

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Cottage Cheese	Breakfast Ham	Cheddar Cheese Slice	Poached Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bran Muffin	Mini Assorted Danish	Rye Toast	Bacon
Margarine	Margarine	Margarine	Margarine	2% Milk	Grape Jelly	Whole Wheat Toast
Grape Jelly	Raspberry Jam	Strawberry Jam	2% Milk	Corn Flakes Cereal	Margarine	Margarine
2% Milk	2% Milk	2% Milk	Cheerios Cereal	Peanut Butter	2% Milk	Strawberry Jam
Bran Flakes Cereal	Corn Flakes Cereal	Rice Krispies Cereal	Peanut Butter	White Toast	Bran Flakes Cereal	2% Milk
Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	2% Milk	Peanut Butter	Rice Krispies Cereal
White Toast	White Toast	White Toast	2% Milk		Whole Wheat Toast	Peanut Butter
2% Milk	2% Milk	2% Milk			2% Milk	White Toast
						2% Milk
LUNCH						
Minestrone Soup	Cream of Broccoli Soup	Beef Vegetable & Noodle Soup	German Ham & Veg Soup	Unsalted Soda Crackers	Tomato Basil Soup	Italian Wedding Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Butternut Squash Soup	Unsalted Soda Crackers	Unsalted Soda Crackers
Meatballs	Pulled Pork on WW Bun	Sausage Links	Hot Turkey Sndw on WW w/Gravy	Breaded Chicken Strips	Potato Leek Quiche	Macaroni & Cheese
Fluffy Rice	Winter Vegetables	Mini Pancakes Bites	Green Peas	French Fries	Green & Yellow Beans	Baked Tomato au Gratin
Sunrise Vegetables	Pineapple Tidbits	Hot Spiced Apples	Chilled Diced Pears	Italian Tomato Cucumber Salad	Multigrain Dinner Roll	Mandarin Oranges
Beef Gravy		Syrup		Plum Sauce	Margarine	
Fresh Watermelon	Western Omelette Sndw WW	Chilled Apricots	Hard Boiled Egg	Fruit Cocktail	Ketchup	Sliced Beef Sndw on White
	Tossed Salad & Italian Dressing		Potato Salad		Chilled Diced Peaches	Mushroom & Spinach Salad
Swiss & Salami Sndw on WW	Butterscotch Pudding	Tuna Salad Sndw on WW	Red Beet Citrus Salad	Sloppy Joe on WW Bun		Buttertart Square
Dill Cucumber & Red Onion Salad	2% Milk	Triple Bean Salad	Buttermilk Biscuit	Buttered Corn	Shaved Ham on Bun	2% Milk
Chocolate Ice Cream		Grape Gelatin	Margarine	Date Square	Macaroni Salad	
2% Milk		Whipped Topping	Lemon Mousse	2% Milk	Vanilla Ice Cream	
		2% Milk	2% Milk		2% Milk	
DINNER						
Apple Juice	Cranberry Juice	Tomato Juice	Orange Juice	Peach Juice	V8 Juice	Grape Juice
Beef Stuffed Green Pepper	Beef Wellington	Baked Chicken with Chalet Sauce	Pork Stir Fry	Veal Marsala	Dijon Glazed Turkey Loaf	Pork Roast
Diced Parsnips	Cheesy Mashed Potatoes	Garlic Mashed Potatoes	Fluffy Rice	Buttered Egg Noodles	Mashed Potatoes	Hashbrown Casserole
Multigrain Dinner Roll	Buttered Corn	Diced Squash	Asian Stir Fry Vegetables	Parsley Carrots	5-Way Mixed Vegetables	Buttered Brussels Sprouts
Margarine	Whole Wheat Bread	Creme Caramel	Whole Wheat Bread	Whole Wheat Bread	Double Fudge Brownie	Multigrain Dinner Roll
Strawberry Shortcake	Margarine		Margarine	Margarine		Beef Gravy
	Beef Gravy	Lamb & Vegetable Stew	Cherry Cheesecake	Nanaimo Bar	Black Bean & Vegetable Chili	Margarine
Chicken Paprikash	Blueberry Crisp	Sauteed Zucchini			Cauliflower	Lemon Meringue Pie
Roasted Red Skin Potatoes		Whole Wheat Bread	Spinach & Cheese Cannelloni	Zesty Honey Dijon Baked Basa	Multigrain Dinner Roll	
Roasted Root Vegetables	Turkey Hash	Margarine	Mixed Green Italian Salad	Parslied Potatoes	Margarine	Chicken Rice Bake
Chilled Diced Pears	California Vegetables	Mandarin Oranges	Garlic Toast	Fall Medley Vegetables	Diced Fresh Melon	Buttermilk Biscuit
2% Milk	Chilled Tropical Fruit	2% Milk	Mango	Applesauce	2% Milk	Prince Edward Vegetables
	2% Milk		2% Milk	2% Milk		Crushed Pineapple
