

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Apple Juice	Orange Juice	Cranberry Juice	Grape Juice	Orange Juice	Cranberry Juice	Apple Juice
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
	Scrambled Eggs	Vanilla Yogurt	Scrambled Eggs &	Cheddar Cheese	Poached Egg	French Toast	Scrambled Eggs
	Whole Wheat Toast	Whole Wheat Toast	Ham	Slice	Whole Wheat Toast	Margarine	Bacon
	Margarine	Margarine	Raisin Toast	Whole Wheat Toast	Margarine	Syrup	Whole Wheat Toast
	Strawberry Jam	Grape Jelly	Margarine	Bran Muffin	Grape Jelly	-----	Margarine
	-----	-----	Apple Jelly	Margarine	-----	Bran Flakes	Strawberry Jam
	Special K Cereal	Bran Flakes	-----	Raspberry Jam	Special K Cereal	Peanut Butter	-----
	Peanut Butter	Peanut Butter	xRice Krispies Cereal	-----	Peanut Butter	Whole Wheat Toast	xRice Krispies Cereal
	White Toast	White Toast	Peanut Butter	Raisin Bran Cereal	White Toast	Raspberry Jam	Peanut Butter
		Whole Wheat Toast	Peanut Butter			White Toast	
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Golden Lentil Soup	Beef Noodle Soup	Cream of Celery	Tomato Basil Soup	Roast Red Pepper	Carrot Ginger Soup	Creamy Potato
	Mushroom & Swiss	Cheddar Cheese &	Soup	Egg Salad Sndw on	Soup	Turkey Pot Pie	Soup
	Quiche	Onion on Rye	Chicken & Mandarin	Wheat	Tuna Salad	Peas & Pearl Onions	Captain Burger
	Mixed Lettuce Sld	Coleslaw	Salad	Romaine & Onion	Croissant	Whole Wheat Bread	Tomato Slices &
	w/French Drsg	Hot Fruit Compote	Cucumber Slices	Salad	Rainbow Coleslaw	Hot Spiced Apples	Lettuce
	Whole Wheat Bread	-----	Whole Wheat Bread	Pineapple Tidbits	Chilled Apricots	-----	Chilled Tropical Fruit
	Chilled Peach Slices	Turkey Burger on	Blueberries	-----	-----	Shaved Ham on Bun	-----
	-----	Wheat Bun	-----	Weiners &	Beef French Dip on	Mixed Green Salad	Chicken Caesar
	Macaroni & Beef	Marinated Tomatoes	Spinach & Cheese	Sauerkraut	Wheat Bun	w/Rasp Vngrt	Salad
Casserole	Rainbow Sherbet	Cannelloni	Corn Muffin	Green and Yellow	Sugar Cookies	Whole Wheat Bread	
Buttered Corn		Seasoned Zucchini	Pumpkin Mousse	Beans		Tripleberry Crumble	
Butterscotch		Baked Custard		Strawberry Ice		Bar	
pudding				Cream			
D I N N E R	Lemon Pepper	Bavarian Veal	Multigrain Tilapia	Turkey & Mixed Bean	LS Chicken &	Breaded Chicken	Roast Beef
	Chicken Leg	Roasted New	Scalloped Potatoes	Meatloaf	Dumplings	Mashed Sweet	Mashed Potatoes
	Parisienne Potatoes	Potatoes	Parsley Carrots	Whipped Potatoes	Steamed Broccoli	Potatoes	Buttered Brussels
	Sunrise Vegetables	Wax Beans	Multi Grain Roll	Peppers &	Multi Grain Roll	Zucchini Medley	Sprouts
	Multi Grain Roll	Multi Grain Roll	Cherry Crisp	Mushrooms	Date Square	Butter Tart	Yorkshire Pudding
	Brownie	Frosted Spiced Cake	-----	Multi Grain Roll	-----	-----	Bumbleberry Pie
	-----	-----	Beef Shepherd's Pie	Mini Powdered	Herb Pork Loin	Braised Veal Tips	-----
	Crunchy Baked Cod	Apple Maple Pork	Cauliflower	Donuts	Boiled Red Potato	Oven-Browned	Three Cheese
	Rice Pilaf	Chop	Chilled Peach Slices	-----	Harvard Beets	Potatoes	Lasagna
	Asparagus Spears	Garlic Mashed		Rosemary Lamb &	Sliced Pears	Corn O'Brien	Sliced Carrots
Mandarin Oranges	Potatoes		Mint Sauce		Multi Grain Roll	Multi Grain Roll	
	Diced Squash		Fluffy Rice		Chilled Tropical Fruit	Chilled Plums	
	Fruit Cocktail		Minted Peas				
			Bananas & Cream				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Grape Juice	Orange Juice	Apple Juice	Cranberry Juice	Grape Juice	Apple Juice	Orange Juice
