

Regular	Devonshire Menu						WEEK 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast							
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	
Oatmeal <i>Assorted Cold Cereal</i> Cinnamon French Toast Bacon Syrup	Cream of Wheat <i>Assorted Cold Cereal</i> Whole Wheat Toast Peanut Butter	Oatmeal <i>Assorted Cold Cereal</i> Whole Wheat Toast Cheddar Cheese Peanut Butter	Cream of Wheat <i>Assorted Cold Cereal</i> Whole Wheat Toast Green Onion Omelette Strawberry Jam	Oatmeal <i>Assorted Cold Cereal</i> Whole Wheat Toast Peanut Butter	Cream of Wheat <i>Assorted Cold Cereal</i> Whole Wheat Toast Poached Egg Strawberry Jam	Oatmeal <i>Assorted Cold Cereal</i> Whole Wheat Toast Peanut Butter	
Lunch							
Tomato Rice Soup	Beef Barley Soup	Cream of Mushroom	Chicken Noodle Soup	Red Lentil	Cream of Cauliflower	Mushroom Barley	
Mini Submarine w/ Salami, Mozza, Tomato, lettuce Crackers Caesar Salad Fruit Cocktail	Fish Fingers Crackers Tartar Sauce French Fries Creamy Coleslaw Banana	Thai Chicken Salad Dinner Roll Pickled Beets Peaches	Cottage Cheese Crackers Apple Muffin Fresh Sliced Fruit Margarine Jello w/ Whip	Macaroni & Cheese Crackers Baked Tomatoes Dinner Roll Pears	Beef Sausage Grilled Shredded Potatoes w/ Green Onion Buttered Carrots Mixed Fresh Fruit	Sliced Deli Ham Crackers Sliced Egg, Dinner Roll Tomato Wedge, Mixed Green Salad Tropical Fruit	
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Teriyaki Meatballs w/ Rice	
<i>Mushroom Omelet</i>	<i>Garden Chili</i>	<i>Soy/Ginger Tofu Thai Salad</i>	<i>Vegetarian Pot Pie</i>	<i>Aloo Gobi (Cauli,pot,Peas)</i>	<i>Rice/Bean Enciladasw/Cheese</i>	<i>Curried Lentils</i>	
Dinner							
Roast Beef Yorkshire Pudding / Gravy Garlic Mashed Potatoes Buttered Carrots Chocolate Pudding	Asian Chicken / Fried Rice Mini Spring Rolls / Plum S. Asian Vegetable Stir Fry Date Square	Homestyle Pork Stew Whipped Potatoes Buttered Corn Plum Cake	Shepherd's Pie Gravy Whipped Potatoes Green Beans Banana Loaf	BBQ Pork Ribs Potato Wedges Coleslaw Vinaigrette Blueberry Rhubarb Crisp	Herbed Lemon Haddock Basmati Rice Mixed Vegetables Ambrosia	Southern Fried Chicken Rosemary Roasted Potatoes Harvard Beets Baked Apple Pie	
Grilled Ham & Cheese	Assorted Sandwiches	Veal Cutlet	Assorted Pizza	Assorted Sandwiches	Chicken Fingers w/ plum	Assorted Sandwiches	
<i>Vegetable Ravioli</i>	<i>Cauliflower Potato Curry</i>	<i>Vegetable Pasta Bake</i>	<i>Vegetarian Pizza</i>	<i>Double Baked Beans</i>	<i>Spinach w/Mushroom Pasta</i>	<i>Vegetable Quesadilla</i>	
P.M. / Evening Snack							
Homemade Cookies	Homemade Cookies	Fresh Fruit	Lemon Poppyseed	Homemade Cookies	Bran Muffin	Bannana Loaf	
Assorted Desserts	Iced Cupcake	Peanut Confetti Bar	Tarts	Apple Cake	Cherry Loaf	Homemade Cookies	

Meal Notes: 125ml fruit yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or Prunes available at Breakfast. Tossed Salad is offered as alternative side at lunch and supper.

