

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	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	Waffles	Poached Egg	Fried Egg
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Cottage Cheese	Whole Wheat Toast	Bacon
	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
	Fresh Apple Slices	Pineapple Tidbits	Chilled Diced Pears	Blueberries	Banana Half	Fresh Apple Slices	-----
	Rice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Peanut Butter	Sliced Pears
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Crumpet	Special K Cereal
Cream Cheese	Buttered Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Whole Wheat Toast		Peanut Butter	
White Mini Bagel						White Toast	
L U N C H	Unsalted Crackers	Cream of Squash Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Cream of Broccoli Soup	Unsalted Crackers
	Vegetable Soup	Unsalted Crackers	Beef Barley Soup	Tomato Soup	Creamy Chicken & Bean Soup	Unsalted Crackers	Cream of Celery Soup
	Captain Burger	Beef Pot Pie	Cottage Cheese & Fruit	Grilled Cheese on Wheat		Salmon Salad on WW	Tuna Salad Plate
	Creamy Coleslaw	Buttered Brussels Sprouts	Salad Plate	Creamy Cucumber & Onions	Hot Dog on White Bun	Greek Salad	Mini Croissant
	Tartar Sauce	Beef Gravy	Cherry Loaf	Sweet Pickle	Bacon Broccoli Salad	Orange Gelatin	Bread and Butter Pickle
	Ambrosia	Chocolate Pudding	Margarine	Strawberry Mousse	Onion Slice	-----	Boston Cream Cake
	-----	-----	Neapolitan Ice Cream	-----	French Toast Sponge Cake	Cheese Tortellini & Rose Sauce	-----
	Corned Beef on Rye	Chicken Cobb Salad	Sandwich	-----	-----		Veg & Bean Stew
	Romaine & Onion Salad	Cheese & Garlic Breadstick	-----	Chicken Caesar Salad	Red Pepper & Basil Frittata w/Parmesan Cheese	Italian Mixed Vegetables	Cauliflower
	Pickle Spear	Stewed Rhubarb	Hot Turkey Sndw on WW w/Gravy	Cheddar Garlic Biscuit	Creamed Corn	Garlic Bread	Whole Wheat Bread
	Apricot Halves		Green Peas	Chilled Tropical Fruit	Whole Wheat Bread	Grated Parmesan Cheese	Margarine
		Cranberry Sauce		Margarine	Apricot Halves	Strawberries & Topping	
		Chilled Apple Slices		Chilled Diced Pears			
D I N N E R	Herb Baked Chicken Thigh	Homestyle Turkey	Honey Roast Pork Chop	Beef Shepherd's Pie	Glazed Ham	Cranberry Glazed Chicken	Roast Turkey
	Poultry Gravy	Vegetable Stew	Garlic Mashed Potatoes	Beef Gravy	Scalloped Potatoes	Baked Sliced Potatoes	Turkey Gravy
	Baked Potato	Green Beans	Winter Vegetables	Buttered Corn	Harvard Beets	Prince Edward Vegetables	Sage Bread Stuffing
	Zucchini Medley	Tea Biscuit	Cheese Sauce	Whole Wheat Bread	Coconut Cream Pie	Cherry Cheesecake	Mashed Potatoes
	Sour Cream	Margarine	Peach Cobbler	Margarine	Coffee	Coffee	Mashed Carrots & Parsnips
	Cinnamon Roll	Lemon Buttermilk Cake	Coffee	Iced Brownie	-----	-----	
	Coffee	Coffee	-----	Coffee	Sole w/Lemon Pepper	Meatloaf	Cranberry Sauce
	-----	-----	Fried Egg	-----	White Dinner Roll	Beef Gravy	Apple Pie Slice
	Beef Stroganoff	Garlic Shrimp	Bacon	Turkey Divan	Montego Vegetables	Seasoned Spinach	Vanilla Ice Cream
	Egg Noodles	Seafood Sauce	Homefries	Rice Pilaf	Tartar Sauce	Wheat Roll	Coffee
	Steamed Asparagus	Cilantro Rice	Tomato Slices	Florentine Veg Mix	Hot Fruit Compote	Margarine	-----
	Chilled Tropical Fruit	Diced Carrots	Toast Points	Peaches & Cream	Hot Tea	Pineapple Tidbits	Cabbage Rolls
	Hot Tea	Mango	Margarine	Hot Tea	V8 Juice	Hot Tea	Wax Beans
	V8 Juice	Hot Tea	Mandarin Oranges	Tomato Juice		Tomato Juice	Wheat Roll
		Tomato Juice	Hot Tea				Margarine
		V8 Juice				Honeydew Melon	
						Hot Tea	
						V8 Juice	