

Regular							Sample 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 w/ Bacon Strips 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 Peanut Butter			Oatmeal <i>Assorted Cold Cereal</i> Whole Wheat Toast Poached Egg		
Lite Lunch																				
Vegetable Pasta			Hamburger Soup			Tomato Rice Soup			Chicken Noodle Soup			Cream of Cauliflower			Red Lentil			Cream Of Mushroom		
Egg Salad Croissant Crackers Spinach Salad			Hawaiian Pizza Cucumber Slice Caesar Salad			Tuna Noodle Bake Rainbow Salad w /Dressing Dinner Bun			Cottage Cheese Oatmeal Blueberry Muffins Fresh Sliced Fruit Margarine			Pork Sausage Hashbrown Triangles Tomato Slices (2ea) Ketchup			Beef Hamburger Ketchup / Mustard / Relish Tomato / Lettuce Slice Homemade Pasta Salad			Thai Chicken Salad Crackers Dinner Roll Pickled Beets /Sliced Pickle		
Fruit Cocktail			Manadarian Oranges			Ice Cream			Jello w/ Whip			Pears			Tropical Fruit			Banana		
Pork Riblette			Assorted Sandwiches			Assorted Sandwiches			Assorted Sandwiches			Turkey Sausage w /Meal			Assorted Sandwiches			Assorted Sandwiches		
<i>Vegetable Quesadilla</i>			<i>Vegetarian Pizza Bun</i>			<i>Curried Lentils</i>			<i>Vegetarian Pot Pie</i>			<i>Aloo Gobi (Cauli,pot,Peas)</i>			<i>Rice/Bean Enciladasw/Cheese</i>			<i>Teriyaki Paneer Thai Salad</i>		
Dinner																				
Salisbury Stk. Sauteed Onions & Gravy Mashed Potato Mixed Vegetables Jello Poke Cake			Italian Crusted Chicken Steamed Baby Potatoes Creamed Corn Rice Krispie Squares			Sweet & Sour Pork Asian Rice Julienne Carrots Banana Cream Tart			Philly CheeseSteak Spiral Potatoes Coleslaw Banana Bread			Chicken Alfredo w/ Farfalle Pasta Caesar Salad Garlic Toast Iced Chocolate Cake			Maple Glazed Salmon Rice Pilaf Harvard Beets Ice Cream			BBQ Pork Ribs Potato Wedges Coleslaw Baked Apple Pie		
Assorted Sandwiches			English Style Fish			Veal Cutlet			Assorted Sandwiches			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>		
A.M / P.M. / Evening Snack																				
A.M.: Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit			Fresh Fruit		
P.M.: Cookies			Assorted Baked Goods			Cookies			Assorted Baked Goods			Cookies			Assorted Baked Goods			Cookies		
Evening: Mixed Sandwiches			Mixed Sandwiches			Mixed Sandwiches			Mixed Sandwiches			Mixed Sandwiches			Mixed Sandwiches			Mixed Sandwiches		

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 served at every meal. 175ml Assorted juices, 175 ml Milk is served at Breakfast ,175 ml Milk is offered at lunch & Supper. Crackers are served at Lunch with soup, Coffee, tea offered at every meal.