Min. 175 ml water is offered at every meal. 175ml Assorted juices, 175 ml Milk is offered at lunch and Dinner, 250 ml Milk is offered at every meal. Crackers are served at Lunch with soup, Coffee, tea offered at every meal.

Regular						Devonshire Menu						WEEK 2					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
Breakfast																	
Assorted Juice		Assorted Juice		Assorted Juice		Assorted Juice		Assorted Juice		Assorted Juice		Assorted Juice					
Cream of Wheat <i>Assorted Cold Cereal</i>		Oatmeal <i>Assorted Cold Cereal</i>		Cream of Wheat <i>Assorted Cold Cereal</i>		Oatmeal <i>Assorted Cold Cereal</i>		Cream of Wheat <i>Assorted Cold Cereal</i>		Oatmeal <i>Assorted Cold Cereal</i>		Cream of Wheat <i>Assorted Cold Cereal</i>					
Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast w/ Jam		Whole Wheat Toast		Pancake / Syrup		Whole Wheat Toast		Poached Egg					
Boiled Egg		Whole Wheat Toast		Scrambled Eggs		Whole Wheat Toast		Sausages		Whole Wheat Toast		Whole Wheat Toast					
Strawberry Jam		Peanut Butter		w/ Bacon Strips		Peanut Butter		Margarine		Peanut Butter		Strawberry Jam					
Lunch																	
Minestrone		French Onion Soup		Cream of Broccoli		Cabbage & Potato Soup		Tomato Basil Soup		Cream of Potato & Leek Soup		Navy Bean Soup					
Turkey Cranberry Salad		Chicken Strips		Beef Ravioli		Quiche Tomato & Cheese		Monte Cristo Sandwich		Bangers & Beans		Ham Salad Sandwich					
On a Croissant w/ Lettuce		Croutons & Parmesan		w/ Marinara Sauce		Crackers		Crackers		w/ Corn Fritters		Homemade Potato Salad					
Pasta Salad		Plum Sauce		Greek Salad		Carrot Coins		Spinach Salad		Chefs Salad		Tomato Slice					
Manadarian Oranges		French Fries		Whole Wheat Roll		Assorted Fresh Fruit		w/ Dressing		w/ Dressing		Pineapple					
Assorted Sandwiches		Caesar Salad		Pears		Assorted Fresh Fruit		Tropical Fruit		Watermelon		Assorted Sandwiches					
Assorted Sandwiches		Jellied Peaches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		<i>Bean &Vegetable Quesadilla</i>					
<i>Garden Quiche</i>		<i>Grilled Cheddar Sandwich</i>		<i>BBQ Tofu w /Greek Salad</i>		<i>Pizza</i>		<i>Falafel w/Yogurt & Pita</i>		<i>Vegetarian Beans</i>		<i>Bean &Vegetable Quesadilla</i>					
Dinner																	
Swedish Meatballs		Grilled Sausage		BBQ Chicken Drumsticks		Pork Schnitzel		Chicken Parmesan		Beef Philly Chesse Sandwich		Crusted Fish Fillet					
Mashed Potatoes		Sour Cream,		Romanoff Potatoes		w/ Mushroom Gravy Sauce		Rice Pilaf		On Grilled Bun		Green Onion Mashed Potato					
Garden Peas		Perogies with Onions		Green Beans w/ Red Pepper		Mashed Potatoes		Buttered Broccoli		Onion Rings		Steamed Cauliflower					
Chocolate Mousse		Braised Savoury Cabbage		Homemade Iced Carrot Cake		Herbed Squash & Onion		Apple Buckle		Caesar Salad		Homemade Cherry Pie					
Battered Fish w/ Tartar		Butter Tart		Assorted Sandwiches		Assorted Sandwiches		Salsbury Steak		Butterscotch Pudding		BBQ Chicken					
Cauliflower Potato Curry		Assorted Sandwiches		Assorted Sandwiches		Salsbury Steak		BBQ Pork Riblette		Assorted Sandwiches		BBQ Chicken					
<i>Garden Chili</i>		<i>Garden Chili</i>		<i>Bean & Potato Cheese Bake</i>		<i>Grilled Cheese / Tom.Sand</i>		<i>Tofu Cacciatore</i>		<i>Vegetarian Pizza</i>		<i>Chana Masala</i>					
Evening Snack																	
Assorted Desserts		Homemade Cookies		Rice Krispie Square		Tarts		Homemade Cookies		Fresh Fruit		Homemade Cookies					
Assorted Desserts		Muffins		Cookies		Date Squares		Lemon Poppyseed		Cheese Sandwich		Homemade Cookies					

