

MONDAY	MAY 31	TUESDAY	JUN 01	WEDNESDAY	JUN 02	THURSDAY	JUN 03	FRIDAY	JUN 04	SATURDAY	JUN 05	SUNDAY	JUN 06
BREAKFAST													
Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Cranberry Juice	Orange Juice	Banana Half	Fresh Apple Slices	Orange Juice	Apple Juice	Apple Juice	
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Vanilla Yogurt	Cottage Cheese	Poached Egg	Rice Krispies Cereal	Peanut Butter	Cream of Wheat with Bran	High Fibre Oatmeal	High Fibre Oatmeal	
Scrambled Eggs	Cheddar Cheese Slice	Hard Boiled Egg	Whole Wheat Toast	Fruit Extreme Muffin	Blueberries	Waffles	Whole Wheat Toast	Peanut Butter	Crumpet	Fried Egg	Fried Egg	Fried Egg	
Whole Wheat Toast	Whole Wheat Toast	Chilled Diced Pears	Special K Cereal	Peanut Butter	Peanut Butter	Whole Wheat Toast	Whole Wheat Toast			Bacon	Bacon	Bacon	
Fresh Apple Slices	Pineapple Tidbits	Special K Cereal	Peanut Butter	Whole Wheat English Muffin						Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	
Rice Krispies Cereal	Raisin Bran Cereal	Peanut Butter								Sliced Pears	Special K Cereal	Special K Cereal	
Cream Cheese	Peanut Butter									Peanut Butter	Peanut Butter	Peanut Butter	
Peanut Butter	Buttered Raisin Toast									White Toast	White Toast	White Toast	
White Mini Bagel													
LUNCH													
Unsalted Crackers	Unsalted Crackers	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 Broccoli Soup	Cream of Celery Soup							
Captain Burger	Steak and Mushroom Pie	Cottage Cheese & Fruit Salad Plate	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	Greek Salad	Mini Croissant							
Tartar Sauce	Beef Gravy	Margarine	Sweet Pickle	Super Cone Caramel Centre	Orange Gelatin								
Ambrosia	Chocolate Pudding	Boston Cream Cake	Strawberry Mousse	Red Pepper & Basil Frittata	Cheese Tortellini & Rose Sauce								
Corned Beef on Rye	Chicken Cobb Salad	Hot Turkey Sndw on WW w/Gravy	Chicken Caesar Salad	w/Parmesan Cheese	Italian Mixed Vegetables								
Romaine & Onion Salad	Cheese & Garlic Breadstick	Green Peas	Cheddar Garlic Biscuit	Creamed Corn	Garlic Bread								
Pickle Spear	Stewed Rhubarb	Cranberry Sauce	Chilled Tropical Fruit	Whole Wheat Bread	Grated Parmesan Cheese								
Apricot Halves		Chilled Apple Slices		Margarine	Raspberries								
				Chilled Diced Pears									
DINNER													
Herb Baked Chicken Thigh	Homestyle Turkey Vegetable Stew	Fried Egg	Beef Shepherd's Pie	Glazed Ham	Cranberry Glazed Chicken	Roast Turkey							
Poultry Gravy	Green Beans	Bacon	Beef Gravy	Scalloped Potatoes	Baked Sliced Potatoes	Turkey Gravy							
Baked Potato	Tea Biscuit	Homefries	Buttered Corn	Harvard Beets	Prince Edward Vegetables	Mashed Potatoes							
Zucchini Medley	Lemon Buttermilk Cake	Tomato Slices	Whole Wheat Bread	Coconut Cream Pie	Cherry Cheesecake	Sage Bread Stuffing							
Cinnamon Roll	Coffee	Toast Points	Iced Brownie	Coffee	Coffee	Mashed Carrots & Parsnips							
Coffee	Crispy Baked Shrimp	Peach Cobbler	Coffee	Sole w/Lemon Pepper	Meatloaf	Apple Pie Slice							
Beef Stroganoff	Seafood Sauce	Coffee	Turkey Divan	White Dinner Roll	Beef Gravy	Vanilla Ice Cream							
Egg Noodles	Cilantro Rice	Honey Roast Pork Chop	Rice Pilaf	Montego Vegetables	Seasoned Spinach	Coffee							
Steamed Asparagus	Diced Carrots	Garlic Mashed Potatoes	Florentine Veg Mix	Hot Fruit Compote	Wheat Roll								
Chilled Tropical Fruit	Mango	Winter Vegetables	Peaches & Cream	V8 Juice	Pineapple Tidbits								
Hot Tea	Hot Tea	Mandarin Oranges	Hot Tea	Hot Tea	Hot Tea								
V8 Juice	Tomato Juice	Hot Tea	Tomato Juice										
		V8 Juice											