

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Apr. 26		Apr. 27		Apr. 28		Apr. 29		Apr. 30		May. 01		May. 02
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	Mixed Berries	Mixed Berries	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	Shreddies Cereal	Shreddies Cereal	Shreddies Cereal	Bran Flakes Cereal	Bran Flakes Cereal	Bran Flakes Cereal	Bran Flakes Cereal	-----	-----
S	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Cream Cheese	Cream Cheese	Cream Cheese	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	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat English Muffin	Peanut Butter	Peanut Butter			
												White Toast	White Toast
L	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Creamy Broccoli Rotini	Creamy Broccoli Rotini	Creamy Broccoli Rotini	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
U	Split Pea Soup	Tomato Soup	Minestrone Soup	Cream of Mushroom Soup	Soup	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	Beef Burger on WW Bun	Unsalted Crackers	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Chicken Strips	Sweet Peppers	Sweet Peppers
C	Tzatziki Sauce	Rainbow Coleslaw	Tartar Sauce	Ketchup	Heather's Macaroni and	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	Mixed Green Italian Salad	Cheese	Coleslaw	Coleslaw	French Fries	French Fries	French Fries	French Fries	Diced Carrots	Diced Carrots
	-----	-----	Carrot Raisin Salad	Sliced Tomato	Stewed Tomatoes	Pickle Spear	Pickle Spear	White Choc Mousse	White Choc Mousse	White Choc Mousse	White Choc Mousse	Pickle Spear	Pickle Spear
	Whole Wheat Pita Bread	Sliced Egg & Salad Plate	Chocolate Ice Cream	Onion Slice	Baked Custard	White Choc Mousse	White Choc Mousse	-----	-----	-----	-----	Tapioca Pudding	Tapioca Pudding
	Butterscotch Pudding	Wheat Roll	-----	Raspberry Gelatin	-----	Maple Breakfast Sausage	Maple Breakfast Sausage	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	Pork Tourtiere	-----	-----
	-----	Sweet Pickle	Turkey & Swiss Sndw on WW	-----	French Toast	Pork Gravy	Pork Gravy	-----	-----	-----	-----	Broccoli Feta & Dill	Broccoli Feta & Dill
	BBQ Beef Ribette on WW Bun	Margarine	WW	Tuna Salad Sndw on WW	Strawberry Compote	Green Peas	Green Peas	-----	-----	-----	-----	Quiche	Quiche
	Fancy Blend Vegetables	Fruit Cocktail	Caesar Salad	Four Bean Salad	Margarine	Chilled Tropical Fruit	Chilled Tropical Fruit	-----	-----	-----	-----	Steamed Asparagus	Steamed Asparagus
	Blueberries		Chilled Diced Pears	Bread and Butter Pickle	Syrup	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Margarine	Margarine
				Mango	Rosy Applesauce	Raspberries	Raspberries						
D	Sweet & Sour Pork	Salisbury Steak	Spaghetti & Meatballs	Roasted Chicken Leg	Turkey a la King	Cheesy Baked Ziti	Cheesy Baked Ziti	Pork Roast	Pork Roast	Pork Roast	Pork Roast	Veal Roll Italian	Veal Roll Italian
I	Fluffy Rice	Beef Gravy	Steamed Broccoli	Mashed Potatoes	Fluffy Rice	Green Beans	Green Beans	Brown Gravy	Brown Gravy	Brown Gravy	Brown Gravy	Garlic Mashed Potatoes	Garlic Mashed Potatoes
N	Asian Vegetables	Whipped Potatoes	Garlic Bread	Buttered Brussels Sprouts	Buttered Corn	Butternut Squash	Butternut Squash	Whipped Potatoes	Whipped Potatoes	Whipped Potatoes	Whipped Potatoes	Buttered Corn	Buttered Corn
N	Carrot Cake	Green Peas	Grated Parmesan Cheese	Margarine	Butter Tart	Berry Rhubarb Crisp	Berry Rhubarb Crisp	Roasted Parsnips	Roasted Parsnips	Roasted Parsnips	Roasted Parsnips	Coffee	Coffee
E	Coffee	Margarine	Lemon Tart	Chocolate Swirl Cheesecake	Coffee	Coffee	Coffee	Applesauce Garnish	Applesauce Garnish	Applesauce Garnish	Applesauce Garnish	Coffee	Coffee
R	-----	Date Square	Coffee	Coffee	-----	Coconut Crusted Tilapia	Coconut Crusted Tilapia	Lemon Meringue Pie	Lemon Meringue Pie	Lemon Meringue Pie	Lemon Meringue Pie	-----	-----
	Grilled Pollock	Coffee	-----	-----	Fillet	Cheesy Baked Ziti	Cheesy Baked Ziti	Coffee	Coffee	Coffee	Coffee	-----	-----
	Roasted Potatoes	-----	Lamb & Vegetable Stew	Roasted Vegetable Lasagna	Savoury Diced Potatoes	Green Beans	Green Beans	-----	-----	-----	-----	Turkey Schnitzel	Turkey Schnitzel
	California Vegetables	Vegetable Chili	Cauliflower	Sliced Carrots	Roasted Root Vegetables	Wheat Roll	Wheat Roll	Parslied New Potatoes	Parslied New Potatoes	Parslied New Potatoes	Parslied New Potatoes	Margarine	Margarine
	Tartar Sauce	Seasoned Zucchini	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Buttered Red Cabbage	Buttered Red Cabbage	Buttered Red Cabbage	Buttered Red Cabbage	Wheat Roll	Wheat Roll
	Pineapple Tidbits	Cheddar Garlic Biscuit	Margarine	Grated Parmesan Cheese	Grated Parmesan Cheese	Honeydew Melon	Honeydew Melon	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Margarine	Margarine
	Hot Tea	Apricot Halves	Chilled Tropical Fruit	Mandarin Oranges	Tartar Sauce	Hot Tea	Hot Tea	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Cranberry Sauce	Cranberry Sauce
	V8 Juice	Hot Tea	Hot Tea	Hot Tea	Margarine	Tomato Juice	Tomato Juice	Margarine	Margarine	Margarine	Margarine	Peaches & Cream	Peaches & Cream
		Tomato Juice	V8 Juice	V8 Juice	Glazed Bananas	Hot Tea	Hot Tea	Tomato Juice	Tomato Juice	Tomato Juice	Tomato Juice	Hot Tea	Hot Tea
					V8 Juice	V8 Juice	V8 Juice					V8 Juice	V8 Juice