

	Monday May. 10	Tuesday May. 11	Wednesday May. 12	Thursday May. 13	Friday May. 14	Saturday May. 15	Sunday May. 16
B R E A K F A S T	Orange Juice High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast ----- Fresh Apple Slices Rice Krispies Cereal Peanut Butter Cream Cheese White Mini Bagel	Cranberry Juice Cream of Wheat with Bran Cheddar Cheese Slice Whole Wheat Toast ----- Pineapple Tidbits Raisin Bran Cereal Peanut Butter Buttered Raisin Toast	Apple Juice High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast ----- Chilled Diced Pears Special K Cereal Peanut Butter Whole Wheat English Muffin	Orange Juice Cream of Wheat with Bran Vanilla Yogurt Fruit Extreme Muffin ----- Blueberries Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Cinnamon Oatmeal Waffles Cottage Cheese ----- Banana Half Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Orange Juice Cream of Wheat with Bran Poached Egg Whole Wheat Toast ----- Fresh Apple Slices Peanut Butter Crumpet	Apple Juice High Fibre Oatmeal Fried Egg Bacon Whole Wheat Toast ----- Sliced Pears Special K Cereal Peanut Butter White Toast
L U N C H	Unsalted Crackers Vegetable Soup Captain Burger Creamy Coleslaw Tartar Sauce Ambrosia ----- Corned Beef on Rye Romaine & Onion Salad Pickle Spear Apricot Halves	Cream of Squash Soup Unsalted Crackers Beef Pot Pie Buttered Brussels Sprouts Beef Gravy Chocolate Pudding ----- Chicken Cobb Salad Cheese & Garlic Breadstick Stewed Rhubarb	Unsalted Crackers Beef Barley Soup Cottage Cheese & Fruit Salad Plate Cherry Loaf Margarine Neapolitan Ice Cream Sandwich ----- Hot Turkey Sndw on WW w/Gravy Green Peas Cranberry Sauce Chilled Apple Slices	Unsalted Crackers Tomato Soup Grilled Cheese on Wheat Creamy Cucumber & Onions Sweet Pickle Strawberry Mousse ----- Chicken Caesar Salad Cheddar Garlic Biscuit Chilled Tropical Fruit	Unsalted Crackers Creamy Chicken & Bean Soup Hot Dog on White Bun Bacon Broccoli Salad Onion Slice French Toast Sponge Cake ----- Red Pepper & Basil Frittata w/Parmesan Cheese Creamed Corn Whole Wheat Bread Margarine Chilled Diced Pears	Cream of Broccoli Soup Unsalted Crackers Salmon Salad on WW Greek Salad Orange Gelatin ----- Cheese Tortellini & Rose Sauce Italian Mixed Vegetables Garlic Bread Grated Parmesan Cheese Apricot Halves	Unsalted Crackers Cream of Celery Soup Tuna Salad Plate Mini Croissant Bread and Butter Pickle Boston Cream Cake ----- Veg & Bean Stew Cauliflower Whole Wheat Bread Margarine Strawberries & Topping
D I N N E R	Herb Baked Chicken Thigh Poultry Gravy Baked Potato Zucchini Medley Sour Cream Cinnamon Roll Coffee ----- Beef Stroganoff Egg Noodles Steamed Asparagus Chilled Tropical Fruit Hot Tea V8 Juice	Homestyle Turkey Vegetable Stew Green Beans Tea Biscuit Margarine Lemon Buttermilk Cake Coffee ----- Garlic Shrimp Seafood Sauce Cilantro Rice Diced Carrots Mango Hot Tea Tomato Juice	Honey Roast Pork Chop Garlic Mashed Potatoes Winter Vegetables Cheese Sauce Peach Cobbler Coffee ----- Fried Egg Bacon Homefries Tomato Slices Toast Points Margarine Mandarin Oranges Hot Tea V8 Juice	Beef Shepherd's Pie Beef Gravy Buttered Corn Whole Wheat Bread Margarine Iced Brownie Coffee ----- Turkey Divan Rice Pilaf Florentine Veg Mix Peaches & Cream Hot Tea Tomato Juice	Glazed Ham Scalloped Potatoes Harvard Beets Coconut Cream Pie Coffee ----- Sole w/Lemon Pepper White Dinner Roll Montego Vegetables Tartar Sauce Hot Fruit Compote Hot Tea V8 Juice	Cranberry Glazed Chicken Baked Sliced Potatoes Prince Edward Vegetables Cherry Cheesecake Coffee ----- Meatloaf Beef Gravy Seasoned Spinach Wheat Roll Margarine Pineapple Tidbits Hot Tea Tomato Juice	Roast Turkey Turkey Gravy Sage Bread Stuffing Mashed Potatoes Mashed Carrots & Parsnips Cranberry Sauce Apple Pie Slice Vanilla Ice Cream Coffee ----- Cabbage Rolls Wax Beans Wheat Roll Margarine Honeydew Melon Hot Tea V8 Juice