

|                  |                   |                     |                    |                  |                    |                  |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|
| MONDAY<br>JUN 05 | TUESDAY<br>JUN 06 | WEDNESDAY<br>JUN 07 | THURSDAY<br>JUN 08 | FRIDAY<br>JUN 09 | SATURDAY<br>JUN 10 | SUNDAY<br>JUN 11 |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|

| BREAKFAST  |   |   |  |  |   |   |
|--|---|---|--|--|---|---|
| Oatmeal<br>Vanilla Smooth Cottage Cheese<br>Mini Fruit Danish<br>Special K Cereal<br>Peanut Butter<br>Raisin Toast | Cream of Wheat<br>Pancakes<br>Sausage Links<br>Syrup<br>Bran Flakes<br>Peanut Butter<br>Whole Wheat Toast | Cinnamon Oatmeal<br>Scrambled Eggs<br>White Toast<br>Strawberry Jam<br>Rice Krispies Cereal<br>Peanut Butter<br>Whole Wheat Toast | Cream of Wheat<br>Asst. Activia Yogurt<br>Apple Spice Muffin<br>Raisin Bran Cereal<br>Peanut Butter<br>Whole Wheat Toast | Oatmeal<br>Poached Egg<br>Whole Wheat Toast<br>Raspberry Jam<br>Special K Cereal<br>Peanut Butter<br>White Toast | Cream of Wheat<br>Havarti Cheese<br>Rye Toast<br>Grape Jelly<br>Bran Flakes<br>Peanut Butter<br>Whole Wheat Toast | Oatmeal<br>Scrambled Eggs<br>Bacon<br>Whole Wheat Toast<br>Strawberry Jam<br>Rice Krispies Cereal<br>Peanut Butter<br>White Toast |

| LUNCH  |  |  |  |   |  |  |
|--|--|--|--|---|--|--|
| Soda Crackers<br>Navy Bean & Ham Soup<br>Pulled Pork<br>Potato Pancake<br>Green Peas<br>Diced Fresh Melon<br>Devised Egg<br>Macaroni Salad<br>Pickled Beets & Lettuce<br>Whole Wheat Bread<br>Neapolitan Ice Cream | Soda Crackers<br>Chicken Florentine Soup<br>Macaroni & Cheese<br>Scandinavian Vegetables<br>Whole Wheat Bread<br>Strawberries<br>Fried Egg & Cheddar Sndw Toasted<br>Cherry Tomatoes<br>Maple Cake | Soda Crackers<br>Tomato Vegetable & Rice Soup<br>Hamburger w/Lettuce & Tomato<br>Potato Salad<br>Pineapple Tidbits<br>Chicken Caesar Salad<br>Garlic Bread<br>Ice Cream Sandwich | Soda Crackers<br>Beef Barley & Vegetable Soup<br>Turkey Meatloaf<br>Green Peas<br>Whole Wheat Bread<br>Mandarin Oranges<br>Shaved Ham Sndw on WW<br>Cucumber & Red Onion Salad<br>Black Cherry Ice Cream | Soda Crackers<br>Corn Chowder<br>Tuna Salad Sndw on WW<br>Spinach Onion Salad<br>Stewed Prunes<br>Beef Pie<br>Prince Edward Vegetables<br>White Roll<br>Marbled Fruit Gelatin | Soda Crackers<br>Turkey Noodle Soup<br>Pork Tourtiere<br>Fancy Blend Vegetables<br>Peaches & Pears<br>Egg Salad Sndw on Wheat<br>Tomato Onion Salad<br>Tripleberry Crumble Bar | Soda Crackers<br>Cream of Celery Soup<br>Chicken Fingers with Plum Sauce<br>Sweet Potato Puff RTB<br>Plum Sauce<br>Mango<br>Chili Con Carne<br>Mixed Green Salad<br>Tea Biscuit<br>Rice Krispies Bar |

