

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	May. 17		May. 18		May. 19		May. 20		May. 21		May. 22		May. 23
B	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Cranberry Juice	Cranberry Juice
R	Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	Mandarin Oranges	Mandarin Oranges			
E	Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Cottage Cheese	Bran Muffin	Cheddar Cheese Slice	Whole Wheat Toast	Poached Egg	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	High Fibre Oatmeal	High Fibre Oatmeal
A	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	----	----	----	----	----	----	----	----	Fried Egg	Fried Egg
K	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	Bacon	Bacon
F	Fresh Apple Slices	Banana Half	Chilled Peach Slices	Chilled Apricots	Mixed Berries	Shreddies Cereal	Cream Cheese	Chilled Diced Pears	Chilled Diced Pears	Chilled Diced Pears	Chilled Diced Pears	Whole Wheat Toast	Whole Wheat Toast
A	Special K Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Raisin Bran Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal	Bran Flakes Cereal	Bran Flakes Cereal	Bran Flakes Cereal	-----	-----
S	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Rice Krispies Cereal	Rice Krispies Cereal
T	Whole Wheat Toast	Apple Spice Muffin	Crumpet	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Peanut Butter	Peanut Butter				
												White Toast	White Toast
L	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Lemonade	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
U	Split Pea Soup	Tomato Soup	Minestrone Soup	Cream of Mushroom Soup	Beef Burger on White Bun	Italian Wedding Soup	Italian Wedding Soup	Italian Wedding Soup	Italian Wedding Soup	Italian Wedding Soup	Italian Wedding Soup	Chicken Corn Chowder w/	Chicken Corn Chowder w/
N	Chicken Souvlaki	All Dressed Pizza	Cod Nuggets	Heather's Macaroni and	Mixed Green Italian Salad	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Sweet Peppers	Sweet Peppers
C	Tzatziki Sauce	Rainbow Coleslaw	Tartar Sauce	Cheese	Sliced Tomato	Plum Sauce	Plum Sauce	Plum Sauce	Plum Sauce	Plum Sauce	Plum Sauce	Sloppy Joe on WW Bun	Sloppy Joe on WW Bun
H	Dill Cucumber & Red Onion Salad	Creamsicle Parfait	Baked Potato Wedges	Stewed Tomatoes	Onion Slice	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Coleslaw	Diced Carrots	Diced Carrots
	-----	-----	Carrot Raisin Salad	Raspberry Gelatin	Super Cone Caramel Centre	French Fries	French Fries	French Fries	French Fries	French Fries	French Fries	Pickle Spear	Pickle Spear
	Whole Wheat Pita Bread	Sliced Egg & Salad Plate	Chocolate Ice Cream	-----	-----	White Choc Mousse	White Choc Mousse	White Choc Mousse	White Choc Mousse	White Choc Mousse	White Choc Mousse	Tapioca Pudding	Tapioca Pudding
	Butterscotch Pudding	Wheat Roll	-----	Tuna Salad Sndw on WW	Maple Breakfast Sausage	-----	-----	-----	-----	-----	-----	-----	-----
	-----	Sweet Pickle	-----	Four Bean Salad	Link	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	Broccoli Feta & Dill	Broccoli Feta & Dill
	BBQ Beef Ribette on WW Bun	Margarine	Turkey & Swiss Sndw on WW	Bread and Butter Pickle	French Toast	Pork Gravy	Pork Gravy	Pork Gravy	Pork Gravy	Pork Gravy	Pork Gravy	Quiche	Quiche
	Fancy Blend Vegetables	Fruit Cocktail	Caesar Salad	Mango	Strawberry Compote	Green Peas	Green Peas	Green Peas	Green Peas	Green Peas	Green Peas	Steamed Asparagus	Steamed Asparagus
	Blueberries		Chilled Diced Pears		Margarine	Chilled Tropical Fruit	Chilled Tropical Fruit	Chilled Tropical Fruit	Chilled Tropical Fruit	Chilled Tropical Fruit	Chilled Tropical Fruit	Wheat Roll	Wheat Roll
					Syrup							Margarine	Margarine
					Rosy Applesauce							Raspberries	Raspberries
D	Sweet & Sour Pork	Salisbury Steak	Asian Pork Chop	Roasted Chicken Leg	Turkey a la King	Veal Roll Italian	Veal Roll Italian	Veal Roll Italian	Veal Roll Italian	Veal Roll Italian	Veal Roll Italian	Pork Roast	Pork Roast
I	Fluffy Rice	Beef Gravy	Mashed Potatoes	Mashed Potatoes	Fluffy Rice	Garlic Mashed Potatoes	Garlic Mashed Potatoes	Garlic Mashed Potatoes	Garlic Mashed Potatoes	Garlic Mashed Potatoes	Garlic Mashed Potatoes	Brown Gravy	Brown Gravy
N	Asian Vegetables	Whipped Potatoes	Steamed Broccoli	Buttered Brussels Sprouts	Buttered Corn	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Butternut Squash	Whipped Potatoes	Whipped Potatoes
N	Carrot Cake	Green Peas	Lemon Tart	Margarine	Butter Tart	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Roasted Parsnips	Roasted Parsnips
E	Coffee	Margarine	Coffee	Chocolate Swirl Cheesecake	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Applesauce Garnish	Applesauce Garnish
R	-----	Date Square	-----	Coffee	-----	-----	-----	-----	-----	-----	-----	Lemon Meringue Pie	Lemon Meringue Pie
	Grilled Pollock	Coffee	Lamb & Vegetable Stew	-----	Coconut Crusted Tilapia	Cheesy Baked Ziti	Cheesy Baked Ziti	Cheesy Baked Ziti	Cheesy Baked Ziti	Cheesy Baked Ziti	Cheesy Baked Ziti	Coffee	Coffee
	Roasted Potatoes	-----	Cauliflower	Roasted Vegetable Lasagna	Fillet	Green Beans	Green Beans	Green Beans	Green Beans	Green Beans	Green Beans	-----	-----
	California Vegetables	Vegetable Chili	Wheat Roll	Sliced Carrots	Savoury Diced Potatoes	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Turkey Schnitzel	Turkey Schnitzel
	Tartar Sauce	Seasoned Zucchini	Margarine	Wheat Roll	Roasted Root Vegetables	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Parslied New Potatoes	Parslied New Potatoes
	Pineapple Tidbits	Cheddar Garlic Biscuit	Chilled Tropical Fruit	Grated Parmesan Cheese	Wheat Roll	Honeydew Melon	Honeydew Melon	Honeydew Melon	Honeydew Melon	Honeydew Melon	Honeydew Melon	Buttered Red Cabbage	Buttered Red Cabbage
	Hot Tea	Apricot Halves	Hot Tea	Mandarin Oranges	Tartar Sauce	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Wheat Roll	Wheat Roll
	V8 Juice	Hot Tea	V8 Juice	Hot Tea	Margarine	Tomato Juice	Tomato Juice	Tomato Juice	Tomato Juice	Tomato Juice	Tomato Juice	Margarine	Margarine
		Tomato Juice		V8 Juice	Glazed Bananas	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Cranberry Sauce	Cranberry Sauce
						V8 Juice						Peaches & Cream	Peaches & Cream
												Hot Tea	Hot Tea
												V8 Juice	V8 Juice