

	Monday May. 03	Tuesday May. 04	Wednesday May. 05	Thursday May. 06	Friday May. 07	Saturday May. 08	Sunday May. 09
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 2% Milk	Unsalted Crackers Cream of Cauliflower Soup Spinach Feta Bistro Greek Salad Four Bean Salad Lime Gelatin ----- Turkey Pot Pie Poultry Gravy Sauteed Zucchini Mango 2% Milk	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 2% Milk	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 2% Milk	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 2% Milk	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 2% Milk	Unsalted Crackers Cream of Carrot Soup Veggie Burger on WW Bun Potato Salad Onion Slice Sliced Tomato Chocolate Fudge Ice Cream Bar ----- Crab Cake Tartar Sauce Parsley Carrots Whole Wheat Bread Margarine Chilled Peach Slices 2% Milk
D I N N E R	Beef Tips in Red Wine Gravy Mashed Potatoes Green Beans Wheat Roll Margarine Pecan Streusel Cake ----- Asian Glazed Salmon Rice Pilaf Buttered Brussels Sprouts Lemon Wedge Tartar Sauce Chilled Apricots	Chicken Stew & Dumplings Prince Edward Vegetables Banana Cream Pie Slice ----- Veal Parmesan Buttered Egg Noodles Diced Carrots Grated Parmesan Cheese Chilled Apple Slices	Crunchy Baked Cod Mashed Potatoes Butternut Squash Whole Wheat Bread Tartar Sauce Margarine Buttertart Square ----- Alfredo Primavera Caesar Salad Garlic Bread Grated Parmesan Cheese Stewed Rhubarb	Turkey Cranberry Casserole Fall Medley Vegetables Buttermilk Biscuit Margarine Cranberry Sauce Pear Crisp ----- Bologna Hashbrown Casserole Florentine Veg Mix Honeydew Melon	Fish 'n Chips Creamy Coleslaw Tartar Sauce Tripleberry Crumble ----- Cornflake Crusted Chicken Poultry Gravy Mashed Potatoes Buttered Brussels Sprouts Banana & Chocolate Sauce	Honey Garlic Pork Drummies Mashed Potatoes Buttered Corn Iced Orange Cake ----- Spaghetti & Meatballs Steamed Broccoli Cheese & Garlic Breadstick Grated Parmesan Cheese Pineapple Tidbits	Roast Beef Beef Gravy Mashed Potatoes California Vegetables Yorkshire Pudding Horseradish Raspberry Pie Vanilla Ice Cream ----- BBQ Pork Ribs Wax Beans Wheat Roll Margarine Cookies & Cream Cake