

MONDAY	AUG 16	TUESDAY	AUG 17	WEDNESDAY	AUG 18	THURSDAY	AUG 19	FRIDAY	AUG 20	SATURDAY	AUG 21	SUNDAY	AUG 22
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BREAKFAST													
Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Orange Juice	Cranberry Juice							
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						Whole Wheat Toast							
	Crushed Pineapple	Mandarin Oranges	Raspberries	Fresh Apple Slices	Sliced Pears	Whole Wheat Toast							
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							
						White Toast							

LUNCH													
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Iced Tea	Fall Harvest Soup	Chicken Rice Soup							
Tomato Tortellini Soup	Cream of Cauliflower Soup	Chicken Noodle Soup	Italian Bean & Vegetable Soup	BBQ Chicken Burger on Bun	Unsalted Crackers	Unsalted Crackers							
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	Tomato & Onion Salad	Macaroni Salad	Chilled Tropical Fruit	Seven Grain Salad	Sliced Turkey on Wheat	Crab Cake							
Carrot Raisin 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							
						Margarine							
						Chilled Peach Slices							

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	Raspberry Cream Cake	Diced Carrots	Buttermilk Biscuit	Tartar Sauce	Mashed Potatoes	Mashed Potatoes							
Wheat Roll	Coffee	Whole Wheat Bread	Margarine	Triplesberry Crumble	Buttered Corn	California Vegetables							
Margarine		Tartar Sauce	Cranberry Sauce	Coffee	Iced Orange Cake	Horseradish							
Pecan Streusel Cake	Veal Parmesan	Margarine	Pear Crisp		Coffee	Pumpkin Pie							
Coffee	Buttered Egg Noodles	Buttertart Square	Coffee	Pork Tourtiere Pie		Coffee							
	Butternut Squash	Coffee		Boiled Potatoes	Spaghetti & Meat Sauce								
Asian Glazed Salmon	Grated Parmesan Cheese	Alfredo Primavera	Bologna	Buttered Brussels Sprouts	Broccoli Florets	Chicken Kiev							
Rice Pilaf	Chilled Apple Slices	Caesar Salad	Hashbrown Casserole	Banana & Chocolate Sauce	Cheese & Garlic Breadstick	Wax Beans							
Buttered Brussels Sprouts	Hot Tea	Garlic Bread	Florentine Veg Mix	Hot Tea	Grated Parmesan Cheese	Wheat Roll							
Lemon Wedge	V8 Juice	Grated Parmesan Cheese	Honeydew Melon	Tomato Juice	Pineapple Tidbits	Margarine							
Tartar Sauce		Stewed Rhubarb	Hot Tea		Hot Tea	Mandarin Oranges							
Chilled Apricots		Tomato Juice	V8 Juice		V8 Juice	Tomato Juice							
Hot Tea		Hot Tea				Hot Tea							
Tomato Juice													