

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		Apple Juice	
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	
Scrambled Eggs		Cheddar Cheese Slice		Hard Boiled Egg		Vanilla Yogurt		Cottage Cheese		Poached Egg		Fried Egg	
Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast		Fruit Extreme Muffin		Waffles		Whole Wheat Toast		Bacon	
												Whole Wheat Toast	
Fresh Apple Slices		Pineapple Tidbits		Chilled Diced Pears		Blueberries		Banana Half		Fresh Apple Slices		Sliced Pears	
Rice Krispies Cereal		Raisin Bran Cereal		Special K Cereal		Bran Flakes Cereal		Rice Krispies Cereal		Peanut Butter		Special K Cereal	
Cream Cheese		Peanut Butter		Peanut Butter		Peanut Butter		Peanut Butter		Crumpet		Peanut Butter	
Peanut Butter		Buttered Raisin Toast		Whole Wheat English Muffin		Whole Wheat Toast		Whole Wheat Toast				White Toast	
White Mini Bagel													
LUNCH													
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		Bread and Butter Pickle	
Ambrosia		Chocolate Pudding		Boston Cream Cake		Strawberry Mousse						Neapolitan Ice Cream Sandwich	
								Red Pepper & Basil Frittata w/Parmesan Cheese		Cheese Tortellini & Rose Sauce			
Corned Beef on Rye		Chicken Cobb Salad		Hot Turkey Sndw on WW w/Gravy		Chicken Caesar Salad		Creamed Corn		Italian Mixed Vegetables		Veg & Bean Stew	
Romaine & Onion Salad		Cheese & Garlic Breadstick		Green Peas		Cheddar Garlic Biscuit		Whole Wheat Bread		Garlic Bread		Cauliflower	
Pickle Spear		Stewed Rhubarb		Cranberry Sauce		Chilled Tropical Fruit		Margarine		Grated Parmesan Cheese		Whole Wheat Bread	
Apricot Halves				Chilled Apple Slices				Chilled Diced Pears		Raspberries		Margarine	
												Strawberries & Topping	
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				Peach Cobbler		Coffee						Apple Pie Slice	
		Crispy Baked Shrimp		Coffee				Sole w/Lemon Pepper		Meatloaf		Vanilla Ice Cream	
Beef Stroganoff		Seafood Sauce				Turkey Divan		White Dinner Roll		Beef Gravy		Coffee	
Egg Noodles		Cilantro Rice		Honey Roast Pork Chop		Rice Pilaf		Montego Vegetables		Seasoned Spinach			
Steamed Asparagus		Diced Carrots		Garlic Mashed Potatoes		Florentine Veg Mix		Hot Fruit Compote		Wheat Roll		Cabbage Rolls	
Chilled Tropical Fruit		Mango		Winter Vegetables		Peaches & Cream		V8 Juice		Pineapple Tidbits		Wax Beans	
Hot Tea		Hot Tea		Mandarin Oranges		Hot Tea		Hot Tea		Hot Tea		Wheat Roll	
V8 Juice		Tomato Juice		Hot Tea		Tomato Juice				Tomato Juice		Honeydew Melon	
				V8 Juice								Hot Tea	
												V8 Juice	