

MONDAY	JUN 28	TUESDAY	JUN 29	WEDNESDAY	JUN 30	THURSDAY	JUL 01	FRIDAY	JUL 02	SATURDAY	JUL 03	SUNDAY	JUL 04
BREAKFAST													
Orange Juice	Cranberry Juice	Apple Juice	Apple Juice	High Fibre Oatmeal	Cranberry Juice	Poached Egg	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Cranberry Juice	Mandarin Oranges	High Fibre Oatmeal
Cinnamon Oatmeal	Cream of Wheat with Bran	Vanilla Yogurt	Hard Boiled Egg	Whole Wheat Toast	Cream of Wheat with Bran	Whole Wheat Toast	Whole Wheat Toast	High Fibre Oatmeal	Poached Egg	Cheddar Cheese Slice	Cheddar Cheese Slice	Fried Egg	
Scrambled Eggs	Apple Spice Muffin				Peameal Bacon					Whole Wheat Toast	Whole Wheat Toast		
Raisin Toast					Pancakes								
Fresh Apple Slices	Banana Half	Chilled Peach Slices			Chilled Apricots			Mixed Berries	Chilled Diced Pears				
Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal			Raisin Bran Cereal			Shreddies Cereal	Bran Flakes Cereal				
Peanut Butter	Peanut Butter	Peanut Butter			Peanut Butter			Cream Cheese	Peanut Butter				
Whole Wheat Toast	Whole Wheat Toast	Crumpet			Whole Wheat Toast			Peanut Butter	Whole Wheat English Muffin				
								Wheat Bagel					
LUNCH													
Unsalted Crackers	V8 Juice	Lunch June 30th	Unsalted Crackers	Minestrone Soup	Canada Day	Unsalted Crackers	Lemonade	Italian Wedding Soup	Italian Wedding Soup	Chicken Corn Chowder w/ Sweet Peppers			
Cream of Mushroom Soup	Unsalted Crackers			Unsalted Crackers		French Pea Soup	Hot Dog on White Bun	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers			
Chicken Souvlaki	Turkey & Swiss Sndw on WW			Chicken Salad Sndw on WW		BBQ Bison Burger	Mixed Green Italian Salad	Chicken Strips	Chicken Strips	Sloppy Joe on WW Bun			
Tzatziki Sauce	Rainbow Coleslaw			Carrot Raisin Salad		Greek Pasta Salad	Onion Slice	Plum Sauce	Plum Sauce	Diced Carrots			
Dill Cucumber & Red Onion Salad	Creamsicle Parfait			Chocolate Ice Cream		Onion Slice	Sliced Tomato	French Fries	French Fries	Pickle Spear			
Whole Wheat Pita Bread	Sliced Egg & Salad Plate			All Dressed Pizza		Sliced Tomato	Super Cone Caramel Centre	Cucumber Slices	Cucumber Slices	Tapioca Pudding			
Butterscotch Pudding	Wheat Roll			Caesar Salad		Nanaimo Bar	Cheddar Cheese & Fruit	White Choc Mousse	White Choc Mousse	Egg Salad Sndw on Croissant			
BBQ Beef Ribette on WW Bun	Margarine			Chilled Diced Pears		Montreal Smoked Meat on Rye	Plain Scone	Salami on Wheat	Salami on Wheat	Beet & Onion Salad			
Fancy Blend Vegetables	Sweet Pickle					Four Bean Salad	Rosy Applesauce	Coleslaw	Coleslaw	Raspberries			
Blueberries	Fruit Cocktail					Pickle Spear		Chilled Tropical Fruit					
						Mango							
DINNER													
Sweet & Sour Pork	Salisbury Steak	BBQ Pork Ribs	Canada Day	Smoky Applewood Salmon Fillet		Turkey a la King	Veal Roll Italian	Pork Roast					
Fluffy Rice	Beef Gravy	Mashed Potatoes		Mashed Potatoes		Fluffy Rice	Garlic Mashed Potatoes	Brown Gravy					
Asian Vegetables	Whipped Potatoes	Steamed Broccoli		Buttered Brussels Sprouts		Buttered Corn	Butternut Squash	Whipped Potatoes					
Carrot Cake	Green Peas	Lemon Tart		Red Velvet Cake		Butter Tart	Berry Rhubarb Crisp	Roasted Parsnips					
Coffee	Margarine	Coffee		Coffee		Coffee	Coffee	Applesauce Garnish					
Grilled Pollock	Date Square	Lamb & Vegetable Stew		Tourtiere Quebecois		Coconut Crusted Tilapia Fillet	Cheesy Baked Ziti	Lemon Meringue Pie					
Roasted Potatoes	Coffee	Cauliflower		Pork Gravy		Savoury Diced Potatoes	Green Beans	Coffee					
California Vegetables	Vegetable Chili	Wheat Roll		Baked Beans with Pork		Roasted Root Vegetables	Wheat Roll						
Tartar Sauce	Seasoned Zucchini	Margarine		Wheat Roll		Margarine	Margarine						
Pineapple Tidbits	Cheddar Garlic Biscuit	Chilled Tropical Fruit		Margarine		Tartar Sauce	Honeydew Melon						
Hot Tea	Apricot Halves	Hot Tea		Margarine		Glazed Bananas	Hot Tea						
V8 Juice	Hot Tea	V8 Juice		Margarine		Hot Tea	Tomato Juice						
	Tomato Juice			Margarine		V8 Juice							