| DINNER  |   |  |  |   |  |  |
|---|---|--|--|---|--|--|
| Beef Potato Casserole<br>Parsley Carrots<br>Wheat Roll<br>Fruit Cocktail<br>Breaded Style Chicken<br>Red Potato Salad<br>Cucumber Slices<br>Vanilla Bean Cake | Turkey a la King<br>Puff Pastry Shell<br>Buttered Brussels Sprouts<br>Whole Wheat Bread<br>Chilled Diced Peas<br>Lemon Wedge<br>Parmesan & Herb Breaded Tilapia<br>Au Gratin Potatoes<br>Wax Beans<br>Raspberry White Choc Cake | Pork Roast<br>Chive Whipped Potatoes<br>Orange-Glazed Beets<br>Wheat Roll<br>Brown Gravy<br>Blueberries with Whip Topping<br>Veal Roulade<br>Egg Noodles<br>Diced Squash<br>Lemon Meringue Pie | Spinach Cheese Penne<br>Seasoned Green Beans<br>Garlic Bread<br>Sliced Apricots<br>Hungarian Goulash<br>Mashed Potatoes<br>Buttered Corn<br>Iced Brownie | Chicken Fricassee<br>Rice Pilaf<br>Steamed Asparagus<br>Rye Bread<br>Fresh Watermelon<br>Farmers Sausage<br>Bollied Red Potato<br>5-Way Mixed Vegetables<br>Buttertart Square | Lemon Pepper Cod<br>Lemon Wedge<br>Baked Sliced Potatoes<br>Peas & Carrots<br>Wheat Roll<br>Fresh Berries<br>Beef Mushroom Ragout<br>Tri-Color Rotini<br>Steamed Broccoli & Cauliflower<br>Whipped Topping<br>Pound Cake | Roast Beef<br>Mashed Potatoes<br>Lima Beans<br>Wheat Roll<br>Horseradish<br>Stewed Rhubarb<br>Pineapple Pork Chop<br>Roasted New Potatoes<br>Paradiso Vegetables<br>Cherry Pie |

Note: 125 ml juice, 250 ml water, 250 ml milk, 180 ml hot beverage available at all meals.

|                  |                   |                     |                    |                  |                    |                  |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|
| MONDAY<br>JUL 13 | TUESDAY<br>JUL 14 | WEDNESDAY<br>JUN 15 | THURSDAY<br>JUN 16 | FRIDAY<br>JUN 17 | SATURDAY<br>JUN 18 | SUNDAY<br>JUL 19 |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|

**BREAKFAST**

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
| Cream of Wheat<br>Scrambled Eggs<br>Whole Wheat Toast<br>Grape Jelly | Oatmeal<br>Cottage Cheese<br>Whole Wheat Toast<br>Apple Jelly | Cream of Wheat<br>Poached Egg<br>Rye Toast<br>Raspberry Jam | Oatmeal<br>Marble Cheese Slice<br>Whole Wheat Toast<br>Strawberry Jam | Cream of Wheat<br>Asst. Activia Yogurt<br>Blueberry Muffin              | Cinnamon Oatmeal<br>Quiche Spinach & Ricotta<br>Whole Wheat Toast<br>Raspberry Jam | Cream of Wheat<br>Scrambled Eggs<br>Bacon<br>Whole Wheat Toast |
| Raisin Bran Cereal<br>Peanut Butter<br>White Toast                   | Special K Cereal<br>Peanut Butter<br>White Toast              | Bran Flakes<br>Peanut Butter<br>Whole Wheat Toast           | Rice Krispies Cereal<br>Peanut Butter<br>White Toast                  | Raisin Bran Cereal<br>Peanut Butter<br>Whole Wheat Toast<br>Grape Jelly | Special K Cereal<br>Peanut Butter<br>White Toast                                   | Apple Jelly<br>Bran Flakes<br>Peanut Butter<br>White Toast     |