	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
	Vanilla Yogurt	Western Omelette	Breakfast Ham	Poached Egg	Sausage Links	Cottage Cheese	Scrambled Eggs
	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Whole Wheat Toast	Pancakes	Whole Wheat Toast	Peameal Bacon
	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast
	Raspberry Jam	Grape Jelly	Strawberry Jam	Apple Jelly	Syrup	Raspberry Jam	Margarine
	-----	-----	-----	-----	-----	-----	Strawberry Jam
	Raisin Bran Cereal	Special K Cereal	Bran Flakes	xRice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	-----
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes	
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Peanut Butter	
				Grape Jelly	Blueberry Muffin	White Toast	
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Barley Beef Soup	Golden Mushroom	Butternut Squash	Fall Harvest Soup	Chicken Vegetable	Broccoli Cheese Soup	Minestrone Soup
	Potato Leek Quiche	Soup	Soup	Smoked Turkey on	Soup	Herbed Omelet	Hmd
	Buttered Red	Sliced Beef Sndw on	Debrezini Sausage	Swt Potato Roll	Grilled Swiss on Rye	Marinated Cucumbers	Shaved Beef on
	Cabbage	Wheat	Lemon Herb Orzo	Bread and Butter	Spinach Onion Salad	Whole Wheat Bread	Multigrain
	Whole Wheat Bread	Marinated Vegetables	Sauteed Red & Green	Pickle	Blueberries	Chilled Peach Slices	Caesar Salad
	Sliced Pears with	Rosy Applesauce	Peppers	Whole Wheat Bread	-----	-----	Winter Fruit Cup
	Caramel Sauce	-----	Whole Wheat Bread	Chilled Tropical Fruit	Cabbage Rolls	BBQ Pork Ribette on	-----
	-----	Greek Cheese Pie	Pineapple Tidbits	-----	Sunrise Vegetables	WW Bun	Asian Chicken Stir
	Salami on Wheat	Romaine & Onion	-----	Battered Pollock	Chocolate Chip	Buttered Corn	Fry with Rice
	w/Pickles	Salad	Steak & Mushroom	French Fries	Cookie	Ice Cream Novelty	Noodles
	Mixed Green Sld	Whole Wheat Bread	Pot Pie	Coleslaw			Asian Vegetables
w/Italian Drsng	Rice Pudding	Glazed Carrots	Lemon Meringue Pie			Cappuccino Pudding	
Ice Cream Sandwich		Chocolate Ice Cream					
D I N N E R	Iron Steak w/Red	Baked Salmon Fillet	Lemon Herb Baked	Pork Loin w/Mustard	Snapper w/ Lemon	Hungarian Goulash	Roast Turkey
	WineSauce	Chive Whipped	Chicken Breast	Sauce	Wedge	Herb Mashed	Sage Stuffing
	Boiled Red Potato	Potatoes	Roasted Red Skin	Parslied Rice	Hollandaise Sauce	Potatoes	Whipped Potatoes
	Sauteed Spinach	Calico Corn	Potatoes	Butternut Squash	Seasoned Rice	Carrots & Parsnips	Green Beans
	Multi Grain Roll	Multi Grain Roll	Steamed Broccoli	Multi Grain Roll	Green Beans	Multi Grain Roll	Multi Grain Roll
	Red Velvet Cake	Peach Crisp	Multi Grain Roll	Nanaimo Bar	Multi Grain Roll	Lemonicious Bar	Pumpkin Pie
	-----	-----	Raspberry Jelly Roll	-----	Boston Cream Cake	-----	-----
	Macaroni & Cheese	Turkey Tetrizzini	-----	Italian Herb Beef	-----	Spinach Cheese	Tomato Pork Cutlet
	Baked Tomato	Paradisio Vegetables	Liver & Onions	Stew	Baked Chicken with	Ravioli w/ Rose Sauce	Oven-Browned
	Mango	Stewed Strawberries	Mashed Potatoes	Wax Beans	Chalet Sauce	Cauliflower & Peppers	Potatoes
	& Rhubarb	Green Peas	Raspberries	Mashed Potatoes	Applesauce	Mexican Mixed	
		Chilled Diced Pears		Niagara Mix		Vegetables	
				Vegetables		Chilled Apricots	
				Hot Fruit Compote			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Grape Juice	Cranberry Juice	Orange Juice	Grape Juice	Orange Juice	Apple Juice	Cranberry Juice
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
