

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Choices	Breakfast Choices	Breakfast Choices	Breakfast Choices	Breakfast Choices	Breakfast Choices	Breakfast Choices
Apple Juice Apricot Halves Cream of Wheat Poached Egg Whole Wheat Toast	Orange Juice Mango & Berries Vanilla Oatmeal Cottage Cheese Banana Nut Muffin	Prune Juice Orange Sections Cream of Wheat Fried Egg Toasted English Muffin	Pineapple Juice Blueberries Cinnamon Oatmeal w/Bran Boiled Egg Muffin Lemon Cranberry	Cranberry Juice Diced Peaches Cream of Wheat Bacon Pancakes with Syrup	Orange Juice Stewed Prunes Oatmeal w/ Bran Poached Egg Whole Wheat Toast	Apple Juice Diced Pears Cream of Wheat Country Sausage Fried Egg Multigrain Toast
Cold Cereal Peanut Butter	Cold Cereal Scrambled Egg Whole Wheat Toast	Cold Cereal Peanut Butter Whole Wheat Toast	Cold Cereal Peanut Butter Whole Wheat Toast	Cold Cereal Scrambled Egg Whole Wheat Toast	Cold Cereal Peanut Butter	Cold Cereal Peanut Butter Whole Wheat Toast
SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink	SNACK : Juice OR Choice of Drink
Lunch Choices	Lunch Choices	Lunch Choices	Lunch Choices	Lunch Choices	Lunch Choices	Lunch Choices
Potato Leek Soup Vegetable Quiche served with a Hollandaise Sauce Fancy Blend Vegetables Fresh Fruit	Minestrone Soup Deli Meat Plate served with a Pretzel Bun Creamy Potato Salad Cucumber Tomato and Onion Salad Tropical Fruit Salad	Rustic Lentil Soup Sloppy Joes Corn on the Cob with Butter Banana	Beef Rice Soup Supreme Pizza Romaine with Oil & Vinegar Diced Pears	Creamy Squash Soup Chicken Souvlaki with Tzatziki Sauce Greek Salad Pita Bread Sliced Watermelon	Vegetable Beef Soup Egg Salad On Marble Rye Layered Lettuce Salad Seasonal Berries	Cream of Cauliflower Soup Sausage On A Bun with Sauerkraut and Mustard Three Bean Salad Apricots
Reuben Sandwich On Rye Spring Mix Salad with Poppyseed Dressing Donut	Tourtiere with Creamy Gravy Diced Carrots Fruit Crisp	Homemade Turkey Sandwich Marinated Asparagus Salad Tiger Mousse	Soufflé Sautéed Fresh Zucchini Vanilla Caramel Swirl Cake	Baked Bean Chili with Cornbread Seasonal Vegetable Grape Jell-O	French Dip Sandwich with Beef Au Jus Sunrise Mixed Vegetable Jelly Roll with Whipped Topping	Tuna Melt with a Sweet Pickle Slice Garden Salad Raisin Butter Tart
SNACK CHOICES: Blueberry Turnover Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Cookie Flax Seed Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Mini Danish Pastry Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Baked Sugar Cookie Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Baked Ginger Molasses Cookie Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Digestive Cookie Juice OR Choice of Drink Assorted Cookies	SNACK CHOICES: Baked Oatmeal Cookie Juice OR Choice of Drink Assorted Cookies
Dinner Choices	Dinner Choices	Dinner Choices	Dinner Choices	Dinner Choices	Dinner Choices	Dinner Choices
Canadian Maple BBQ Ribs Baked Potato Wedges Honey Roasted Root Veg Sliced Peaches	Breaded Liver and Onions Mashed Potatoes Florentine Vegetable Mix Raspberries	Baked Ham Scalloped Potatoes Roasted Beets and Sweets Fruit Compote	Resident Choice Meat Resident Choice Starch Resident's Choice Vegetable Resident Choice Dessert	Roasted Garlic Tilapia Oven Roasted Potato Medley Farm Blend Style Vegetables Fruit Cocktail	Homestyle Meatloaf Chive Mashed Potatoes Glazed Parsnips Roasted Fuji Apple Slices	Roast Turkey with Cranberry Sauce Sage Bread Stuffing Whipped Potatoes with Gravy Broccoli Florets Fresh Melon
Shepherd's Pie Topped with Whipped Potatoes Seasoned Green Beans Ice Cream	Beer Battered Haddock with Tartar Sauce French Fries Homestyle Coleslaw Butter Pecan Fudge Cake	Balsamic Chicken Breast Mushroom Rice Pilaf Key West Vegetables Chocolate Éclair	Salisbury Steak with Gravy Whipped Potatoes Brussel Sprouts Stewed Rhubarb & Fruit	Pork Tenderloin with a Creamy Mustard Sauce Mashed Potatoes Green Peas Dessert Square	Vegetable Lasagna Caesar Salad Cheesy Garlic Breadstick Cherry Pie	Beef Wellington with a Mushroom Gravy Whipped Potatoes Julienne Carrots Cheesecake with Topping
SNACK CHOICES: Raisin Bread Cheddar Cheese 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Peanut Butter Sandwich 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Cheese & Crackers 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Salami Sandwich 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Turkey Salad Sandwich 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Roast beef sandwich on white 2% Milk Assorted Cookies Juice OR Choice of Drink	SNACK CHOICES: Assorted Sandwiches 2% Milk Assorted Cookies Juice OR Choice of Drink

Fruit Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast. Jam, Jelly, Peanut Butter and Spreads are available at Breakfast. Milk is offered at Breakfast, Lunch and Dinner. Assorted Juices are offered at Lunch & Dinner. Water is offered at every meal. Coffee and Tea are offered at every meal. Crackers are served at Lunch with Soup. Whole Wheat Bread and Butter/ Margarine is available at Lunch and Supper