**LUNCH**

|  |   |   |  |  |   |  |
|--|---|---|--|--|---|--|
| Soda Crackers<br>Beef Vegetable Soup<br>Seafood Primavera with Mushrooms<br>Julienne Parsley Carrots<br>Corn Muffin<br>Fruit Salad | Soda Crackers<br>Cream of Broccoli Soup<br>Shaved Beef Sndw on Wheat<br>Mixed Salad with French Dressing<br>Bananas & Pineapple | Soda Crackers<br>Moroccan Style Vegetable Soup<br>Turkey & Swiss on Croissant<br>Triple Bean Salad<br>Cantaloupe Wedges | Garden Vegetable Soup<br>Soda Crackers<br>Beef Cabbage Roll w/Tomato Sauce<br>Montego Vegetables<br>Rye Bread<br>Chilled Diced Pears | Soda Crackers<br>French Onion Soup<br>Spinach & Swiss Quiche<br>Sliced Carrots<br>Strawberries | Scotch Broth<br>Soda Crackers<br>Chicken Burger on Bun<br>Creamy Cucumber Salad<br>Mandarin Oranges | Soda Crackers<br>Cream of Potato Soup<br>Steak & Mushroom Pie<br>Wax Beans w/Tarragon<br>Chilled Diced Peaches |
| B L T on Wheat<br>Tator Tots<br>Cherry Cheesecake  | Mixed Veg & Cheese Frittata<br>Whole Mixed Beans<br>White Roll<br>Donut Beignet W/ Pwd Sugar                                    | Pork Drummies<br>Greek Pasta Salad<br>Garlic Bread<br>Ice Cream Novelty   | Eggs Benedict w/Hollandaise<br>Romaine & Onion Salad<br>Butterscotch Ice Cream   | Italian Deli Meat on Baguette<br>Macaroni Salad<br>Banana Pudding                              | Cheddar Cheese & Fruit<br>Whole Wheat Bread<br>Frosted Eclair                                       | Salmon Salad on WW<br>Pickled Beets<br>Rice Raisin Pudding   |

**DINNER**

|  |   |  |   |  |   |  |
|--|---|--|---|--|---|--|
| Liver & Onions<br>Whipped Potatoes<br>Green Peas<br>Wheat Roll<br>Chilled Diced Pears<br>Glazed Ham<br>Roasted Red Skin Potatoes<br>Cauliflower<br>Black Forest Cake | Italian Baked Fish<br>Lemon Wedge<br>Parsiled New Potatoes<br>San Francisco Vegetables<br>Whole Wheat Roll<br>Blueberries with Whip Topping | Ginger Beef<br>Rice Pilaf<br>Steamed Baby Carrots<br>Multigrain Bread<br>Applesauce<br>Stuffed Manicotti<br>Tomato Sauce<br>LoCal Caesar Salad<br>Cream Jelly Roll | Lemon Pepper Chicken Leg<br>Garlic Mashed Potatoes<br>Green Beans<br>Wheat Roll<br>Fresh Watermelon<br>Sweet-N-Sour Pork Bites<br>Vegetable Fried Rice<br>Asian Stir Fry Vegetables<br>Cherry Crisp | Baked Fish & Dill Sauce<br>Lemon Wedge<br>Herb Roasted Potatoes<br>Steamed Broccoli<br>Wheat Roll<br>Sliced Apricots<br>Turkey Schnitzel<br>Lyonnaise Potatoes<br>Baked Tomato au Gratin<br>Frosted Chocolate Cake | BBQ Pork Loin<br>Baked Beans<br>Fancy Blend Vegetables<br>White Roll<br>Red Seedless Grapes<br>Beef Tenderloin Braised<br>Mashed Potatoes<br>Buttered Brussels Sprouts<br>Coconut Cream Pie | Roast Turkey<br>Mashed Potatoes<br>Seasoned Bread Stuffing<br>Turnips & Carrots<br>Turkey Gravy<br>Cranberry Sauce<br>Chilled Sweet Cherries<br>Roasted Vegetable Lasagna<br>Mixed Green Salad<br>Wheat Roll |
|--|---|--|---|--|---|--|

**Golf Ball Cake**

Note: 125 ml juice, 250 ml water, 250 ml milk, 180 ml hot beverage available at all meals.