	Fruit Yogurt	Cheddar Cheese Slice	Poached Egg	French Toast	Scrambled Eggs	Vanilla Yogurt	Bacon
	Whole Wheat Toast	Whole Wheat Toast	Toasted WW English	Sausage Links	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
	Margarine	Margarine	Muffin	Margarine	Margarine	Margarine	Toasted English
	Blueberry Jam	Apple Jelly	Margarine	Syrup	Raspberry Jam	-----	Muffin
	-----	-----	Strawberry Jam	-----	-----	Raisin Bran Cereal	Margarine
	xRice Krispies Cereal	Raisin Bran Cereal	-----	Bran Flakes	xRice Krispies Cereal	Peanut Butter	-----
	Peanut Butter	Peanut Butter	Special K Cereal	Peanut Butter	Peanut Butter	White Toast	Special K Cereal
	White Toast	White Toast	Peanut Butter Apple Muffin	Whole Wheat Toast Grape Jelly	White Toast	Banana Muffin Grape Jelly	Peanut Butter Whole Wheat Toast Apple Jelly
L U N C H	Unsalted Crackers	Creamy Tomato Soup	Chicken Rice Soup	Carrot Orange Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Crmy Cauliflower &	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Beef Vegetable Soup	Corn Chowder	French Onion Soup
	Swt Pot Soup	BBQ Pulled Pork on	Tuna Melt Sndw	Turkey Stew	Macaroni & Cheese	Turkey & Cranberry	Vegetarian Garden
	Grilled Cheese on	Mini Ciabatta	Pea Salad	Seasoned Zucchini	Winter Vegetables	on Multigrain	Chili
	Wheat	Sauteed Red & Green	Sliced Pears	Tea Biscuit	Whole Wheat Bread	Rainbow Coleslaw	Spinach Onion Salad
	Chopped Salad	Peppers	-----	Chilled Peach Slices	Strawberries	Chilled Apricots	Toast Points
	w/Balsamic	Pineapple Tidbits	Ginger Beef	-----	-----	-----	Pineapple Slices
	Mandarin Oranges	-----	Fluffy Rice	Egg Salad Sndw on	Cod Nuggets	Bratwurst on WW	-----
	-----	Turkey Schnitzel	Oriental Vegetables	Wheat	Savory Potato	Bun	Corned Beef on
	Biscuit Topped	Lemon Herb Orzo	Whole Wheat Bread	Triple Bean Salad	Wedges	Caesar Salad	Wheat
Chicken Pie	Diced Squash	French Cream	Pumpkin Custard	Sliced Tomato	Tiramisu Mousse	Marinated	
Steamed Broccoli	Whole Wheat Bread	Cheesecake		Maple Swirl Ice		Vegetables	
Whole Wheat Bread	Chocolate Butter Tart			Cream		Maple Pudding Cake	
Orange Sherbet							
D I N N E R	Krunchie Perch	Swiss Steak in Sour	Glazed Ham	Zesty Honey Dijon	Butter Chicken	Forest Mushroom	Pork Roast
	Whipped Potatoes	Cream Sauce	Scalloped Potatoes	Baked Basa	Rice Pilaf	Beef Stew	Dijon Mashed
	Creamed Spinach	Hash Brown Potatoes	Sliced Carrots	Chive Whipped	Yellow Squash	Herbed Potatoes	Potatoes
	Lemon & Cream	French Cut Green	Multi Grain Roll	Potatoes	Lime Meringue Pie	French Cut Green	New England
	Shortcake	Beans	Maple Chocolate	Steamed Broccoli	-----	Beans	Vegetables
	-----	Multi Grain Roll	Mania Cake	Multi Grain Roll	Baked Veal Cutlet	Multi Grain Roll	Multigrain Dinner
	Spaghetti & Meat	Blonde Brownie	-----	Iced Banana Cake	Garlic Mashed	Blueberry Crisp	Roll
	Sauce	-----	Chicken a la King	-----	Potatoes	-----	Strawberry Rhubarb
	Mixed Lettuce Salad	Lamb & Vegetable	Puff Pastry Shell	Salisbury Steak	Harvard Beets	Vegetarian Burrito	Pie
	Herb Focaccia Bread	Stew	Parslied Cauliflower	Baked Potato	Multi Grain Roll	Buttered Corn	-----
Mixed Berries	Tea Biscuit	Mango	Sour Cream	Bananas & Cream	Diced Fresh Melon	Lemon Pepper	
	Parslied Parsnips		Sugar Snap Peas			Chicken Leg	
	Chilled Plums		Cinnamon			Roasted New	
			Applesauce			Potatoes	
						Baked Tomato	
						Orange Sections	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Grape Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Grape Juice	Orange Juice
