

MONDAY	JUN 21	TUESDAY	JUN 22	WEDNESDAY	JUN 23	THURSDAY	JUN 24	FRIDAY	JUN 25	SATURDAY	JUN 26	SUNDAY	JUN 27
BREAKFAST													
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal			
Scrambled Eggs	Cheddar Cheese Slice	Hard Boiled Egg	Vanilla Yogurt	Cottage Cheese	Vanilla Yogurt	Scrambled Eggs	Vanilla Yogurt	Cottage Cheese	Poached Egg	Fried Egg			
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Waffles	Fruit Extreme Muffin	Whole Wheat Toast	Fruit Extreme Muffin	Waffles	Whole Wheat Toast	Bacon			
Margarine	Grape Jelly	Margarine	Margarine	Strawberry Jam	Margarine	Margarine	Margarine	Strawberry Jam	Margarine	Whole Wheat Toast			
Raspberry Jam	Margarine	Strawberry Jam	Apple Jelly	Syrup	Apple Jelly	Strawberry Jam	Syrup	Syrup	Grape Jelly	Raspberry Jam			
				Margarine			Margarine	Margarine		Margarine			
Fresh Apple Slices	Pineapple Tidbits	Chilled Diced Pears	Blueberries		Blueberries	Fresh Apple Slices	Blueberries		Fresh Apple Slices				
Rice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	Bran Flakes Cereal	Banana Half	Bran Flakes Cereal	Rice Krispies Cereal	Banana Half	Banana Half	Peanut Butter	Sliced Pears			
Cream Cheese	Peanut Butter	Peanut Butter	Peanut Butter	Rice Krispies Cereal	Peanut Butter	Cream Cheese	Rice Krispies Cereal	Rice Krispies Cereal	Crumpet	Special K Cereal			
Peanut Butter	Buttered Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter			
White Mini Bagel				Whole Wheat Toast		White Mini Bagel	Whole Wheat Toast	Whole Wheat Toast		White Toast			
LUNCH													
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Lemonade	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Lemonade	Unsalted Crackers	Unsalted Crackers			
Vegetable Soup	Cream of Squash Soup	Beef Barley Soup	Tomato Soup	Hot Dog on White Bun	Cream of Squash Soup	Vegetable Soup	Tomato Soup	Hot Dog on White Bun	Cream of Broccoli Soup	Cream of Celery Soup			
Captain Burger	Steak and Mushroom Pie	Cottage Cheese & Fruit Salad Plate	Grilled Cheese on Wheat	Bacon Broccoli Salad	Steak and Mushroom Pie	Captain Burger	Grilled Cheese on Wheat	Bacon Broccoli Salad	Salmon Salad on WW	Tuna Salad Plate			
Creamy Coleslaw	Buttered Brussels Sprouts	Cherry Loaf	Creamy Cucumber & Onions	Onion Slice	Buttered Brussels Sprouts	Creamy Coleslaw	Creamy Cucumber & Onions	Onion Slice	Greek Salad	Mini Croissant			
Tartar Sauce	Beef Gravy	Margarine	Sweet Pickle	Super Cone Caramel Centre	Beef Gravy	Tartar Sauce	Sweet Pickle	Super Cone Caramel Centre	Orange Gelatin	Bread and Butter Pickle			
Ambrosia	Chocolate Pudding	Boston Cream Cake	Strawberry Mousse		Chocolate Pudding	Ambrosia	Strawberry Mousse			Neapolitan Ice Cream Sandwich			
				Egg Salad				Egg Salad	Cheese Tortellini & Rose Sauce				
Corned Beef on Rye	Chicken Cobb Salad	Hot Turkey Sndw on WW w/Gravy	Chicken Caesar Salad	Greek Pasta Salad	Chicken Cobb Salad	Corned Beef on Rye	Chicken Caesar Salad	Greek Pasta Salad	Italian Mixed Vegetables	Veg & Bean Stew			
Romaine & Onion Salad	Cheese & Garlic Breadstick	Green Peas	Cheddar Garlic Biscuit	Cucumber Slices	Cheese & Garlic Breadstick	Romaine & Onion Salad	Cheddar Garlic Biscuit	Cucumber Slices	Garlic Bread	Cauliflower			
Pickle Spear	Stewed Rhubarb	Cranberry Sauce	Chilled Tropical Fruit	Whole Wheat Bread	Stewed Rhubarb	Pickle Spear	Chilled Tropical Fruit	Whole Wheat Bread	Grated Parmesan Cheese	Whole Wheat Bread			
Apricot Halves		Chilled Apple Slices		Margarine		Apricot Halves		Margarine	Raspberries	Margarine			
				Chilled Diced Pears				Chilled Diced Pears		Strawberries & Topping			
DINNER													
Herb Baked Chicken Thigh	Homestyle Turkey Vegetable Stew	Fried Egg	Beef Shepherd's Pie	Glazed Ham	Homestyle Turkey Vegetable Stew	Herb Baked Chicken Thigh	Beef Shepherd's Pie	Glazed Ham	Cranberry Glazed Chicken	Roast Turkey			
Poultry Gravy	Green Beans	Bacon	Beef Gravy	Scalloped Potatoes	Green Beans	Poultry Gravy	Beef Gravy	Scalloped Potatoes	Baked Sliced Potatoes	Turkey Gravy			
Baked Potato	Tea Biscuit	Homefries	Buttered Corn	Harvard Beets	Tea Biscuit	Baked Potato	Buttered Corn	Harvard Beets	Prince Edward Vegetables	Mashed Potatoes			
Zucchini Medley	Margarine	Tomato Slices	Whole Wheat Bread	Coconut Cream Pie	Margarine	Zucchini Medley	Whole Wheat Bread	Coconut Cream Pie	Cherry Cheesecake	Sage Bread Stuffing			
Sour Cream	Lemon Buttermilk Cake	Toast Points	Margarine		Toast Points	Sour Cream	Margarine			Mashed Carrots & Parsnips			
Cinnamon Roll		Margarine	Iced Brownie	Sole w/Lemon Pepper	Margarine	Cinnamon Roll	Iced Brownie	Sole w/Lemon Pepper	Meatloaf	Cranberry Sauce			
	Crispy Baked Shrimp	Peach Cobbler		White Dinner Roll	Peach Cobbler			White Dinner Roll	Beef Gravy	Apple Pie Slice			
Beef Stroganoff	Seafood Sauce		Turkey Divan	Montego Vegetables	Seafood Sauce	Beef Stroganoff	Turkey Divan	Montego Vegetables	Seasoned Spinach	Vanilla Ice Cream			
Buttered Egg Noodles	Cilantro Rice	Honey Roast Pork Chop	Rice Pilaf	Tartar Sauce	Cilantro Rice	Buttered Egg Noodles	Rice Pilaf	Tartar Sauce	White Dinner Roll				
Steamed Asparagus	Diced Carrots	Garlic Mashed Potatoes	Florentine Veg Mix	Cantaloupe Chunks	Diced Carrots	Steamed Asparagus	Florentine Veg Mix	Cantaloupe Chunks	Margarine	Cabbage Rolls			
Chilled Tropical Fruit	Mango	Winter Vegetables	Peaches & Cream		Mango	Chilled Tropical Fruit	Peaches & Cream		Pineapple Tidbits	Wax Beans			
		Cheese Sauce								Wheat Roll			
		Mandarin Oranges								Margarine			
										Honeydew Melon			