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	Boiled Egg	Whole Wheat Toast w/ Jam	Whole Wheat Toast	Pancake / Syrup	Whole Wheat Toast	Cinnamon French Toast
Peanut Butter	Strawberry Jam	Scrambled Eggs	Peanut Butter	Bacon Strips	Peanut Butter	w/ Margarine / Syrup
Strawberry Jam	Peanut Butter	Breakfast Sausage		Margarine		
Lite Lunch						
Minestrone	French Onion Soup	Cream of Broccoli	Borscht	Cream Of Tomato Soup	Chicken & Pasta Soup	Navy Bean Soup
Spanish Omelette	Chicken Fingers	Grilled Reuben	Hot Dog on a Bun	Grilled Cheese Sandwich	Broccoli & Cheddar Quiche	Sliced Turkey
Greek Salad	Croutons & Parmesan	Crackers	Crackers	Rainbow Saladw /Dressing	Crackers	Sliced Egg, Dinner Roll
W.W. Dinner Bun	Plum Sauce	Corn Tomato Salad	Ketchup, Mustard, Relish	Dill Pickle Spear	Buttered Carrots	Tomato Wedges
	French Fries / Ketchup		Homemade Potato Salad			Beet & Mandarian Salad
	Caesar Salad					
Jellied Peaches	Mandarian Oranges	Pears	Banana	Tropical Fruit	Jellied Blueberries	Ice Cream
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<i>Vegetable Ravioli</i>	<i>Grilled Cheddar Sandwich</i>	<i>Lentils w/ Vegetables</i>	<i>Pizza</i>	<i>Veggie Pot Pie</i>	<i>Vegetarian Beans</i>	<i>Vegetable Stew</i>
Dinner						
Roast Beef w/ Yorkshire Pudding	Cabbage Roll Casserole	Teriyaki Chicken	Pork Stroganoff	Meatballs & Pasta w/ Marinara Sauce	Chicken Shepards Pie	Herb Crusted Fish Fillet
Scalloped Potatoes	Perogies with Onions	Boc Choy / Mushrooms	Mashed Potatoes	Garlic Toast	Rice Pilaf	Paparkia Whipped Potatoes
Beans w/ Red Peppers	Sour Cream	w/ BellPeppers	Green Peas	Mixed Vegetables	Buttered Turnips	Steamed Cauliflower
Strawberry Mousse	Dilled Carrots	Fried Rice	Homemade Iced Carrot Cake	Apple Buckle Cake	Sugared Mini Donuts	Cherry Tarts
	Butter Tart	Ice Cream				
Battered Fish Fillet	Assorted Sandwiches	Assorted Sandwiches	Turkey Cutlet	BBQ Pork Riblette	Pork Cutlet	Honey Garlic Chicken
<i>Cauliflower Potato Curry</i>	<i>Garden Chili</i>	<i>Bean & Potato Cheese Bake</i>	<i>Grilled Cheese / Tom.Sand</i>	<i>Butter Masala Paneer</i>	<i>Lentil & Veg. Bake</i>	<i>Chana Masala</i>
A.M / P.M. / Evening Snack						
A.M.: Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
P.M.: Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies
Evening: Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches

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						Sample 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
Poached Egg	Cheese Omelette	Peanut Butter	Peameal Bacon	Peanut Butter	Boiled Egg	Peanut Butter
Strawberry Jam	Strawberry Jam		Margarine / Syrup		Strawberry Jam	
Lite Lunch						
Vegetable Soup	Cream of Celery Soup	Potato & Bean Soup	Beef Barley Soup	Cream of Mushroom Soup	Chicken & Rice Soup	Minestrone
Ham & Cheese Sandwich	Pepperoni, Mushroom	Macaroni & Cheese	Cottage Chesse	Grilled Chicken Caesar Salad	Pulled Pork Bunwich	Chicken Salad
Sliced Pickles	Green Pepper Pizza	Crackers	Crackers	Garlic Toast	Farfalle Pasta Salad	Croissant
Homemade Pasta Salad	Chef's Salad w/ Dressing	Stewed Tomatoes	Apple Harvest Muffin	Sliced Cucumber & Tomato	Sliced Pickles	Rice, Corn & Tomato Salad
		W.W. Dinner Bun	Margarine			
			Fresh Fruit			
Peaches	Pears	Fruit Cocktail	Ice Cream	Mandarian Oranges	Tropical Fruit	Banana
Chicken Nuggets w/ Plum	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Hot Dog w/ Bun
<i>Grill Cheese</i>	<i>Vegetarian Pizza Bun</i>	<i>Aloo Gobi (Cauli,pot,peas)</i>	<i>Rice/Bean EnchiladaswCheese</i>	<i>Cheese Tortellini</i>	<i>Cauliflower & Lentils</i>	<i>Veggie Pot Pie</i>
Dinner						
Turkey Dinner	Beef Burger	Crispy Grilled Chicken	Roast Pork	Ginger Beef	Beer Battered Fish	Veal Parmesan
Dressing / Turkey Gravy	Ketchup / Mustard / Relish	Red Skinned Mashed Pot.	w/Applesauce	Fried Rice	Potato Wedges w/ Tartar S.	Whipped Potatoes
Mashed Potato / Cranberry S	Sliced Tomato, Lettuce	Mixed Vegetables	Potato Puffs	Spring Rolls w/ Sauce	Coleslaw Vinegrette	Wax Beans
Buttered Carrots & Parsley	French Fries		Sauteed Spinach & Garlic	Broccoli		
Banana Loaf	Lemon Tart	Iced Double Chocolate Cake	Crown Jewel Jello w/ Whip	Apple Crisp	Tapioca Pudding	Pinapple Upsidedown Cake
Assorted Sandwiches	Assorted Sandwiches	Beer Battered Fish w/ Tartar	B.B.Q Chicken	Assorted Sandwiches	Chicken Fingers w/ Plum	Assorted Pizza
<i>Bean & Potato Cheese Bake</i>	<i>Vegetable Quesadilla</i>	<i>Spinach with Mush Pasta</i>	<i>Veggie Pizza</i>	<i>Chickpea & Potato Curry</i>	<i>Veggie Burger & Bun</i>	<i>Bean & Potato Cheese Bake</i>
A.M / P.M. / Evening Snack						
A.M. : Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
P.M.: Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies
Evening : Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches

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Regular	Sample 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	Whole Wheat Toast	Whole Wheat Toast	Pancake w/ Sryup	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Peanut Butter	Scrambled Egg	Peanut Butter	Farmers Sausage	Peanut Butter	Boiled Egg	Peanut Butter
Strawberry Jam	w/ Bacon Strips	Strawberry Jam	Margarine	Strawberry Jam	Strawberry Jam	Strawberry Jam

Lite Lunch

Cream of Potato & Onion	Lentil & Vegetable Soup	Tomato Vegetable	Cream of Broccoli	Beef Barley Soup	Split Pea Soup	Cream of Tomato
Quiche Mushroom & Green onion, Swiss Pickled Beets	Chicken Dippers Crackers Plum Sauce Fries	Beef Tortellini w/ Cream Sauce Greek Salad W.W. Dinner Roll	Monte Cristo Sandwich Crackers Garden Salad w/Dressing	Fish Burger w/ Tartar Sauce & Lettuce Tomato Slice Tator Tots	Italian Sausage Rotini Pasta w/ Bell Peppers & Marinara Sauce Homemade Potato Salad Dinner Bun Pears	Grilled Ham & Swiss Crackers Beet Salad
8 Bean Salad Fruit Cocktail	Caesar Salad Peaches	Jellied Oranges	Ice Cream	Banana		Tropical Fruit
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Teriyaki Meatballs
Vegetable Ravioli	<i>Veggie Quesadilla</i>	<i>Grill Cheese</i>	<i>Vegetarian Pizza</i>	<i>Rice/Bean Enciladasw/Cheese</i>	<i>Paneer Masala</i>	<i>Grilled Swiss</i>

Dinner

Pot Roast Beef Dinner	Pork Cutlet	Southern Fried Chicken	Honey Garlic Meatballs	Vegetable Lasagna	B.B.Q Chicken	Breaded Fish Filet
Yorkshire & Mashed Pot.	White Wine Mushroom	Potatoes'Obrien	Rice Pilaf	w/ Garlic Toast	Romanoff Potatoes	w/ Tartar Sauce
Buttered Carrots w/ Horseradish Ice Cream	Cream Sauce w/ White Rice Butternut Squash Casserole Iced Carrot Cake	Brussel Sprouts	Grilled Zucchini / Onion	Caesar Salad	Buttered Cauliflower	Roasted Baby Potatoes Green Beans w/ Peppers Coconut Cream Pie
Assorted Sandwiches	B.B.Q Chicken	Assorted Sandwiches	Breaded Turkey Schnitzel	Hot Dog w/Bun	Assorted Sandwiches	Chicken Fingers
<i>Vegetable Stew</i>	<i>Mac & Cheese</i>	<i>Spicy Bean Patty Parmesan</i>	<i>Grilled Cheese W/Tomato</i>	<i>Veggie Lasagna</i>	<i>Lentil and Vegetable Rice</i>	<i>Vegetarian Pizza</i>

A.M / P.M. / Evening Snack

A.M. : Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
P.M.: Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies	Assorted Baked Goods	Cookies
Evening : Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches	Mixed Sandwiches

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