| MONDAY<br>JUL 20 | TUESDAY<br>JUL 21 | WEDNESDAY<br>JUN 22 | THURSDAY<br>JUN 23 | FRIDAY<br>JUN 24 | SATURDAY<br>JUN 25 | SUNDAY<br>JUN 26 |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|

**BREAKFAST**

|   |  |  |   |  |   |  |
|---|--|--|---|--|---|--|
| Oatmeal<br>Cheddar Cheese Slice<br>Banana Loaf<br>Raspberry Jam | Cream of Wheat<br>Scrambled Eggs<br>Whole Wheat Toast<br>Apple Jelly | Oatmeal<br>Asst. Activia Yogurt<br>Carrot Muffin       | Cream of Wheat<br>Poached Egg<br>Whole Wheat Toast<br>Grape Jelly | Cinnamon Oatmeal<br>Omelet<br>Raisin Toast<br>Strawberry Jam | Cream of Wheat<br>Fresh Blueberries<br>Plain Greek Yogurt<br>Whole Wheat Toast<br>Apple Jelly | Oatmeal<br>Scrambled Eggs<br>Bacon<br>Whole Wheat Toast<br>Raspberry Jam |
| Rice Krispies Cereal<br>Peanut Butter<br>White Toast            | Raisin Bran Cereal<br>Peanut Butter<br>White Toast                   | Special K Cereal<br>Peanut Butter<br>Whole Wheat Toast | Bran Flakes<br>Peanut Butter<br>White Toast                       | Rice Krispies Cereal<br>Peanut Butter<br>Whole Wheat Toast   | Raisin Bran Cereal<br>Peanut Butter<br>White Toast  | Special K Cereal<br>Peanut Butter<br>White Toast                         |

**LUNCH**

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| Soda Crackers<br>Country Bean & Vegetable Soup<br>Sliced Ham Sndw on WW<br>Tossed Ranch Salad<br>Fresh Pineapple | Vegetable Rice Soup<br>Soda Crackers<br>Beef Ravioli & Sauce<br>Peas & Carrots<br>Roll Brioché Slider<br>Chilled Diced Peas | Soda Crackers<br>Turkey Vegetable Soup<br>Salmon Salad on Croissant<br>Mixed Green Italian Salad<br>Bananas & Oranges | Cream of Mushroom Soup<br>Soda Crackers<br>Beef Roast Sandwich on Wheat<br>Dill Potato Salad<br>Stewed Prunes | Soda Crackers<br>Creamy Tomato Soup<br>Grilled Cheese on Wheat<br>Marinated Vegetables<br>Diced Fresh Melon | Split Pea Soup<br>Soda Crackers<br>Fish 'n Chips<br>Tartar Sauce<br>Montego Vegetables<br>Sliced Apricots | Harvest Vegetable Soup<br>Soda Crackers<br>Fruit & Cheddar Cold Plate<br>Cinnamon Scone<br>Fresh Watermelon |
| Chicken Rice Casserole<br>Dill Carrot Coins<br>Whole Wheat Bread<br>Caramel Bread Pudding                        | Sliced Turkey on Wheat<br>Lettuce Tomato Salad<br>Chocolate Silk Truffle Bar  | Hot Dog on White Bun<br>Poutine w/Cheese Curds & Gravy<br>Ice Cream Novelty   | Cheese Pizza<br>Garden Salad<br>Chocolate Chip Cookie   | Chicken Salad Plate<br>Multigrain Dinner Roll<br>Orange Dream Shortcake                                     | Turkey Caesar Wrap<br>Creamy Coleslaw<br>Chocolate Ice Cream  | Macaroni & Beef Casserole<br>Country Vegetable Trio<br>White Bread<br>Lemonicious Bar                       |

