

BREAKFAST - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
	Assorted Juice Oatmeal or Cold Cereal Scrambled Egg Bacon Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Boiled Egg Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Scrambled Egg Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Yogurt & Berries Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Scrambled Eggs Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Poached Egg Bacon Whole Wheat Toast & Jams	Assorted Juice Oatmeal or Cold Cereal Boiled Egg Whole Wheat Toast & Jams

LUNCH MEAL - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Minestrone Soup Roast Beef Sandwich on an Onion Bun Cabbage & Cranberry Salad Poppyseed Dressing Tangerine Mousse	Navy Bean Soup Hashbrown Casserole Sunrise Vegetable Mix Mandarin Oranges	Italian Wedding Soup Beefaroni Zucchini & Peppers Banana Pudding	Chicken Vegetable Soup Beans & Weiners Corn Bread Square Sliced Peaches	Beef Barley Soup Cream Cheese & Cucumber on Multi-Grain Bread Tomato & Cucumber Salad Lemon Mousse Cake	Vegetable Soup Pizza Spring Mix Salad Salad Dressing Pineapple	Cream of Potato & Leek Soup French Toast Syrup Breakfast Sausage Orange Slice Applesauce
Choice 2	Egg & Cheese on an English Muffin Asparagus Banana	Tuna Salad Sandwich Creamy Cucumber Salad Ice Cream Bar	Sliced Turkey Sandwich Pickled Beets Diced Pears	Egg Salad Sandwich Greek Salad Salad Dressing Ice Cream	Breaded Chicken Strip Dipping Sauce Tater Tots PEI Mixed Vegetables Strawberries	Beef Pie Gravy Peas Citrus Cake	Grilled Chicken Strips Caesar Salad Salad Dressing Garlic Bread Stick Chocolate Pudding

SUPPER MEAL - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Roast Turkey Gravy Mashed Potatoes Carrots Pumpkin Pie	Chicken Vegetable Stew Tea Biscuit Peach Slices	Salisbury Steak Onion Gravy Mashed Potatoes Turnip Fruit Cocktail	Beef Stroganoff Egg Noodles Asparagus Apple Crisp	Homestyle Ham Honey Mustard Sauce Scalloped Potatoes Brussel Sprouts Yogurt	Battered Fish Tartar Sauce French Fries Creamy Coleslaw Jello Bavarian	Roast Pork Gravy Mashed Potatoes Green Beans Lemon Tart
Choice 2	Herb Crusted Cod Filet Tartar Sauce Mashed Potatoes Green Beans Crushed Pineapple	Broccoli Quiche Cocktail Mixed Vegetables Carrot Cake	Cottage Cheese Fruit Salad Plate Bran Muffin Jello	Baked Pollock in Butter Sauce Mashed Potatoes Four Way Vegetables Cantaloupe	Veal Parmesan on a Bun Garden Salad Salad Dressing Sliced Pears	Turkey Shepherd's Pie with Sweet Potato Broccoli Tropical Fruit Salad	Spaghetti and Meatballs Tomato Sauce Italian Mixed Vegetables Peaches and Cinnamon