

MONDAY	JUL 12	TUESDAY	JUL 13	WEDNESDAY	JUL 14	THURSDAY	JUL 15	FRIDAY	JUL 16	SATURDAY	JUL 17	SUNDAY	JUL 18
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BREAKFAST

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	Cottage Cheese	Poached Egg	Fried Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Waffles	Whole Wheat Toast	Bacon
Fresh Apple Slices	Pineapple Tidbits	Chilled Diced Pears	Blueberries	Banana Half	Fresh Apple Slices	Whole Wheat Toast
Rice Krispies Cereal	Raisin Bran Cereal	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Peanut Butter	Sliced Pears
Cream Cheese	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Crumpet	Special K Cereal
Peanut Butter	Buttered Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Whole Wheat Toast		Peanut Butter
White Mini Bagel						White Toast

LUNCH

Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Lemonade	Unsalted Crackers	Unsalted Crackers
Vegetable Soup	Cream of Squash Soup	Beef Barley Soup	Tomato Soup	Hot Dog on White Bun	Cream of Broccoli Soup	Lentil & Vegetable Soup
Captain Burger	Steak and Mushroom Pie	Cottage Cheese & Fruit Salad Plate	Grilled Cheese on Wheat	Bacon Broccoli Salad	Salmon Salad on WW	Tuna Salad Plate
Creamy Coleslaw	Buttered Brussels Sprouts	Cherry Loaf	Creamy Cucumber & Onions	Onion Slice	Greek Salad	Mini Croissant
Tartar Sauce	Beef Gravy	Margarine	Sweet Pickle	Super Cone Caramel Centre	Orange Gelatin	Bread and Butter Pickle
Ambrosia	Chocolate Pudding	Boston Cream Cake	Strawberry Mousse	Egg Salad	Cheese Tortellini & Rose Sauce	Neapolitan Ice Cream Sandwich
Corned Beef on Rye	Chicken Cobb Salad	Hot Turkey Sndw on WW w/Gravy	Chicken Caesar Salad	Greek Pasta Salad	Italian Mixed Vegetables	Veg & Bean Stew
Romaine & Onion Salad	Cheese & Garlic Breadstick	Green Peas	Cheddar Garlic Biscuit	Cucumber Slices	Garlic Bread	Cauliflower
Pickle Spear	Stewed Rhubarb	Cranberry Sauce	Chilled Tropical Fruit	Whole Wheat Bread	Grated Parmesan Cheese	Whole Wheat Bread
Apricot Halves		Chilled Apple Slices		Margarine	Raspberries	Margarine
				Chilled Diced Pears		Strawberries & Topping

DINNER

Herb Baked Chicken Thigh	Homestyle Turkey Vegetable Stew	Fried Egg	Beef Shepherd's Pie	Glazed Ham	Cranberry Glazed Chicken	Roast Turkey
Poultry Gravy	Green Beans	Bacon	Beef Gravy	Scalloped Potatoes	Baked Sliced Potatoes	Turkey Gravy
Baked Potato	Tea Biscuit	Homefries	Buttered Corn	Harvard Beets	Prince Edward Vegetables	Mashed Potatoes
Zucchini Medley	Margarine	Tomato Slices	Whole Wheat Bread	Black Forest Cake	Cherry Cheesecake	Sage Bread Stuffing
Sour Cream	Lemon Buttermilk Cake	Toast Points	Margarine	Coffee	Coffee	Mashed Carrots & Parsnips
Maple Pudding Cake	Coffee	Margarine	Iced Brownie	Sole w/Lemon Pepper	Meatloaf	Cranberry Sauce
Coffee	Crispy Baked Shrimp	Peach Cobbler	Coffee	White Dinner Roll	Beef Gravy	Apple Pie Slice
Beef Stroganoff	Seafood Sauce	Coffee	Turkey Divan	Montego Vegetables	Seasoned Spinach	Vanilla Ice Cream
Buttered Egg Noodles	Cilantro Rice	Honey Roast Pork Chop	Rice Pilaf	Tartar Sauce	White Dinner Roll	Coffee
Steamed Asparagus	Diced Carrots	Garlic Mashed Potatoes	Florentine Veg Mix	Cantaloupe Chunks	Margarine	Cabbage Rolls
Chilled Tropical Fruit	Mango	Winter Vegetables	Peaches & Cream	V8 Juice	Pineapple Tidbits	Wax Beans
Hot Tea	Hot Tea	Cheese Sauce	Hot Tea	Hot Tea	Hot Tea	Wheat Roll
V8 Juice	Tomato Juice	Mandarin Oranges	Tomato Juice		Tomato Juice	Margarine
		Hot Tea				Honeydew Melon
		V8 Juice				Hot Tea
						V8 Juice