	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
	Cottage Cheese	Cheesy Scrambled	Cheddar Cheese	Poached Egg	Vanilla Yogurt	Breakfast Ham	Scrambled Eggs
	Whole Wheat Toast	Eggs	Slice	Whole Wheat Toast	Whole Wheat Toast	Mini Fruit Danish	Bacon
	Margarine	Whole Wheat Toast	Whole Wheat Toast	Margarine	Margarine	Margarine	Whole Wheat Toast
	Strawberry Jam	Margarine	Margarine	Orange Jam	Strawberry Jam	Apple Jelly	Margarine
	-----	Grape Jelly	Raspberry Jam	-----	-----	-----	Grape Jelly
	Bran Flakes	-----	-----	Special K Cereal	Bran Flakes	xRice Krispies Cereal	-----
	Peanut Butter	xRice Krispies Cereal	Raisin Bran Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Raisin Bran Cereal
	White Toast	Peanut Butter	Peanut Butter	White Toast	White Toast	Whole Wheat Toast	Peanut Butter
	White Toast	White Toast		Cranberry Orange Muffin		White Toast	
L U N C H	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Turkey Vegetable	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Vegetable Rice Soup	Roasted Cauliflower	Pumpkin Harvest	Soup	Garden Veg Soup	Beef Vegetable Soup	Baked Potato Soup
	Spinach and Feta	Soup	Soup	Unsalted Crackers	Battered Blue Cod	Spinach Cheese	Chicken Burger on
	Quiche	Sweet-N-Sour Pork	Turkey Salad on	Pork Pot Pie	Fish	Penne	WW Bun
	Green and Yellow	Bites	Wheat	Green Peas	Crinkle Cut Fries	Mixed Green Sld	Kale Salad
	Beans	Fried Rice	Spinach Onion Salad	Whole Wheat Bread	Broccoli Salad	w/Italian Drsng	Mandarin Pineapple
	Blueberries	Fortune Cookie	Pineapple Tidbits	Mandarin Oranges	Diced Fresh Melon	Toasted Garlic Bread	Cup
	-----	Asian Vegetables	-----	-----	-----	Peach Compote	-----
	Sliced Ham Plate	Chilled Diced Pears	Egg Frittata Omlet	Hot Roast Beef on	Sausage Links	-----	Tuna Salad Sndw
	Macaroni Salad	-----	Hashbrown Patty	Wheat w/Gravy	Belgian Waffle	Sliced Chicken Sndw	on WW
Tomato Slices	Cheddar Cheese &	Sauteed Mushrooms	Vinaigrette Coleslaw	Strawberry Drizzle	on WW	Cheesies	
Whole Wheat Bread	Onion on Rye	Whole Wheat Bread	Apple Streusel Cake	Whipped Topping	Tomato & Onion	Peach Crisp	
Chocolate	Cucumber Spears	Ice Cream Cherry		Vanilla Ice Cream	Salad		
Cheesecake	w/Dressing	Cheesecake			Frosted Eclair		
	Cream Puff						
D I N N E R	Bread Dijon	Meatloaf	Veal Pizzaolio	Roasted Chicken &	Turkey Meatloaf	Beef Pot Roast	Ginger Roast Pork
	Parmesan Chicken	Parisienne Potatoes	Boiled Potatoes	Prunes	Mashed Sweet	Steamed Potato	Herbed Rice
	Oven-Browned	Baby Carrots	Steamed Broccoli	Roasted Potatoes	Potatoes	Mashed Squash	Fancy Blend
	Potatoes	Multi Grain Roll	Multi Grain Roll	Parsley Carrots	Buttered Brussels	Multi Grain Roll	Vegetables
	Prince Edward	Van Caramel Swirl	Peanut Butter Bar	Multi Grain Roll	Sprouts	Frosted Cupcake	Multi Grain Roll
	Vegetables	Cake	-----	Banana Cream Pie	Multi Grain Roll	-----	Homemade Apple
	Multi Grain Roll	-----	Seafood Newburg	Slice	Blonde Bars	Garlic Shrimp	Pie
	Bread Pudding	Vegetarian Lasagna	Rice Pilaf	-----	-----	Fluffy Rice	-----
	-----	Mexican Corn	Prince Edward	Hard Boiled Egg	Beef Curry	Asparagus Spears	Veal with Mushroom
	English-Style Fish	Toasted Garlic Bread	Vegetables	Tea Biscuit	Fluffy Rice	Fruit Cocktail	Sauce
French Fries	Chilled Apricots	Stewed Rhubarb	Dill Potato Salad	Wax Beans		Mashed Potatoes	
Sauteed Zucchini			Cherry Tomatoes	Chilled Plums		Sugar Snap Peas	
Chilled Tropical Fruit			Sliced Pears with			Chilled Sweet	
			Caramel Sauce			Cherries	