

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Strawberries	Banana Half	Mandarin Oranges	Blueberries	Honeydew Melon	Banana Half	Cantaloupe Chunks
Oatmeal	Cream of Wheat	Super Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Super Oatmeal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Poached Egg	Fried Eggs	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Vanilla Smooth Cottage Cheese	Assorted Greek Yogurt	Peanut Butter	Vanilla Yogurt	Cheddar Cheese Slice	Lemon Smooth Cottage Cheese	Bacon
Raisin Toast	Whole Wheat Toast	Bacon	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Cream Cheese
Bran Muffin	Mini Pancakes	Toasted English Muffin	Croissant	Mini Cinnamon Roll	Texas French Toast	Wheat Bagel
		Carrot Muffin				
LUNCH						
Holyrood Borscht Soup	Beef Vegetable Soup	Chicken Vegetable	Tomato Basil Soup	Potato & Leek Soup	Unsalted Soda Crackers	Cream of Chicken Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Noodle Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Corn Chowder	Unsalted Soda Crackers
Cheeseburger on Bun	Macaroni & Cheese	Unsalted Soda Crackers	Chicken Caesar Salad	Cheese Cannelloni w/ Alfredo Sauce	Perogies Casserole	Pork Wiener and Beans
Egg Salad Sndw on Wheat	Reuben Sandwich	English Style Battered Pollock	Grilled Cheese on White	Turkey Sandwich w/Aioli	Roast Beef & Cheddar Sndw on WW	Tuna Salad Sandwich WW
Greek Salad	Garlic Bread	Cheese Lettuce Tomato Sndw w/Mayo	Beet & Onion Salad	Chickpea Couscous Salad	Sour Cream	Buttered WW Bread
Mango	Black Bean Corn Salad	Tartar Sauce	Garlic Bread	Chilled Tropical Fruit	Sauteed Pepper & Onion	Tomato Arugula Lettuce Salad
	Stewed Tomatoes	French Fries	Chilled Diced Peaches		Sauerkraut	Chilled Diced Pears
	Honeydew Melon	Coleslaw			Mandarin Oranges	
		Fruit Cocktail				
DINNER						
Mediterranean Chicken	Pork Chop & Mushroom Sauce	Seasoned Cowboy Steak	Pork Stir Fry	Lemon Pepper Cod	Italian Chicken Thigh	Roast Turkey
Sole Florentine	Italian Herb Beef Stew	Turkey Meatballs w/Yogurt Sauce	Meatloaf	Farmers Sausage	Honey Garlic Ribs	Meat Lasagna
Tzatziki Sauce			Brown Gravy	Herb Roasted Potatoes	Golden Rice	Turkey Gravy
Lemon Potatoes	Mashed Potatoes	Brown Gravy	Mashed Potatoes	Buttered Corn	Mashed Potatoes	Mashed Potatoes
Broccoli Florets	Butternut Squash	Sour Cream	Mini Spring Roll	Sweet Hickory BBQ Baked Beans	Zucchini Medley	Sunrise Vegetables
Butterscotch Ice Cream	Strawberry Shortcake	Baked Potato	Vegetable Fried Rice	Raspberry Sherbet	Mini Portuguese Custard Tart	Garlic Toast
		Lemon Orzo Pasta	Asian Vegetables			Peach Pie
		Grilled Vegetables	Red Velvet Cake			
		Coconut Cream Pudding				

Note: Coffee, tea, milk and juice served with every meal

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BREAKFAST						
Fruit Cocktail	Banana Half	Chilled Diced Pears	Honeydew Melon	Sliced Strawberries	Banana Half	Chilled Diced Pears
Oatbran Cereal	Oatmeal	Cream of Wheat	Super Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Poached Eggs	Hard Boiled Eggs	Scrambled Eggs	Herbed Omelet	Hard Boiled Egg	Poached Eggs	Bacon Strips
Peanut Butter	Vanilla Smooth Cottage Cheese	Country Sausage	Cheddar Cheese Slice	Lemon Smooth Cottage Cheese	Assorted Greek Yogurt	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Vanilla Yogurt	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Cream Cheese
Bran Muffin		Whole Wheat Toast	Carrot Muffin		Texas French Toast	Maple Pancake
	Mini Cinnamon Roll	Mini Pancakes		Croissant		
LUNCH						
Unsalted Soda Crackers	Chicken Vegetable	Vegetable Soup	Unsalted Soda Crackers	Cream of Mushroom	Italian Wedding Soup	Fiesta Chicken Chowder
Coconut Squash Soup	Barley Soup		Homestyle Turkey	Soup		
Corned Beef Casserole	Unsalted Soda Crackers	Unsalted Soda Crackers	Vegetable Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Sliced Ham Sndw on Rye	Breaded Cod	Breaded Chicken Strips	Pizza of Choice	Steak & Mushroom Pot Pie	Hot Dog on Wheat Bun	Sausage Patty
Tossed Garden Salad	Cottage Cheese Fruit Salad	Salami on Wheat	Tuna Salad Sndw on WW	Sliced Turkey & Tomato on Rye	Egg Salad Sndw on Wheat	Cheese Lettuce Tomato Sndw w/Mayo
Orange Sections	Plate	Plum Sauce	Red Beet Citrus Salad		Mustard	
	Tartar Sauce	Poutine Gravy & Cheese Curd	Fruit Cocktail		Ketchup	Cabbage Roll
	Potato Hashbrowns	French Fries		Roasted Mediterranean Vegetables	Pickle Relish	Mango
	Fruit Extreme Muffin	Mixed Salad with French Dressing		Tomato & Cucumber Salad	Veggie Penne Pasta Salad	
	Beet & Onion Salad			Mandarin Oranges		Neapolitan Ice Cream Sandwich
	Broken Glass Jellies	Watermelon Chunks				
DINNER						
Country Style Fried Chicken	BBQ Pork Chops	Salisbury Steak	Tea Biscuit Chicken Pot Pie	Citrus Peppercorn Tilapia	Turkey Meatball Curry	Roast Blade Beef
Swedish Meatballs	LS Turkey a la King	Sole w/Lemon Pepper		Hawaiian Ham	Honey Marinated Pork Loin	Baked Chicken Breast
Garlic Mashed Potatoes	Herbed Diced Potatoes	Beef Gravy	Farmers Sausage	Lemon Dill ButterSauce		Beef Gravy
Cocktail Vegetables	Parslied Noodles	Baked Potato	Mashed Potatoes	Fluffy Rice	Mashed Potatoes	Mashed Potatoes
Chocolate Mousse	Peas & Pearl Onions	Corn Niblets	Green Beans	Scalloped Potatoes	Eurogold Vegetables	Prince Edward Vegetables
	Ice Cream Sandwich	Caramel Cheesecake	Apple Crumble Square	Zucchini Medley	Rice Pudding	
				Chocolate Brownie		Maple Avalanche Cake