						2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
Scrambled Eggs	Breakfast Sausage Link	Hard Boiled Egg	Cottage Cheese	Poached Egg	Cheddar Cheese Slice	Scrambled Eggs
Whole Wheat Toast	Buttermilk Pancakes	Rye Toast	Whole Wheat Toast	Whole Wheat Toast	Crumpet	Bacon
Grape Jelly	Margarine	Margarine	Strawberry Jam	Grape Jelly	Raspberry Jam	Whole Wheat Toast
Margarine	Maple Syrup	Raspberry Jam	Margarine	Margarine	Margarine	Orange Marmalade PC
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Margarine
						2% Milk
Cheerios Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Cheerios Cereal	Corn Flakes Cereal	
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	White Toast	White Toast	Peanut Butter
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	White Toast
						2% Milk
LUNCH						
Roasted Cauliflower Soup	Chicken Rice Soup	Fall Harvest Soup	Japanese Beef & Vegetable Soup	Corn Chowder	Chicken Noodle Soup	Cream of Carrot Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Beef Pot Pie	Cheese Tortellini & Marinara	Cod Nuggets	Ham Cheese & Onion Quiche	Grilled Cheese on Wheat	Beef Burger on White Bun	Beef & Macaroni Casserole
Fall Medley Vegetables	Mixed Lettuce Salad	Sweet Potato Fries	Broccoli Florets	Roasted Mediterranean Vegetables	Macaroni Salad	Buttered Corn
Beef Gravy	Pineapple Tidbits	Coleslaw	Multigrain Dinner Roll	Ketchup	Lettuce Leaf	Mandarin Oranges
Fruit Cocktail		Tartar Sauce	Margarine	Scalloped Cinnamon Apples	Sliced Tomato	
	Pork Wiener and Beans	Chilled Apricots	Applesauce		Onion Slice	Chicken Salad Sndw on WW
Bologna Sandwich	Bistro Vegetables			Corned Beef on Rye	Ketchup/Mustard/Relish	Romaine & Onion Salad
Ambrosia	Corn Muffin	Ham Salad on WW	Turkey Sandwich w/Cranberry Mayo	Tomato Cucumber Salad	Diced Fresh Melon	Shortbread Cookie
Butterscotch Ice Cream	Margarine	Dill Pickles	Potato Salad	Blueberry Tart		2% Milk
2% Milk	Chocolate Pudding	Butter Tart	Lemon Bar	2% Milk	Egg Salad Sndw on Croissant	
					Sweet Pickle	
					Strawberry Ice Cream	
					2% Milk	
DINNER						
Tomato Juice	Apple Juice	Grape Juice	Cranberry Juice	Peach Juice	Orange Juice	Cranberry Juice
Cornflake Crusted Chicken	Roasted Lamb Chop	Beef & Mushroom Stew	Roasted Vegetable Lasagna	Fish 'n Chips	Garlic Shrimp	Roast Beef
Potato Pancakes	Roasted Potatoes	Homefries	Caesar Salad	Creamy Coleslaw	Fluffy Rice	Mashed Potatoes
Green Beans	Cauliflower	Mashed Turnips	Multigrain Dinner Roll	Tartar Sauce	Roasted Asparagus	Harvard Beets
Tiramisu	Whole Wheat Bread	Whole Wheat Bread	Margarine	Bread Pudding	Multigrain Dinner Roll	Yorkshire Pudding
	Margarine	Margarine	Apple Crisp	Caramel Sauce	Margarine	Beef Gravy
Iron Steak w/Red WineSauce	Beef Gravy	Lemon & Cream Shortcake			Tuxedo Truffle Mousse Cake	Horseradish
Mashed Potatoes	Boston Cream Pie		Veal Scallopini w/Mushroom Sauce	BBQ Pork Chops		Strawberry Rhubarb Pie
Whipped Squash		Chicken Kiev	Garlic Mashed Potatoes	Herbed Potatoes	Turkey a la King	
Multigrain Dinner Roll	Creamy Dill Salmon	Mashed Potatoes	Wax Beans	Thyme Honey Glazed Carrots	Butter Egg Pastry	Creamy Pasta Primavera
Margarine	Spiced Rice Pilaf	Prince Edward Vegetables	Chilled Diced Peaches	Multigrain Dinner Roll	Zucchini Parmesan	Buttered Brussels Sprouts
Chilled Diced Pears	Fancy Blend Vegetables	Mandarin Oranges	2% Milk	Margarine	Mixed Berries	Garlic Bread
2% Milk	Chilled Tropical Fruit	2% Milk		Stewed Rhubarb	2% Milk	Pineapple Tidbits
				2% Milk		2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
