

MONDAY	JUN 14	TUESDAY	JUN 15	WEDNESDAY	JUN 16	THURSDAY	JUN 17	FRIDAY	JUN 18	SATURDAY	JUN 19	SUNDAY	JUN 20
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BREAKFAST													
Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Cinnamon Oatmeal	Cream of Wheat with Bran							
Cottage Cheese	Sausage Link	Poached Egg	Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Fried Egg							
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Blueberry Muffin	Whole Wheat Toast	Bacon							
Raspberry Yogurt Muffin	Apple Jelly	Raspberry Jam	Strawberry Jam	Margarine	Raspberry Jam	Whole Wheat Toast							
Margarine	Margarine	Margarine	Margarine		Margarine	Apple Jelly							
Grape Jelly						Margarine							
	Crushed Pineapple	Mandarin Oranges	Raspberries	Fresh Apple Slices	Sliced Pears								
Banana Half	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Shreddies Cereal	Special K Cereal	Fruit Cocktail							
Raisin Bran Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal							
Peanut Butter	Wheat Bagel	Buttered Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Crumpet	Peanut Butter							
	Cream Cheese			Grape Jelly		White Toast							

LUNCH													
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Iced Tea	Fall Harvest Soup	Unsalted Crackers							
Tomato Tortellini Soup	Cream of Cauliflower Soup	Chicken Noodle Soup	Italian Bean & Vegetable Soup	BBQ Chicken Burger on Bun	Unsalted Crackers	Cream of Carrot Soup							
Honey Garlic Chicken Wings	Spinach Feta Bistro	Sweet-N-Sour Pork Bites	Creamed Peas on Toast	Mayonnaise	Weiners & Beans	Veggie Burger on WW Bun							
Tator Tots	Greek Salad	Fluffy Rice	Cheddar Cheese Slice	Tossed Salad with LoCal Drsg	Sunrise Vegetables	Potato Salad							
Cucumber Slices	Four Bean Salad	Broccoli Florets	Chocolate Mousse	Tomato Slices & Lettuce	Wheat Roll	Sliced Tomato							
Bread and Butter Pickle	Lime Gelatin	Blueberry Pudding Cake		Vanilla Chocolate Ice Cream Bar	Margarine	Onion Slice							
Vanilla Ice Cream Cup			Shaved Beef Sndw on Wheat		Grandma's Lemon Loaf	Cherry Gelatin							
	Turkey Salad on Wheat	Turkey Sausage Link	Dill Cucumber & Red Onion Salad	Hard Boiled Egg									
Shaved Ham Sndw on WW	Carrot Raisin Salad	Macaroni Salad	Chilled Tropical Fruit	Seven Grain Salad	Sliced Turkey on Wheat	Crab Cake							
Tomato & Onion Salad	Mango	Heritage Blend Salad with French Dressing		Pickled Beets	Romaine & Onion Salad	Tartar Sauce							
Fruit Cocktail		Sweet Pickle		Margarine	Cantaloupe Chunks	Parsley Carrots							
		Strawberries		Apricot Halves		Whole Wheat Bread							

DINNER													
Beef Tips in Red Wine Gravy	Chicken Stew & Dumplings	Crunchy Baked Cod	Turkey Cranberry Casserole	Fish 'n Chips	Cornflake Crusted Chicken	Roast Beef							
Mashed Potatoes	Prince Edward Vegetables	Mashed Potatoes	Fall Medley Vegetables	Creamy Coleslaw	Poultry Gravy	Beef Gravy							
Green Beans	Banana Cream Pie Slice	Diced Carrots	Buttermilk Biscuit	Tripleberry Crumble	Mashed Potatoes	Mashed Potatoes							
Wheat Roll		Whole Wheat Bread	Pear Crisp		Buttered Corn	California Vegetables							
Pecan Streusel Cake	Veal Parmesan	Buttertart Square		Honey Garlic Pork Drummies	Iced Orange Cake	Pumpkin Pie							
	Buttered Egg Noodles		Bologna	Boiled Potatoes									
Asian Glazed Salmon	Butternut Squash	Alfredo Primavera	Hashbrown Casserole	Buttered Brussels Sprouts	Spaghetti & Meat Sauce	Chicken Kiev							
Rice Pilaf	Chilled Apple Slices	Caesar Salad	Florentine Veg Mix	Banana & Chocolate Sauce	Steamed Broccoli	Wax Beans							
Buttered Brussels Sprouts		Garlic Bread	Honeydew Melon		Cheese & Garlic Breadstick	Wheat Roll							
Chilled Apricots		Stewed Rhubarb			Pineapple Tidbits	Mandarin Oranges							