Meal Notes: 125ml fruit yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or Prunes available at Breakfast. Tossed Salad is offered as alternative side at lunch and supper.

Min. 175 ml water is offered at every meal. 175ml Assorted juices, 175 ml Milk is offered at lunch and Dinner, 250 ml Milk is offered at every meal. Crackers are served at Lunch with soup, Coffee, tea offered at every meal.

Regular						Devonshire Menu	WEEK 3
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast							
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	
Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Belgian Waffle	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	
Peanut Butter	Cheese Omelette Strawberry Jam	Peanut Butter	Peameal Bacon Margarine / Syrup	Peanut Butter	Boiled Egg Strawberry Jam	Scrambled Eggs	
Lunch							
Vegetable Soup	Cream of Celery Soup	Bean Soup	Beef Barley Soup	Cream of Mushroom Soup	Chicken Gumbo Soup	Minestrone	
Chicken Greek Salad	Grilled Reuben	Sausage & Mushroom	Cottage Chesse	Turkey Burger on a Bun	King Ranch Mac & Cheese	Deli Chicken & Swiss	
Whole Wheat Dinner Bun	Crackers	Pizza Bun	Crackers	Mayonnaise	w/Tomatoes, Peppers	Sandwich	
Crackers	Corn and Tomato Salad	Cucumber Slice	Lemon Cranberry Muffin	Tomato and Lettuce	Glazed Carrots	Sliced Dill Pickle	
Fruit Cocktail	Peaches	Caesar Salad	Margarine	Mustard and Relish	Dinner Roll	Homemade Pasta Salad	
		Mandarian Orange	Jello w/ Whip	Tater Tots / Ketchup	Assorted Fruit	Banana	
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	
<i>Mediterranean Frittata</i>	<i>Vegetable Quesadilla</i>	<i>Vegetarian Pizza Bun</i>	<i>Rice/Bean Enciladasw/Cheese</i>	<i>Crispy Marinated Tofu</i>	<i>Cauliflower & Lentils</i>	<i>Mushroom Ravioli</i>	
Dinner							
Hamburger on a Bun	Chicken Teriyaki	Beef Stroganoff	Herb Roasted Chicken	B.B.Q Pork Riblette	Fish & Chips	Veal Cutlet	
Ketchup, Mustard and Relish	Fried Rice	Buttered Noodles	Italian Roasted Potatoes	Potatoes O'Brien	French Fries	Mushroom Cream Sauce	
Tomato and Lettuce	Boc Choy w/ Mushrooms	Buttered Peas	Baked Stewed Tomatoes	Buttered Beets	Creamy Coleslaw	Roasted Baby Red Potatoes	
Potato Wedges	& Bell Peppers	Iced Double Chocolate Cake	Jelly Roll	Apple Crisp	Tapioca Pudding	Cream Corn	
Cherry Loaf	Lemon Tart	Beer Battered Fish w/ Tartar	Assorted Sandwiches	Assorted Sandwiches	Pizza	Chicken Fingers w/ plum	
Assorted Sandwiches	Assorted Sandwiches	Spinach with Mush Pasta	Veggie Pizza	Chickpea & Potato Curry	Vegetable Quiche	Vegetarian Pizza	
<i>Bean & Potato Cheese Bake</i>	<i>Teriyaki Tofu Stir-Fry</i>						
P.M. / Evening Snack							
Assorted Desserts	Homemade Cookies	Iced Chocolate Cake	Fresh Fruit	Peanut Confetti Square	Rice Krispie Square	Homemade Tarts	
Assorted Desserts	Iced Cupcakes	Date Square	Banana Loaf	Homemade Cookies	Egg Salad Sandwich	Lemon Poppyseed Loaf	