Strawberry Yogurt	Sausage Patty	Scrambled Eggs & Ham	Cottage Cheese	Cheese Omelette	Havarti Cheese	Scrambled Eggs
Whole Wheat Toast	French Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Peameal Bacon
Margarine	Maple Syrup	Margarine	Margarine	Strawberry Jam	Grape Jelly	Whole Wheat Toast
Raspberry Jam	Margarine	Strawberry Jam	Orange Marmalade PC	Margarine	Margarine	Raspberry Jam
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Margarine
						2% Milk
Rice Krispies Cereal	Cheerios Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Cheerios Cereal	
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Corn Flakes Cereal
White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Peanut Butter
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	White Toast
						2% Milk
LUNCH						
Creamy Potato Soup	Turkey Rice Soup	Cream of Celery Soup	New England Clam Chowder	Chicken Vegetable Barley Soup	Vegetable Soup	Cabbage & Potato Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Stuffed Cabbage Rolls	BBQ Pork Ribette on WW Bun	Potato & Cheese Perogies	Red Pepper & Basil Frittata w/Parmesan Cheese	The Great Canadian Beef Chili	Sweet-N-Sour Pork Bites	Spinach Cheese Penne
Sunrise Vegetables	Sliced Carrots	Buttered Red Cabbage	Mushroom & Spinach Salad	Tea Biscuit	Vegetable Fried Rice	Parsley Carrots
Fruit Cocktail	Crushed Pineapple	Sour Cream	Whole Wheat Bread	Prince Edward Vegetables	Asian Vegetables	Fresh Pineapple
		Chilled Apricots	Margarine	Strawberry Applesauce	Fresh Watermelon	
Sliced Turkey on Rye	Pastrami Sndw on Wheat					Tuna Salad Sndw on WW
Carrot Raisin Salad	Pickled Beets	Salmon Salad on WW	Banana & Chocolate Sauce	Sliced Ham	Chicken Caesar Salad	Triple Bean Salad
Vanilla Pudding	Ice Cream Novelty	Cucumber Slices		Macaroni Salad	Multigrain Dinner Roll	Mini Powdered Donut
2% Milk	2% Milk	Whipped Topping	Turkey Pot Pie	Tomato Slices	Margarine	2% Milk
		Orange Gelatin	Peas & Pearl Onions	Whole Wheat Bread	Ice Cream Peanut Butter Chocolate	
		2% Milk	Poultry Gravy	Margarine	2% Milk	
			Marble Pudding Cake	Chocolate Silk Truffle Bar		
			2% Milk	2% Milk		
DINNER						
Apple Juice	Peach Juice	V8 Juice	Cranberry Juice	Pineapple Juice	Peach Juice	Apple Juice
Pork Goulash Hungarian	Sherry Braised Beef	Peach Ginger BBQ Chicken Thigh	Meat Lasagna	Sole w/Lemon Pepper	Swiss Steak & Mushroom Sauce	Roast Turkey
Mashed Potatoes	Cheesy Mashed Potatoes	Baked Potato	Green Beans	Wild Rice Pilaf f/Mix w/Veg	Mashed Sweet Potatoes	Whipped Potatoes
Green Peas	Creamed Corn	Mashed Turnips	Garlic Toast	Sunrise Vegetables	Wax Beans	Sage Bread Stuffing
Chocolate Cake	Multigrain Dinner Roll	Whole Wheat Bread	Cherry Crisp	Red Velvet Cake	Lemon Buttermilk Cake	Whipped Squash
		Margarine				Whole Wheat Bread
LS Chicken & Dumplings	Raspberry Tart	Sour Cream	Honey Pork Chop	Creamy Chicken Potato Casserole	Baked Ham	Cranberry Sauce
Paradisio Vegetables		Cheesecake	Garlic Mashed Potatoes	Peas & Carrots	Scalloped Potatoes	Poultry Gravy
Multigrain Dinner Roll	Turkey Divan		Italian Mixed Vegetables	Multigrain Dinner Roll	Diced Parsnips	Margarine
Margarine	Savoury Diced Potatoes	Lamb Mushroom Ragout	Multigrain Dinner Roll	Margarine	Multigrain Dinner Roll	Pumpkin Pie
Strawberries & Pineapple	Winter Vegetables	Parslied Noodles	Margarine	Stewed Rhubarb	Margarine	
2% Milk	Chilled Tropical Fruit	Seasoned Spinach	Sliced Pears with Caramel Sauce	2% Milk	Pineapple Ring	Lemon Dill Salmon
		2% Milk	2% Milk		Mixed Berries	Cilantro Rice
		2% Milk			2% Milk	Parslied Cauliflower
						Mandarin Oranges
