

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