

BREAKFAST - WEEK 3							
	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 3							
	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	Cream of Tomato Soup Macaroni & Cheese Brussel Sprouts Apricots	Beef Vegetable Soup Waffles and Syrup Sausage Patty Strawberries Jello	Cabbage Soup Garden Vegetable Omelet Sweet Potato Fries Iced White Cake	Tomato Rice Soup Cheese Melt on a Bun Fusion Blend Vegetables Raspberry Mini Danish	Cream of Mushroom Soup Salmon Salad Sandwich Citrus Beet Salad Coconut Cream Pudding	Chicken Noodle Soup Pizza Garden Salad Salad Dressing Apple Slices with Cinnamon	Split Pea Soup Chicken Burger on a Bun Mayo, Tomato & Lettuce Broccoli Tropical Fruit Salad
Choice 2	Chicken Salad Sandwich Broccoli Salad Tapioca Pudding	Corned Beef on Rye San Francisco Blend Vegetables Sliced Pears	Ham Salad Sandwhich Mixed Green Salad Salad Dressing Pineapple	Turkey Strips Cranberry Green Salad w/ Raspberry Vinaigrette Mini Croissant Peach Slices	Hamburger on a Bun Tomato Slice, Onion Slice Ketchup, Relish, Mustard Potato Salad Applesauce	Sausage & Bean Bake Sugar Snap Peas Dinner Roll Yogurt	Cheddar Cheese Salad Plate Carrot & Raisin Salad Homestyle Muffin Chocolate Mousse
SUPPER MEAL - WEEK 3							
	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 Pork Gravy Mashed Potatoes PEI Mixed Vegetable Apple Pie	Penne with Tomato Meat Sauce Garlic Bread Caesar Salad Mandarin Oranges	Jamaican Curry Chicken Rice & Beans Peas Banana	Cabbage Roll Casserole Carrots Butterscotch Pudding	Chicken with Salsa Rice Pilaf Fajita Mixed Vegetables Maple Mania Cake	Breaded Haddock Tartar Sauce Oven Roasted Potatoes California Blend Vegetables Stained Glass Jello	Shepherd's Pie Gravy Corn Rhubarb and Apple Crisp
Choice 2	Beef Stew Tea Biscuit Fresh Fruit Salad	Chicken Pie Gravy Asparagus Tiramisu Mousse	Oktoberfest Sausage Sauerkraut Mashed Potatoes Green & Wax Beans Vanilla Icecream	Cod Bites Tartar Sauce Potato Wedges Coleslaw Cantaloupe	Egg Frittata Baked with Spinach and Feta Toast Mixed Vegetables Fruit Cocktail	Turkey a la King Stew Biscuit Green Beans Orange Sections	Teriyaki Pork Brown Rice Farro Oriental Blend Diced Pears