						2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl	Vision - Fruit Bowl
Cream of Wheat	Oatmeal	High Fibre Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Vanilla Yogurt	Poached Egg	Cottage Cheese	Breakfast Sausage Link	Cheddar Cheese Slice	Bacon
Rye Toast	Banana Muffin	Whole Wheat Toast	Whole Wheat Toast	Waffles	Whole Wheat Toast	Scrambled Eggs
Grape Jelly	Margarine	Margarine	Margarine	Margarine	Grape Jelly	Whole Wheat Toast
Margarine	2% Milk	Raspberry Jam	Orange Marmalade PC	Maple Syrup	Margarine	Strawberry Jam
2% Milk		2% Milk	2% Milk	2% Milk	2% Milk	Margarine
	Corn Flakes Cereal					2% Milk
Bran Flakes Cereal	Peanut Butter	Rice Krispies Cereal	Cheerios Cereal	Corn Flakes Cereal	Bran Flakes Cereal	
Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Rice Krispies Cereal
White Toast	2% Milk	White Toast	White Toast	White Toast	White Toast	Peanut Butter
2% Milk		2% Milk	2% Milk	2% Milk	2% Milk	White Toast
						2% Milk
LUNCH						
Turkey Vegetable Soup	French Onion Soup	Beef Barley & Vegetable Soup	Vegetable Florentine Soup	Sweet Potato Soup	Golden Mushroom Soup	Creamy Tomato Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Hot Roast Beef on Wheat w/Gravy	Sausage Links	Peameal Bacon Sandwich on Bun	Cheese Omelette	Chicken Burger on WW Bun	Ginger Beef	Cottage Cheese & Fruit Plate
Green Peas	Belgian Waffle	Creamed Corn	Garlic Mushrooms	Potato Salad	Fried Rice	Bran Muffin
Fruit Cocktail	Strawberry Drizzle	Chilled Apricots	Hashbrown Casserole	Mayonnaise	Asian Stir Fry Vegetables	Blueberries
	Syrup		Ketchup	Lettuce Leaf	Tropical Fruit Salad	
Chicken Salad on Multigrain	Strawberries	Beef Salad Sndw on WW	Bananas & Cream	Sliced Tomato		Tuna Noodle Casserole
Beet & Onion Salad		Creamy Cucumber & Onions		Onion Slice	Cold Cut Sandwich	Bistro Vegetables
Rice Pudding	Egg Salad Sndw on White	Cherry Gelatin	Salmon Salad on WW	Crushed Pineapple	Caesar Salad	Pound Cake
2% Milk	Romaine & Onion Salad	Whipped Topping	Greek Pasta Salad		Jce Cream Sundae f/Bulk W/Toppings	Whipped Topping
	Double Fudge Cookie	2% Milk	Vanilla Mousse	Ham & Swiss Sndw on Croissant	2% Milk	2% Milk
	2% Milk		2% Milk	Creamy Peas		
				Mini Lemon Tart		
				2% Milk		
DINNER						
Pineapple Juice	Peach Juice	Tomato Juice	Cranberry Juice	Apple Juice	Orange Juice	Tomato Juice
Chicken Breast w/BBQ Sauce	Corned Beef	Resident's Choice Vision	Pork with Dijon Sauce	Breaded Fish	Lemon Pepper Chicken Leg	Baked Ham
Tator Tots	German Potato Salad		Spiced Sweet Potatoes	Scalloped Potatoes	Baked Potato	Scalloped Potatoes
Broccoli Florets	Buttered Red Cabbage	Resident's Choice Vision	New England Vegetables	Seasoned Zucchini	Mashed Turnips	Broccoli Florets
Multigrain Dinner Roll	Whole Wheat Bread	2% Milk	Multigrain Dinner Roll	Whole Wheat Bread	Whole Wheat Bread	Multigrain Dinner Roll
Margarine	Margarine		Margarine	Margarine	Margarine	Honey Grill Pineapple
Toffee Pudding Cake	Jelly Roll Mocha		Chocolate Cream Pie	White Chocolate Raspberry Cake	Sour Cream	Margarine
					Maple Avalanche Cake	Apple Pie Slice
Breaded Pork Cutlet	Turkey Tetrazzini		Liver & Onions	Beef Stroganoff		
Mashed Potatoes	Diced Squash		Garlic Mashed Potatoes	Buttered Egg Noodles	Spaghetti & Meat Sauce	Cod Au Gratin
Sliced Carrots	Cinnamon Applesauce		Sunrise Vegetables	Wax Beans	Garlic Bread	Rice Pilaf
Poultry Gravy	2% Milk		Beef Gravy	Oranges & Whipped Topping	Green Beans	Roasted Asparagus
Chilled Diced Pears			Peaches & Pears	2% Milk	Mango	Sour Cream
2% Milk			2% Milk		2% Milk	Lemon Wedge
						Fresh Fruit Salad
						2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.