

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Apple Juice	Tropical Punch	Orange Juice	Tropical Punch	Orange Juice	Cranberry Juice	Tropical Punch
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
	Cranberry Orange Muffin	Fruit Yogurt	Bacon	Hard Boiled Egg	Scrambled Eggs	Chocolate Chip Muffin	Bacon
	Peanut Butter	Raisin Toast	-----	Whole Wheat Toast	Whole Wheat Toast	-----	Scrambled Eggs
	Whole Wheat Toast	-----	Prune Juice	-----	-----	Prune Juice	Whole Wheat Toast
	-----	Prune Juice	Assorted Cereal	Prune Juice	Prune Juice	Assorted Cereal	-----
	Prune Juice	Assorted Cereal	Scrambled Eggs	Assorted Cereal	Assorted Cereal	Cheddar Cheese Slice	Prune Juice
Assorted Cereal	Hard Boiled Egg	Whole Wheat Toast	Vanilla Yogurt	Peanut Butter	Assorted Yogurt	Assorted Cereal	
Fruit Yogurt	Whole Wheat Toast	Fruit Yogurt	Raisin Toast	White Toast	Whole Wheat Toast	Fruit Yogurt	
Scrambled Eggs				Fruit Yogurt		White Toast	
L U N C H	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
	Tomato Soup	Sweet Potato Bisque	Cream of Celery Soup	Cream of Cauliflower Soup	Cream of Carrot Soup	Cream of Broccoli Soup	Cream of Mushroom Soup
	Cheese Sandwich on WW	Captain Fish Burger Patty	Macaroni & Cheese	Tuna Salad on Wheat	Ham Salad on Wheat	Cold Cut Sandwich	Salmon Salad on Wheat
	Lettuce Tomato Salad	Hamburger Bun	Strawberries	Marinated Bean Salad	Caesar Salad	Beet & Onion Salad	Marinated Vegetables
	Mandarin Oranges	Coleslaw	Whole Wheat Bread	Sliced Apricots	Pineapple Tidbits	Banana	Chilled Apple Slices
	-----	Chilled Peach Slices	-----	-----	-----	-----	-----
	Sausage & Potato Bake	-----	Chicken Salad Sndw on WW	Turkey Pot Pie	Broccoli & Cheese Quiche	BBQ Sauce Glazed Chicken Thigh	Beans n' Franks
Whipped Topping	Pastrami Sndw on Wheat		Vanilla Ice Cream Cup	Lemon Pudding		Rice Raisin Pudding	
Raspberry Gelatin	Ice Cream Sandwich	Iceberg & Carrot Salad			Potato Salad		
Whole Wheat Bread		Nanaimo Bar			Butterscotch Sundae		
					Whole Wheat Bread		
D I N N E R	Chalet Chicken w/Sauce	Western Omelette	Pork Roast	Broccoli & Cheese Stuffed	Beef Cabbage Roll with Sauce	Swedish Meatballs	Roast Turkey
	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Chicken Breast		Mashed Potatoes	Mashed Potatoes
	Cauliflower	Butterscotch Pudding	Wax Beans	Mashed Potatoes	Mashed Potatoes	Wax Beans	Scandinavian Vegetables
	Frosted Eclair	-----	Warm Apple Compote	Creamed Corn	Green Peas	Country Carrot Cake	Cherry Crisp
	-----	Chicken Fettuccini Alfredo	-----	Blueberry Cheesecake	Peach Passion Mousse	-----	Stuffing
	Chili Con Carne	Garlic Bread	Beef & Vegetable Stew	-----	-----	BBQ Pork Chops	-----
	Potato Scallion Dinner Roll	Cinnamon Applesauce	Fruit Cocktail	Farmers Sausage	Baked Cod	Orange Sections	Italian Baked Fish
Diced Fresh Melon			Mandarin Oranges	Fruit Cocktail		Sliced Pears	
						Whole Wheat Bread	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice	Tropical Punch	Orange Juice	Tropical Punch	Orange Juice	Cranberry Juice	Tropical Punch
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
	Peanut Butter	Fruit Yogurt	Bacon	Whole Wheat Toast	Scrambled Eggs	Chocolate Chip Muffin	Bacon
	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs	-----	Whole Wheat Toast	-----	Scrambled Eggs
	-----	-----	-----	Prune Juice	-----	Prune Juice	Whole Wheat Toast
	Prune Juice	Prune Juice	Prune Juice	Assorted Cereal	Prune Juice	Assorted Cereal	-----
	Assorted Cereal	Assorted Cereal	Assorted Cereal	Vanilla Yogurt	Assorted Cereal	Cheddar Cheese Slice	Prune Juice
	Fruit Yogurt	Hard Boiled Egg	Whole Wheat Toast	Hard Boiled Egg	Peanut Butter	Assorted Yogurt	Assorted Cereal
	Fruit Extreme Muffin	Buttered Raisin Toast	Fruit Yogurt	Raisin Toast	White Toast	Whole Wheat Toast	Fruit Yogurt
	Hard Boiled Egg				Fruit Yogurt		Peanut Butter
						White Toast	
LUNCH	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
	Vegetable Soup	Beef Vegetable Barley	Cream of Tomato Soup	Harvest Vegetable Soup	Chicken Rice Soup	French Pea Soup	Cream of Broccoli Soup
	Egg Salad on Wheat	Soup	Sliced Beef on Wheat	Delux Pizza	Pulled Pork on WW Bun	Roast Beef Sndw on Bun	Chilled Peach Slices
	Sliced Carrots	Chicken Strips	Broccoli Salad	Cinnamon Applesauce	Vinegar Coleslaw	Onion Rings	Cheese
