

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