**DINNER**

|   |  |   |  |  |  |  |
|---|--|---|--|--|--|--|
| Spaghetti & Meat Sauce<br>Local Caesar Salad<br>Garlic Bread<br>Strawberries & Topping          | Pork Cutlet Parmesan<br>Oven-Browned Potatoes<br>Creamy Spinach<br>Wheat Roll<br>Mango | Baked Chicken with Chalet Sauce<br>Parisienne Potatoes<br>Steamed Broccoli<br>Rye Bread<br>Fruit Cocktail | Ginger Roast Pork<br>Mashed Potatoes<br>Candied Carrots<br>Wheat Roll<br>Chilled Diced Peaches           | Swiss Steak & Mushroom Sauce<br>Whipped Potatoes<br>Lemony Green Beans<br>Wheat Roll<br>Chilled Sweet Cherries | Lemon Veal<br>Mashed Potatoes<br>5-Way Mixed Vegetables<br>White Roll<br>Cinnamon Pears                            | Rubbed Pork Loin<br>Boiled Red Potato<br>Harvard Beets<br>Wheat Roll<br>Chilled Tropical Fruit |
| Lemon Wedge<br>Battered Pollock<br>Roasted New Potatoes<br>Corn Cobbette<br>Frosted Marble Cake | Rosemary Lamb & Mint Sauce<br>Yellow Rice<br>Cauliflower<br>Apple Crumble Square       | Salisbury Steak & Gravy<br>Baked Sweet Potato Wedges<br>Wax Beans & Pimento<br>Nanaimo Bar                | Dijon Haddock<br>Lemon Wedge<br>Parslised Sliced Potatoes<br>5-Way Mixed Vegetables<br>Buttertart Square | Spinach & Cheese Cannelloni<br>Balsamic Spring Salad<br>Frosted Brownie  | Honey Garlic Pork Drumsticks<br>Salad Pasta Sicilian W Feta<br>Garlic & Cheese Bread Stick<br>Strawberry Shortcake | Garlic Shrimp<br>Lemon Wedge<br>Buttered Egg Noodles<br>Peas & Carrots<br>Blueberry Pie Slice  |

Note: 125 ml juice, 250 ml water, 250 ml milk, 180 ml hot beverage available at all meals.

| MONDAY<br>JUL 27 | TUESDAY<br>JUL 28 | WEDNESDAY<br>JUN 29 | THURSDAY<br>JUL 30 | FRIDAY<br>JUL 01 | SATURDAY<br>JUL 02 | SUNDAY<br>JUL 03 |
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|
|------------------|-------------------|---------------------|--------------------|------------------|--------------------|------------------|

**BREAKFAST**

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
| Cream of Wheat<br>Scrambled Eggs<br>Whole Wheat Toast<br>Grape Jelly | Cinnamon Oatmeal<br>Asst. Activia Yogurt<br>Whole Wheat Bread<br>Strawberry Jam | Cream of Wheat<br>Poached Egg<br>Whole Wheat Toast<br>Apple Jelly | Oatmeal<br>Havarti Cheese<br>Whole Wheat Toast<br>Raspberry Jam | Cream of Wheat<br>Cinnamon French Toast<br>Syrup  | Oatmeal<br>Vanilla Yogurt<br>Morning Glory Muffin          | Cream of Wheat<br>Scrambled Eggs<br>Pearmeal Bacon<br>Rye Toast<br>Apple Jelly |
| Bran Flakes<br>Peanut Butter<br>White Toast                          | Raisin Bran Cereal<br>Peanut Butter<br>White Toast                              | Raisin Bran Cereal<br>Peanut Butter<br>White Toast                | Special K Cereal<br>Peanut Butter<br>White Toast                | Bran Flakes<br>Peanut Butter<br>Whole Wheat Toast | Rice Krispies Cereal<br>Peanut Butter<br>Whole Wheat Toast | Raisin Bran Cereal<br>Peanut Butter<br>Whole Wheat Toast                       |