	Diced Fresh Melon	Savory Potato Wedges	Pineapple Tidbits	-----	Mango	Lettuce Tomato Salad	Chilled Apple Slices
	-----	Greek Pasta	-----	Salmon Salad on Wheat	-----	Deluxe Fruit Salad	Assorted Muffins
	Chili Con Carne	Sliced Pears	Egg Salad Sndw on Wheat	Marinated Bean Salad	Chicken Salad on Wheat	-----	Berry Trifle
	Tapioca Pudding	Whole Wheat Bread	Citrus Cake	Chocolate Pudding	Bread Pudding	Tuna Salad Sandwich on	-----
		-----	Whole Wheat Bread		Caramel Drizzle	Brown Bread	Hot Turkey on Wheat
		Shaved Ham Sndw on WW				Mocha Pudding	Green Peas
	Strawberry Ice Cream Cup					Applesauce	
DINNER	Turkey a la King	Meatloaf	Chicken Divan	Spaghetti with Meat Sauce	Creamy Dill Salmon	Baked Ham	Roast Beef
	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
	Sunrise Vegetables	Mashed Turnips	Fancy Blend Vegetables	Corn Cobbette	Green & Yellow Beans	Yellow Squash	Parsley Carrots
	Whipped Topping	Cherry Cheesecake	Peach Pie	Lemon Pudding Cake	Peach Passion Mousse	Date Square	Whipped Topping
	Angel Cake w/Berries	-----	-----	Garlic Toast	-----	-----	Pumpkin Pie
	-----	BBQ Pork Ribs	Baked Pork Chop	-----	Corned Beef	Salisbury Steak	Yorkshire Pudding
	Baked Ham	Mixed Berries	Sliced Pears	Honey Garlic Glazed Chicken	Deluxe Fruit Salad	Sliced Pears	-----
	Mandarin Oranges			Fresh Watermelon			Krunchie Perch
							Chilled Diced Pears

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Apple Juice Oatmeal Peanut Butter Whole Wheat Toast ----- Prune Juice Assorted Cereal Fruit Yogurt Fruit Extreme Muffin Scrambled Eggs	Tropical Punch Cream of Wheat Fruit Yogurt Whole Wheat Toast ----- Prune Juice Assorted Cereal Hard Boiled Egg Raisin Toast	Orange Juice Oatmeal Fruit Yogurt ----- Prune Juice Assorted Cereal Bacon Scrambled Eggs Whole Wheat Toast	Tropical Punch Cream of Wheat Whole Wheat Toast ----- Prune Juice Assorted Cereal Vanilla Yogurt Hard Boiled Egg Raisin Toast	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast ----- Prune Juice Assorted Cereal Peanut Butter White Toast Fruit Yogurt	Cranberry Juice Cream of Wheat ----- Prune Juice Assorted Cereal Cheddar Cheese Slice Assorted Yogurt Blueberry Muffin Whole Wheat Toast	Tropical Punch Oatmeal Bacon Scrambled Eggs Whole Wheat Toast ----- Prune Juice Assorted Cereal Fruit Yogurt Peanut Butter White Toast
L U N C H	Cream of Tomato Soup Soda Crackers Cottage Cheese Fruit Cocktail Buttered Raisin Bread Strawberries ----- Sliced Ham Sndw on WW Mixed Lettuce Salad Tiramisu Mousse	Soda Crackers Vegetable Beef Soup Egg Salad on Wheat Marinated Carrots LoCal Apple Sauce ----- Boneless Chicken Wings Barbecue Sauce Butterscotch Sundae Whole Wheat Bread	Soda Crackers Potato & Leek Soup Pork Tourtiere Pie Broccoli Salad LoCal Diced Fresh Melon ----- Chicken Salad Sndw on WW 2 Bite Raspberry Tart	Soda Crackers Chicken Noodle Soup Turkey Sandwich on Brown Bread Tossed Salad & Italian Dressing ----- Ham Quiche Vanilla Ice Cream Cup Blueberries	Soda Crackers Minestrone Soup Salmon Salad on WW Coleslaw Chocolate Ice Cream Cup ----- Cottage Cheese Fruit Cocktail Mango Mini Croissant	Tomato Soup Soda Crackers Tuna Salad on Wheat Pasta Vegetable Salad ----- Breakfast Ham French Toast Lemon Tart Blueberries	Soda Crackers Cream of Mushroom Soup Ham & Potato Casserole Iceberg & Carrot Salad Fresh Watermelon ----- Turkey Salad on Wheat Butterscotch Pudding
D I N N E R	Chicken with Mushroom Sauce Mashed Potatoes Italian Mixed Vegetables Brownie ----- Meat Lasagna Garlic Bread Deluxe Fruit Salad	Beef Pie Mashed Potatoes Buttered Corn Frosted Eclair ----- Seasoned Pork Cubes Stewed Strawberries & Rhubarb	Spaghetti & Meatballs Green Beans Blueberry Pie Garlic Bread ----- Turkey Dijonnaise Mashed Potatoes Chilled Apple Slices	Pork Souvlaki Mashed Potatoes Wax Beans Butter Pecan Fudge Cake ----- Beef Stroganoff Mandarin Oranges	Fish 'n Chips Fancy Blend Vegetables Buttertart Square ----- Swiss Steak Mashed Potatoes Deluxe Fruit Salad	OpF Hot Roast Beef Sandwich Sliced Beets Frosted Chocolate Cake ----- Turkey Cutlet Mashed Potatoes Mixed Berries	Pork Roast Mashed Potatoes Diced Squash Lemon Meringue Pie Whole Wheat Bread ----- Italian Baked Fish