

Week: 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b> Starting from 8AM	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Scrambled Eggs <b>Bacon</b> Whole wheat toast <b>Banana</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Peanut butter toast (Poached Egg) <b>Whole Wheat Toast</b> <b>Mandarin Oranges</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Fruit Yogurt (Boiled Egg) <b>Whole Wheat Toast</b> <b>Banana</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Boiled Egg (Cheddar Cheese) <b>Whole wheat toast</b> <b>Fresh Fruit Salad</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Scrambled Eggs (Poached Egg) <b>Whole wheat toast</b> <b>Banana</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Fruit yogurt (Poached Egg) <b>Whole wheat toast</b> <b>Mandarin Oranges</b> Jam & Marmalade Tea & Coffee	Assorted Fruit Juice <b>Rolled Oats w/Br. Sugar &amp; 2% Milk</b> Poached Egg (Cheddar Cheese) <b>Whole wheat toast</b> <b>Banana</b> Jam & Marmalade Tea & Coffee
<b>Always Available</b>	<b>Juices- Prune, Apple, Cranberry and Orange, 2% Milk, Lactose Free or Almond Milk, Fruit or Plain Yogurt, Whole Wheat, White or Raisin Bread, Peanut Butter</b>						
<b>Lunch</b> Served at Noon	<b>Cream of Potato</b> Soup w/crackers Chicken Strips W/Plum Sauce (Assorted Sandwich) Caesar Salad Focaccia Bread <b>Sliced Melon</b> 2% Milk Tea & Coffee	<b>Chicken Noodle</b> Soup w/crackers Mediterranean Frittata w/Bun (Assorted Sandwich) Greek Salad <b>Strawberry Jello</b> 2% Milk Tea & Coffee	<b>Tomato Soup W/ Crackers</b> Cheese, Lettuce & Tomato Sandwich Mixed Bean Salad B&B Pickles (Assorted Sandwich) <b>Peaches</b> 2% Milk Tea & Coffee	<b>Carrot Ginger Soup</b> w/Crackers Hawaiian Pizza Cucumber Salad (Assorted Sandwich) <b>Lemon Square</b> 2% Milk Tea & Coffee	<b>Chicken Veggie soup</b> w/Crackers Egg Salad Sandwich Pasta Salad B&B Pickles (Assorted Sandwich) <b>Frozen Yogurt</b> 2% Milk Tea & Coffee	<b>Mushroom Barley</b> Soup w/Crackers Cottage Cheese Orange Muffin Mixed Melon (Assorted Sandwich) <b>Vanilla Pudding</b> 2% Milk Tea & Coffee	<b>Beef Rice Soup</b> w/Crackers Vegetable Frittata Garlic Bread House Salad (Assorted Sandwich) <b>Strawberry Mousse</b> 2% Milk Tea & Coffee
<b>Afternoon snack</b>	<b>Choice of-Home baked cookie, Homemade Loaf or Muffin, Seasonal Fruit and Fruit Juice, Water, Tea &amp; Coffee</b>						
<b>Dinner</b> Served at 5pm	Marinated Roast Pork w/Gravy Garlic Mashed Potato Steamed Carrots <b>OR</b> Baked Fish w/Tarragon sauce <b>Baked Apple Pie</b> 2% Milk Tea & Coffee	Beef Lasagna Garlic Toast Broccoli Florets <b>OR</b> Herb Roasted Chicken Mashed Potatoes <b>Mandarins</b> 2% Milk Tea & Coffee	Crusted Fish fillet Rice Pilaf Garden Peas <b>OR</b> Burgundy Beef Steamed Potatoes <b>Ice Cream</b> 2% Milk Tea & Coffee	Chicken Stew Tea Biscuit Green Beans <b>OR</b> Breaded Pork Cutlet Mashed Potato w/gravy <b>Peaches</b> 2% Milk Tea & Coffee	Maple Apricot Pork Chop w/Gravy Whipped Yams Garden Salad <b>OR</b> Honey Garlic Chicken Rice & Mixed Veg. <b>Blueberry Tarts</b> 2% Milk Tea & Coffee	Basa Almondine Scalloped Potato Sautéed Zucchini <b>OR</b> Farmers Sausage Caramelized Onions Whipped Potato <b>Banana Cake</b> 2% Milk Tea & Coffee	Chicken Pot Pie Mashed Potato/w Gravy Beet Salad <b>OR</b> Beef Goulash Cauliflower <b>Chocolate Mousse</b> 2% Milk Tea & Coffee
<b>Evening Snack</b>	<b>Choice of- Home Baked Loaf, Muffin or other Fresh Baked Goodies, Meat Sandwich with 2% Milk, Water , Tea &amp; Coffee</b>						