldorf Salad Chilled Peach Slices ----- Chicken Shawarma on Naan Greek Salad Van Caramel Swirl Cake	Colcannon Soup Unsalted Crackers Salmon Salad on Wheat Tossed Salad Bananas and Oranges ----- Perogie Casserole Seasoned Zucchini Baked Custard	Roasted Cauliflower Soup Unsalted Crackers Chicken & Leek Pot Pie Heritage Blend Salad Applesauce ----- Cottage Cheese & Fruit Carrot Muffin Peanutbutter Cookies	Barley Beef Soup Unsalted Crackers Caramelized Onion Grilled Cheese Tomato Cucumber Salad Strawberries ----- Crab Salad on Croissant Triple Bean Salad Butterscotch Layer Bar	Tomato Soup Unsalted Crackers Belgian Waffle Fruit Sauce Bacon Mango ----- Egg Salad on Wheat Red Beet Citrus Salad White Chocolate Mousse
<b>Dinner</b>	Chicken a la King Puff Pastry Wedge Glazed Butternut Squash Fruit Cocktail ----- Corned Beef Oven-browned Potatoes Scalloped Cabbage Berry Trifle	Salmon w/Dill Sauce Mashed Potatoes PEI Vegetables Chilled Apricots ----- Roasted Mushroom Ravioli Tossed Salad Cherry Swirl Pudding Cake	Irish Lamb Stew Parslied New Potatoes Broccoli-Cauliflower Pineapple Tidbits ----- Turkey Schnitzel Mashed Potatoes Carrots & Parsnips Assorted Ice Cream	Hawaiian Meatballs Fluffy Rice Whole Mixed Beans Mixed Berries ----- Chicken Cacciatore Seasoned Egg Noodles Sweet Balsamic Brussels Sprouts Lime Daiquiri Dessert	Homemade MeatLoaf Brown Gravy Mashed Potatoes Creamed Corn Sliced Pears ----- Cod with Lemon and Capers Roasted Red Skin Potatoes Zucchini Medley Creamy Rice Pudding	Ginger Roast Pork Basmati Rice Oriental Vegetables Orange Sherbet ----- Roasted Sage Chicken Mashed Potatoes Classic Vegetables Peaches & Cream Pudding	Roast Beef Beef Gravy Garlic Mashed Potatoes Mashed Turnips Fruit Cocktail in Cherry Gel ----- Creamy Rose Shrimp Pasta Sugar Snap Peas Pecan Pie



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<b>Lunch</b>	Sweet Potato and Cauliflower Soup BBQ Beef on Bun Buttered Corn Pineapple Tidbits ----- Unsalted Crackers Chicken Caesar Salad Garlic Bread Butter Tart	Mushroom Wild Rice Soup Unsalted Crackers Ham and Havarti on a Onion Bun Cucumber Salad Chilled Apricots ----- Salmon Salad Plate Oatmeal Raisin Cookies	Split Pea Soup Unsalted Crackers Harvest Cobb Salad Lemon Pudding ----- Beef and Corn Cassorole Spinach Tomato Salad Hot Spiced Apples	Portuguese Kale Soup Unsalted Crackers Tuna Salad on Wheat Chickpea Salad Fruit Salad ----- Vegetarian Pizza Zucchini Medley Raspberry Jelly Roll	Chicken Noodle Soup Unsalted Crackers Cheddar Fruit Plate Blueberry Scone Sliced Pears ----- Bacon & Tomato on Wheat Carrot Raisin Salad Ambrosia Salad	Minestrone Soup Unsalted Crackers Vegetable Quiche Carrot Salad Mango ----- Corned Beef on Rye Beet and Goat Cheese Salad Lemon Loaf	Fall Harvest Soup Unsalted Crackers Beef Pot Pie Mashed Turnips Fresh Grapes ----- Creamed Smoked Salmon on Rye Coleslaw Vinaigrette Chocolate Chip Cookie
<b>Dinner</b>	Haddock w/Dill Sauce Mashed Potatoes Sauted Spinach and Mushrooms Mixed Berries ----- Apple Cider Pork Chops Baked Potato Sour Cream Buttered Red Cabbage Carrot Cake	Spaghetti & Meat Sauce Mixed Green Salad Mandarin Oranges ----- Roast Leg of Lamb & Veg Mint Jelly Brown Gravy Parslied New Potatoes PEI Vegetables Chocolate Cream Pie Slice	Braised Beef Liver & Onions Brown Gravy Whipped Potatoes Sliced Beets Stewed Rhubarb ----- Cranberry Glazed Chicken Confetti Rice Roast Fall Vegetables Blueberry-Peach Salad	Roast Beef Beef Gravy Horseradish Mashed Potatoes Baby Carrots Chilled Peach Slices ----- Turkey Tetrazzini Broccoli Almondine Vanilla Ice Cream	Krunchie Perch Lemon Wedge Potato Wedges Green Beans Bananas and Oranges ----- Beef Shepherd's Pie Brown Gravy Buttered Corn Bread Pudding w Custard Sauce	Lemon Herb Baked Chicken Thighs Rosemary Potatoes Mashed Turnips Tropical Fruit ----- Salisbury Steak & Mushroom Sauce Mashed Potatoes Niagara Mix Vegetables Maple Pudding Cake	Roast Turkey Savory Bread Stuffing Cranberry Sauce Mashed Potatoes Cauliflower & Cheese Fruit Gelatin ----- Pork Tenderloin Applesauce Brown Gravy Baked Potato Sour Cream Peas & Pearl Onions Black Forest Cake