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Regular						Devonshire Menu	WEEK 4
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast							
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	
Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	Oatmeal <i>Assorted Cold Cereal</i>	Cream of Wheat <i>Assorted Cold Cereal</i>	
Whole Wheat Toast Peanut Butter Strawberry Jam	Whole Wheat Toast Poached Egg	Pancake w/ Sryup Farmers Sausage Margarine	Whole Wheat Toast Peanut Butter	Whole Wheat Toast Peanut Butter Strawberry Jam	Whole Wheat Toast Boiled Egg Strawberry Jam	Whole Wheat Toast Peanut Butter Strawberry Jam	
Lunch							
Pepperpot Soup	Lentil & Vegetable Soup	Cream of Tomato Soup	Beet Borscht	Split Pea Soup	Cream Of Broccoil Soup	Mushroom Barley Soup	
Quiche Lorraine Crackers Pickled Beets 8 Bean Salad Pears	Chicken Nuggets Crackers Plum Sauce Potato Wedges Caesar Salad Assorted Fresh Fruit	Grilled Cheese Sandwich Crackers Tossed Salad w/Dressing Cucumber Slice Mandarian Orange	Kielbasa Crackers Sour Cream Perogies with Onions Grilled Cabbage/ Sauerkraut Strawberry Mousse	Smoked Meat Bunwich w/ Dijion Mustard Dill Pickle Spear Homemade Potato Salad Tropical Fruit	Chili Con Carne Buttered Cauliflower Corn Bread Watermelon	Egg Salad Croissant Crackers Beet Salad Pineapple	
Assorted Sandwiches <i>Tomato Onion Quiche</i>	Assorted Sandwiches <i>Crispy Marinated Tofu</i>	Assorted Sandwiches <i>Grill Cheese</i>	Assorted Sandwiches <i>Vegetarian Pizza</i>	Assorted Sandwiches <i>Falafel w/Yogurt & Pita</i>	Assorted Sandwiches <i>Vegitarian Chili</i>	Chicken Fingers w/ Plum <i>Tortellini in Sauce</i>	
Dinner							
Roast Turkey Dressing / Turkey Gravy Mash Potatoes/ Cranberry S. Sauteed Brussels Sprouts Vanilla Tart	Sweet & Sour Pork Asian Rice Julienne Carrots Ginger Cake	Liver & Onions Creamy Mashed Potatoes Butternut Squash Casserole Stewed Rhubarb w/ Whip C.	Chicken Mushroom Tetrazzini Penne Pasta Grilled Zucchini / Onion Cherry Strudel	Beef Lasagna w/ Garlic Toast Steamed Broccoli Chocolate Eclair	Glazed Ham Scalloped Potatoes Mixed Vegetables Chocolate Cherry Cake	Stuffed Salmon Fillet w/ Lemon Cream Sauce Italian Roasted Potatoes Dilled Waxed Beans Banana Cream Pie	
Assorted Sandwiches <i>Vegetable Stew</i>	Turkey Cutlet <i>Cauliflower Potato Curry</i>	Pork Ribletes <i>Spicy Bean Patty Parmesan</i>	Breaded Pork Cutlet <i>Lentil and Vegetable Rice</i>	B.B.Q Chicken <i>Rice/Bean Enciladasw/Cheese</i>	Salisbury Steak <i>CrispyTofu</i>	Teriyaki Meatballs <i>Vegetarian Pizza</i>	
Evening Snack							
Assorted Desserts	Homemade Cookies	Assorted Baked Goods	Assorted Baked Goods	Homemade Cookies	Assorted Baked Goods	Homemade Cookies	
Assorted Desserts	Lemon Tart	Homade Cookies	Cheese & Crakers	Banana Loaf	Date Squares	Iced Chocolate Cake	

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