**LUNCH**

|   |  |  |  |  |   |  |
|---|--|--|--|--|---|--|
| Soda Crackers<br>Bacon & Potato Chowder<br>Corned Beef on Wheat<br>Marinated Vegetables<br>Banana | Soda Crackers<br>Italian Wedding Soup<br>Egg Salad Sndw on Croissant<br>Spinach Onion Salad<br>Mango | Beef Vegetable Soup<br>Soda Crackers<br>Grilled Chicken Breast<br>Greek Tomato Cucumber Salad<br>Orange Sections | Turkey Noodle Soup<br>Soda Crackers<br>Crispy Baked Shrimp<br>Seafood Sauce<br>Kale Salad<br>Fresh Pineapple | Sweet Potato Soup<br>Soda Crackers<br>Potato Leek Quiche<br>Mixed Green Italian Salad<br>Wheat Roll<br>Chilled Diced Peaches | Fall Harvest Soup<br>Soda Crackers<br>Biscuit Topped Chicken Pie<br>5-Way Mixed Vegetables<br>Wheat Roll<br>Chilled Diced Pears | Soda Crackers<br>Vegetable Rice Soup<br>Tempura Chick. Orange<br>Ginger Sc<br>White Rice<br>Asian Stir Fry Vegetables<br>Fresh Fruit |
| Cheesy Baked Ziti<br>Caesar Salad<br>Garlic Bread<br>Ice Cream Sundae w/Bulk W/Toppings           | Beef Shepherd's Pie<br>Succotash<br>Whole Wheat Bread<br>Butterscotch Pudding                        | Cottage Cheese Fresh Fruit<br>Roll Brioche Slider<br>Ice Cream Novelty   | BBQ Sauce Glazed Pork<br>Ribette<br>Sweet Tator Gems<br>Sliced Carrots<br>Blueberry Crisp                    | Chicken Salad Sndw on WW<br>Beet & Onion Salad<br>Sugar Cookies  | Cheese Sandwich on WW<br>Sweet Tator Gems<br>Ice Cream Novelty  | Bologna Sandwich<br>Tomato Slices<br>French Cream Cheesecake   |

**DINNER**

|  |   |  |  |   |   |  |
|--|---|--|--|---|---|--|
| BBQ Pork Chops<br>Baked Sliced Potatoes<br>Wax Beans<br>Wheat Roll<br>Chilled Apple Slices | Parmesan Breaded Chicken<br>Garlic Mashed Potatoes<br>Glazed Baby Carrots<br>Wheat Roll<br>Strawberries | Pork Stir Fry w/Orange Sauce<br>Fluffy Rice<br>Steamed Snow Peas<br>Chilled Sweet Cherries<br>Veal Marsala | BBQ Meatloaf<br>Baked Potato<br>Steamed Asparagus Spears<br>Garlic Bread<br>Sour Cream<br>Fruit Cocktail | Herb Roasted Salmon<br>Dill Sauce<br>Lemon Herb Orzo<br>Roasted Root Vegetables<br>Multigrain Bread<br>Stewed Rhubarb & Berries | Swedish Meatballs<br>Egg Noodles<br>Seasoned Green Beans<br>Rye Bread<br>Mandarin Oranges | Prime Rib w/Horseradish & Gravy<br>Yorkshire Pudding<br>Mashed Potatoes<br>Diced Squash<br>Wheat Roll<br>Bananas & Pineapple |
| Turkey Dijonnaise<br>Chive Whipped Potatoes<br>Buttered Brussels Sprouts<br>Date Square    | Crunchy Baked Cod<br>Lemon Wedge<br>Herb Roasted Potatoes<br>Green Beans<br>Mini Powdered Donuts        | Sweet Potato Puff RTB<br>Roasted Cauliflower<br>White Roll<br>Gingerbread Cake<br>Whipped Topping          | Lemon Glazed Chicken<br>Mashed Potatoes<br>Fancy Blend Vegetables<br>Boston Cream Pie                    | Honey Glazed Ham<br>Savoury Diced Potatoes<br>Green Peas<br>Frosted Banana Cake   | Marinated Pork Loin<br>Mashed Potatoes<br>Buttered Corn<br>Raspberry Tart                 | Breaded Sole<br>Couscous Salad<br>Cherry Tomatoes<br>Peach Pie   |

Note: 125 ml juice, 250 ml water, 250 ml milk, 180 ml hot beverage available at all meals.