

	Monday Apr. 12	Tuesday Apr. 13	Wednesday Apr. 14	Thursday Apr. 15	Friday Apr. 16	Saturday Apr. 17	Sunday Apr. 18
B R E A K F A S T	Apple Juice Cream of Wheat with Bran Cottage Cheese Whole Wheat Toast Raspberry Yogurt Muffin ----- Banana Half Raisin Bran Cereal Peanut Butter	Orange Juice High Fibre Oatmeal Sausage Link Whole Wheat Toast ----- Crushed Pineapple Special K Cereal Peanut Butter Wheat Bagel	Cranberry Juice Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Mandarin Oranges Bran Flakes Cereal Peanut Butter Buttered Raisin Toast	Apple Juice High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast ----- Raspberries Rice Krispies Cereal Peanut Butter Whole Wheat English Muffin	Cranberry Juice Cream of Wheat with Bran Vanilla Yogurt Blueberry Muffin ----- Fresh Apple Slices Shreddies Cereal Peanut Butter Whole Wheat Toast	Orange Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Sliced Pears Special K Cereal Peanut Butter Crumpet	Cranberry Juice Cream of Wheat with Bran Fried Egg Bacon Whole Wheat Toast ----- Fruit Cocktail Bran Flakes Cereal Peanut Butter White Toast
L U N C H	Unsalted Crackers Tomato Tortellini Soup Honey Garlic Chicken Wings Tator Tots Cucumber Slices Bread and Butter Pickle Vanilla Ice Cream Cup ----- Shaved Ham Sndw on WW Tomato & Onion Salad Fruit Cocktail	Unsalted Crackers Cream of Cauliflower Soup Spinach Feta Bistro Greek Salad Four Bean Salad Lime Gelatin ----- Turkey Pot Pie Poultry Gravy Sauteed Zucchini Mango	Unsalted Crackers Chicken Noodle Soup Sweet-N-Sour Pork Bites Fluffy Rice Broccoli Florets Blueberry Pudding Cake ----- Chicken Salad Plate Macaroni Salad Heritage Blend Salad with French Dressing Sweet Pickle Strawberries	Unsalted Crackers Italian Bean & Vegetable Soup Creamed Peas on Toast Cheddar Cheese Slice Chocolate Mousse ----- Shaved Beef Sndw on Wheat Dill Cucumber & Red Onion Salad Chilled Tropical Fruit	Unsalted Crackers Corn Chowder Pulled Pork on WW Bun Green Beans Pickle Spear Bread Pudding ----- Quiche Florentine Pickled Beets Whole Wheat Bread Margarine Apricot Halves	Fall Harvest Soup Unsalted Crackers Weiners & Beans Sunrise Vegetables Wheat Roll Margarine Grandma's Lemon Loaf ----- Sliced Turkey on Wheat Romaine & Onion Salad Cantaloupe Chunks	Unsalted Crackers Cream of Carrot Soup Veggie Burger on WW Bun Potato Salad Onion Slice Sliced Tomato Cherry Gelatin ----- Fish Cakes Tartar Sauce Parsley Carrots Whole Wheat Bread Margarine Chilled Peach Slices
D I N N E R	Beef Tips in Red Wine Gravy Mashed Potatoes Green Beans Wheat Roll Pecan Streusel Cake Coffee ----- Asian Glazed Salmon Rice Pilaf Buttered Brussels Sprouts Chilled Apricots Hot Tea Tomato Juice	Chicken Stew & Dumplings Prince Edward Vegetables Banana Cream Pie Slice Coffee ----- Veal Parmesan Buttered Egg Noodles Diced Carrots Chilled Apple Slices Hot Tea V8 Juice	Crunchy Baked Cod Mashed Potatoes Butternut Squash Whole Wheat Bread Buttertart Square Coffee ----- Alfredo Primavera Caesar Salad Garlic Bread Stewed Rhubarb Hot Tea Tomato Juice	Turkey Cranberry Casserole Fall Medley Vegetables Buttermilk Biscuit Pear Crisp Coffee ----- Bologna Hashbrown Casserole Florentine Veg Mix Honeydew Melon Hot Tea V8 Juice	Fish 'n Chips Creamy Coleslaw Tripleberry Crumble Coffee ----- Cornflake Crusted Chicken Poultry Gravy Mashed Potatoes Buttered Brussels Sprouts Banana & Chocolate Sauce Hot Tea Tomato Juice	Honey Garlic Pork Drummies Mashed Potatoes Buttered Corn Iced Orange Cake Coffee ----- Spaghetti & Meatballs Steamed Broccoli Cheese & Garlic Breadstick Pineapple Tidbits Hot Tea V8 Juice	Roast Beef Beef Gravy Mashed Potatoes Yorkshire Pudding California Vegetables Pumpkin Pie Coffee ----- Chicken Kiev Wax Beans Wheat Roll Mandarin Oranges Hot Tea Tomato Juice