

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