

SUNDAY 15		MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19		FRIDAY 20		SATURDAY 21	
BREAKFAST	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal	1/2 Banana, PB, Prunes, Asst Jams Oatmeal or Cold Cereal		
	Blueberry Muffin	Raisin Toast	Steamed Egg	Cheese Scone	French Toast	Scrambled Egg	Pumpkin Muffin						
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast						
	4F: crustless buttered bread	4F: crustless buttered bread	4F: crustless buttered bread	4F: crustless buttered bread	4F: crustless buttered bread	4F: crustless buttered bread	4F: crustless buttered bread						
	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea	Juice, Milk, Coffee and Tea						
LUNCH	Vegetable Noodle Soup	Potato Chowder	Beef BarleySoup	Chicken Vegetable soup	Minestrone	Green Pea Soup	Cream of Carrot						
	Chicken Nuggets with Honey Mustard Sauce / hashed Brown (1 1/2 bags)	Turkey Sandwich	Fish Burger with Tomato/Lettuce (1 box)	Spinach & Cheese Quiche	Sausage Roll with Gravy	Cottage Cheese, Fruit and Muffin Plate	Roasted Beef Sandwich						
	Green Salad	Caesar Salad	Pickled Beets	Coleslaw			Coleslaw						
	M: Same / P: Beef	M: Same / P: Beef	M: Minced Beef Sandwich P: Beef	M: Same / P: Beef	M:Same P: Meatballs	M: Same / P: Meatballs	M: Same / P: Fish						
	Coconut Pudding P: Same	Fruit Jello P: Plain Jello except thicken fluids	Applesauce P: Fruit Puree	Vanilla Yogurt with Pureed Fruit P: Same	Peach Jell-O P: Same except thicken fluids	Vanilla Ice Cream P: Same	Butterscotch Pudding P: Same						
Tea Time	Coffee, Tea, Juice Poppy Seeds Loaf	Coffee, Tea, Juice Donut hole w/ Sugar & Cinnamon	Coffee, Tea, Juice Loaf	Coffee, Tea, Juice Vanilla Waffer/Digestive Cookies	Coffee, Tea, Juice Lemon Loaf	Coffee, Tea, Juice Applesauce Cookies	Coffee, Tea, Juice Cream Puffs						
SUPPER	Ham with Sweet & Sour Sauce (8 kg. Ham)	Beef Burgundy (5 kg of diced beef)	BBQ Ribs	Herb Baked Chicken (1thighB/I, thigh B/N, 1 trim)	Pork Adobo with Sauce (5 Kg. diced pork)	Fish Creole	BBQ Chicken (1 thigh B/I, 1 thigh B/N, 1 trim)						
	Scalloped Potato	Buttered Noodle	Baked Potatoes	O'Brien potatoes	Rice	Boiled Potatoes	Mashed Potatoes						
	Peas	Broccoli	Mixed Vegetables	Peas	Carrots	Broccoli	Turnips						
	P: chicken	P: Beef	P:ribs	P:chicken	P:pork	P: Fish	P: chicken						
	Lemon Meringue Pie P: Same	Carrot Cake P: Pudding	Lime Fluff (cubed lime jello mixed with whipped) P: Same	Apple Spices Cake with icing P: Pureed Cake	Vanilla Tart P: Pureed Tart	Mixed Fruit Crisp P: Same	Chocolate Cake with icing P: Pureed Cake						

Menu subject to change without notice

1) Milk & juice offered at all meals and at snack times; 2) Oatmeal made with milk; 3) Rice available daily at supper; 4) Pureed diet: pureed soup has ½ svg of bread; 6) 4th fl breakfast bread all crustless.