



Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit
Lunch	Vegetable Tune Sandwich Chocolate Mousse	Chicken noodle soup Ham & Cheese Sandwiches Pudding	Corn Chowder soup Butter Croissant Banana Muffins	Potato Leek Soup Bologna Sandwiches Berry Custard	Bean Soup Cheesy Garlic toast Whip cream Strawberry	Tomato Soup Grilled Cheese Peach Cobbler	Celery Soup Turkey Sandwiches 2 oatmeal Cookies
Dinner	Roast Pork and Gravy Boiled Potatoes Peas & Carrots Lemon Meringue Pie	Baked or Grilled Chicken Sweet Potatoes Carrots Assorted Ice Cream	Bake Salmon Fried Rice Cole slaw Cheese Cake	Turkey Meatballs Gravy & Potatoes Corn Peach Cobbler	Honey Garlic Sausages Fried onions Potatoes Cauliflower w cheese sauce Ice Cream	Mexican Chicken w Rice Mixed Veggie Berry Crisp	Tuna Casserole Toss Salad Garlic Toast Brownies



Week # 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Breakfast	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit
Lunch	Mushroom Soup Egg Salad Sandwich Carrot Cake	Chicken Veggie Soup Cheese Mayo Sandwiches Strawberry Mousse	Cream of Cauliflower Salmon Sandwich Rice Crispy Squares	Butternut Squash Soup Corn beef Sandwiches pudding	Chiefs Choice Roast Beef Sandwiches Chocolate Cake	Carrot Soup Crab Croissant Tarts	Split Pea & Ham Butter Croissant Berry Cheese Cake
Dinner	Pork Roast w Mushroom Gravy Mashed Potatoes Corn Ice Cream	Baked Pasta in tomato sauce Garlic toast Cole Slaw Apple Crisp	Chicken Stir fry Rice Salad Butterscotch pudding	Roast Beef w Gravy Boiled Potatoes Turnips Carrots Ice Cream	Lemon Dill Cod Sweet Potatoes Mixed Veggies Lemon Cake	Baked Ham w Gravy Potatoes Broccoli & Cauliflower Banana Cream Pie	Beef Goulash Ceasar Salad Garlic Toast Ice Cream



Week #3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit
Lunch	Baked Bean Garlic Toast or Bun Ambrosia Salad	Orange Lentil Soup Cucumber Cream Cheese Sandwiches Pudding	Cream of Broccoli Turkey Sandwich Brownies	Beef Barley Garlic Toast or Bun Mousse	Cream of Tomato Grilled Cheese & Ham Bran Muffin	Seafood Chowder Soup Garlic toast Tapioca Pudding	Chicken Noodle Soup Bacon & Tomato Sandwiches Tarts
Dinner	Macaroni & Cheese w Ground Beef toss salad. Peach Cobbler	Roast Pork Apple Sause Boiled Potatoes Mixed Veggie Pudding	Turkey Meatballs Potatoes Corn Ice Cream	Honey Garlic Sausage w Fried Onions Rice Peas & Carrots Cherry Cake	Fish Cakes Roasted Potatoes Roasted Veggie Chocolate pudding	Your choice French Toast/over easy/poached eggs Sausage Hash Browns Ice Cream	Liver & Onion gravy Potatoes Turnups & Carrots Tarts



Week #4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Breakfast	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit	Rolled Oats & Fibre (Assorted Cold Cereal) Eggs: Over easy, Poached, Scrambled Toast Fruit
Lunch	Celery Soup Egg Salad Sandwich Whip Cream Strawberries	Chefs Choice Salmon Sandwiches Jello Whip Cream	Creamy Mushroom soup Corn Beef Sandwiches Apple Crisp	Loaded Potato Soup Butter Croissant Rice Crispy Squares	Veggie Soup Chicken Sandwiches Cake	Butternut Squash Soup Cheese Tomato Mayo Sandwiches	Bens Cheese Garlic Toast Ambrosia Salad
Dinner	Pasta Meat Sauce Garlic Toast Tossed Salad Cake	Chicken Casserole Cole Slaw Ice Cream	Shepherds Pie Gravy Bun Berry Custard	Crab Patties Fried Rice Ceasar Salad Apple Crisp	Salisbury Steak Mushroom gravy Potatoes Peas & Carrots Ice Cream	Roast Ham Potatoes Carrots & Turnup Peach Cobbler	Roast Beef Sweet Potatoes Mixed Veggie Lemon Pie