Note: Coffee, tea, milk and juice served with every meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Blueberries	Banana Half	Fruit Cocktail	Mandarin Oranges	Sliced Pears	Banana Half	Chilled Diced Peaches
Super Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Super Oatmeal	Oatbran Cereal	Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Scrambled Eggs	Omelette	Hard Boiled Egg	Scrambled Eggs	Fried Eggs	Bacon Strips
Vanilla Smooth Cottage Cheese	Peanut Butter	Vanilla Yogurt	Assorted Greek Yogurt	Cheddar Cheese Slice	Lemon Smooth Cottage Cheese	Poached Eggs
Raisin Toast	Whole Wheat Toast	Bacon	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
Mini Cinnamon Roll	Croissant	Whole Wheat Toast	Bran Muffin	Waffles	Carrot Muffin	Whole Wheat Toast
		Mini Pancakes				Texas French Toast
LUNCH						
Unsalted Soda Crackers	Cream of Broccoli Soup	Golden Minestrone Soup	Chicken Rice Soup	Tomato Lentil Soup	Cream of Cauliflower Soup	Cream of Vegetable Chowder
Garden Vegetable Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Chicken Wings Boneless	Fish 'n Chips	Mini Potato & Cheese Perogies	Cheese Tortellini & Marinara	Monte Cristo Sandwich	Chicken Burger w/ Lettuce & Tomato	G-F Cod Nuggets
Egg Salad Sndw on Wheat	Cheese Lettuce Tomato Sndw w/Mayo	Roast Beef & Cheddar Sndw on WW	Turkey w/Lettuce on Whole Wheat	Salmon Salad on WW	Salami on Wheat	Chicken Salad Sndw on WW
Chicken Dipping Sauce	Tartar Sauce	Black Forest Ham	Mixed Green Italian Salad	Tomato Arugula Lettuce Salad	Mustard	Tartar Sauce
Potato & Egg Salad	Rainbow Coleslaw	Sour Cream		Mango	Ketchup	Sweet Potato Fries
Mixed Green Salad	Chilled Diced Peaches	Honeydew Melon	Watermelon Chunks		Spring Mix Lettuce Salad	Caesar Salad
Cantaloupe Chunks					Pineapple Tidbits	Mandarin Oranges
DINNER						
Broiled Salmon	BBQ Pork Drummies	Chinese Chicken Stew	Salisbury Steak w/ Peppers & Onions	Baked Chicken with Chalet Sauce	Beef & Mushroom Stew	Pork Roast
Beef Shepherd's Pie	Turkey Vegetable Stir Fry	Hawaiian Ham	G-F Pork Stirfry Noodles	Parmesan Crusted Haddock	Turkey Schnitzel	Veal Parmesan
Lemon Dill Sauce	Mashed Potatoes	Lemon Wedge	Roasted Potatoes	Mashed Potatoes	Poultry Gravy	Pork Gravy
Rice Pilaf	Fluffy Rice	Buttered Egg Noodles	Sauteed Spinach & Mushrooms	Lemon Wedge	Herbed Diced Potatoes	Garlic Mashed Potatoes
Parsley Carrots	Buttered Corn	Scalloped Potatoes	Blueberry Tart	Pick of the Day Vegetable Blend	Broccoli Florets	Italian Mixed Vegetables
Apple Crumble Square	French Vanilla Ice Cream	Sunrise Vegetables		Vanilla Chocolate Ice Cream Bar	Carrot Cake	Garlic Toast
		French Cream Cheesecake				Chocolate Cream Mint Pie

Note: Coffee, tea, milk and juice served with every meal