

MONDAY	JUL 19	TUESDAY	JUL 20	WEDNESDAY	JUL 21	THURSDAY	JUL 22	FRIDAY	JUL 23	SATURDAY	JUL 24	SUNDAY	JUL 25
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BREAKFAST

Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Mandarin Oranges
Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Cottage Cheese	Poached Egg	Cheddar Cheese Slice	High Fibre Oatmeal
Raisin Toast	Apple Spice Muffin	Whole Wheat Toast	Bran Muffin	Whole Wheat Toast	Whole Wheat Toast	Fried Egg
Fresh Apple Slices	Banana Half	Chilled Peach Slices	Chilled Apricots	Mixed Berries	Chilled Diced Pears	Bacon
Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Raisin Bran Cereal	Shreddies Cereal	Bran Flakes Cereal	Whole Wheat Toast
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Cream Cheese	Peanut Butter	Rice Krispies Cereal
Whole Wheat Toast	Whole Wheat Toast	Crumpet	Whole Wheat Toast	Peanut Butter	Whole Wheat English Muffin	Peanut Butter
				Wheat Bagel		White Toast

LUNCH

Unsalted Crackers	Tomato Soup	Unsalted Crackers	Cream of Mushroom Soup	Lemonade	Italian Wedding Soup	Chicken Corn Chowder w/ Sweet Peppers
Split Pea Soup	Unsalted Crackers	Minestrone Soup	Unsalted Crackers	Beef Burger on White Bun	Unsalted Crackers	Peppers
Chicken Souvlaki	All Dressed Pizza	Cod Nuggets	Heather's Macaroni and Cheese	Mixed Green Italian Salad	Chicken Strips	Unsalted Crackers
Tzatziki Sauce	Creamy Cucumber Salad	Tartar Sauce	Stewed Tomatoes	Onion Slice	Plum Sauce	Sloppy Joe on WW Bun
Rainbow Coleslaw	Creamsicle Parfait	Baked Potato Wedges	Raspberry Gelatin	Sliced Tomato	French Fries	Diced Carrots
Whole Wheat Pita Bread	Sliced Egg & Salad Plate	Carrot Raisin Salad	Tuna Salad Sndw on WW	Super Cone Caramel Centre	Cucumber Slices	Pickle Spear
Butterscotch Pudding	Wheat Roll	Chocolate Ice Cream	Four Bean Salad	Cheddar Cheese & Fruit	White Choc Mousse	Tapioca Pudding
BBQ Beef Ribette on WW Bun	Margarine	Turkey & Swiss Sndw on WW	Bread and Butter Pickle	Plain Scone	Salami on Wheat	Egg Salad Sndw on Croissant
Fancy Blend Vegetables	Sweet Pickle	Caesar Salad	Mango	Rosy Applesauce	Coleslaw	Beet & Onion Salad
Blueberries	Fruit Cocktail	Chilled Diced Pears			Chilled Tropical Fruit	Raspberries

DINNER

Sweet & Sour Pork	Salisbury Steak	Asian Pork Chop	Roasted Chicken Leg	Turkey a la King	Veal Roll Italian	Pork Roast
Fluffy Rice	Beef Gravy	Mashed Potatoes	Mashed Potatoes	Fluffy Rice	Garlic Mashed Potatoes	Brown Gravy
Asian Vegetables	Whipped Potatoes	Steamed Broccoli	Buttered Brussels Sprouts	Buttered Corn	Butternut Squash	Whipped Potatoes
Carrot Cake	Green Peas	Lemon Tart	Margarine	Butter Tart	Berry Rhubarb Crisp	Roasted Parsnips
Coffee	Margarine	Coffee	Chocolate Swirl Cheesecake	Coffee	Coffee	Applesauce Garnish
Grilled Pollock	Date Square	Lamb & Vegetable Stew	Coffee	Coconut Crusted Tilapia Fillet	Cheesy Baked Ziti	Lemon Meringue Pie
Roasted Potatoes	Coffee	Roasted Potatoes	Roasted Vegetable Lasagna	Savoury Diced Potatoes	Green Beans	Coffee
California Vegetables	Vegetable Chili	Cauliflower	Sliced Carrots	Roasted Root Vegetables	Wheat Roll	Turkey Schnitzel
Tartar Sauce	Seasoned Zucchini	Wheat Roll	Wheat Roll	Wheat Roll	Margarine	Parslied New Potatoes
Pineapple Tidbits	Cheddar Garlic Biscuit	Margarine	Grated Parmesan Cheese	Margarine	Honeydew Melon	Buttered Red Cabbage
Hot Tea	Apricot Halves	Tartar Sauce	Mandarin Oranges	Tartar Sauce	Hot Tea	Wheat Roll
V8 Juice	Hot Tea	Chilled Tropical Fruit	Hot Tea	Glazed Bananas	Tomato Juice	Cranberry Sauce
	Tomato Juice	Hot Tea	Tomato Juice	Hot Tea		Margarine
		V8 Juice		V8 Juice		Peaches & Cream
						Hot Tea
						V8 Juice