

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
<b><i>This is our current core menu. It is subject to change based on availability of products as well as with the addition of seasonal specials throughout the year</i></b>							
<b>BREAKFAST</b>							
<b>Beverages</b>	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
<b>Hot Cereal</b>	Oatmeal or Cream of Wheat						
<b>Cold Cereal</b>	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
<b>Fruit</b>	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
<b>Breakfast Entrée</b>	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs & Bacon
<b>Yogurt Rotation</b>	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Whole Wheat Mini Bagel with Cream Cheese	Brown Toast	Cinnamon Raisin Bread	Lemon Cranberry Muffin	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast
<b>Condiments</b>	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
<b>AM SNACK</b>	Juice, Water, Coffee, or Tea						
<b>LUNCH</b>							
<b>Soup</b>	Three Sisters Soup	Cream of Mushroom	Tomato Bisque	Homemade Beef & Vegetable	Cream of Broccoli	Smoked Turkey & Wild Rice	Tomato
<b>Entrées</b>	Creamy Vegetable Lasagna	Shaved Steak on a Bun	Turkey & Swiss Cheese Sandwich with Light Miracle Whip	Alfredo Pasta Primavera	Breaded Chicken Strips with Plum Sauce	Cod Fish Nuggets with Tartar Sauce	Hamburger on Brown Bun with Condiments, Onions and Tomato Slice
	Salmon Salad Sandwich & Sweet Pickle Slices	Homemade Butter Chicken	Cheddar Bacon Mushroom Egg Bake	Sliced Roast Beef Sandwich on Sunflower Flax Bread with Mustard & Dill Pickle	Tuna Salad Sandwich	Sliced Ham & Swiss Sandwich with Mustard	Garden Vegetable Egg Bake
<b>Starch</b>	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Chick Pea Salad	Red Skin Potato Wedges	Country Style Diced Potatoes
<b>Gravy</b>	Beef Gravy	Beef Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy
<b>Vegetables and Salads</b>	Diced Carrots	Peas	Shredded Lettuce & Tomato Slices	Broccoli	Diced Carrots	Coleslaw	Creamy Cucumber Salad
	Sliced Pickled Beets	Tossed Salad with Cherry Tomatoes	Four Blend Vegetables	Coleslaw	Caesar Salad	Green Beans	Peas
<b>Desserts</b>	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Peach Compote	Fruit Cocktail	Diced Pears
	Butterscotch Pudding with Topping	Jello Jewels	Vanilla Mousse with Topping	Chocolate Pudding with Topping	Vanilla Cream Yogurt	Chocolate Ice Cream	Tangerine Mousse with Topping
<b>Yogurt Rotation</b>	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						

<b>WEEK 1</b>	<b>Monday - Day 1</b>	<b>Tuesday - Day 2</b>	<b>Wednesday - Day 3</b>	<b>Thursday - Day 4</b>	<b>Friday - Day 5</b>	<b>Saturday - Day 6</b>	<b>Sunday - Day 7</b>
<b>PM SNACK</b>	Homebaked Fudge Brownie Cookie	Molasses Cookie	Home Baked Chocolate Chip Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
<b>DINNER</b>							
<b>Juice</b>	Orange Juice	Cranberry Juice	Tomato Juice	Apple Juice	Orange Juice	Tomato Juice	Apple Juice
<b>Entrées</b>	Garlic Sesame Beef Tips	Homemade Chicken Stew with Roll	Country Sausage with Mustard & Sauerkraut	Meatloaf	Grilled Salmon with Tartar Sauce	Beef Pot Roast with Horseradish	Sliced Turkey with Cranberry Sauce
	Cheese Pizza	Breaded Haddock	Shepherd's Pie	Crispy Chicken Drumstick	Beef Teriyaki Stir Fry	Vegetable Lasagna with Tomato Sauce	Cheesy Tuna Noodle Casserole
<b>Starch</b>	Vegetable Rice	Mashed Potatoes	Mashed Potatoes	Cheesy Scalloped Potatoes	Long Grain White Rice	Baked Potato 1/2 with Sour Cream	Parsley Boiled Potatoes
<b>Gravy</b>	Beef Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Sugar Snap Peas	Green Beans	Carrot & Turnip Mash	Mashed Squash	Grilled Gourmet Vegetables	Roasted Fall Vegetables	Baby Carrots
	Cauliflower & Broccoli	Diced Beets	Diced Asparagus	Corn	Spinach	Tossed Salad with Cherry Tomatoes	Cauliflower & Broccoli
<b>Desserts</b>	Date Square	Vanilla Ice Cream	Lemon Meringue Pie	Butter Tart	Chocolate Brownie	Triple Berry Crumble	Vanilla Caramel Swirl Cake
	Fresh Apple Slices	Strawberry Rhubarb Compote with Topping	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
<b>Bread</b>	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Dinner Roll
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	Oatmeal Muffin with Gouda Cheese	Key Lime Greek Yogurt	Cinnamon Raisin Bread with Cheese Whiz	Lemon Cranberry Muffin with Cheddar Cheese	Raspberry Bran Muffin with Brick Cheese	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese

<b>WEEK 2</b>	<b>Monday - Day 8</b>	<b>Tuesday - Day 9</b>	<b>Wednesday - Day 10</b>	<b>Thursday - Day 11</b>	<b>Friday - Day 12</b>	<b>Saturday - Day 13</b>	<b>Sunday - Day 14</b>
<b>BREAKFAST</b>							
<b>Beverages</b>	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
<b>Hot Cereal</b>	Oatmeal or Cream of Wheat						
<b>Cold Cereal</b>	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
<b>Fruit</b>	Mandarins	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
<b>Breakfast Entrée</b>	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Pancakes & Sausages with Syrup	Scrambled Eggs & Bacon
<b>Yogurt Rotation</b>	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Mini Bagel with Cream Cheese	Brown Toast	Cinnamon Raisin Bread	Brown Toast	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast
<b>Condiments</b>	Strawberry Jam Apple Jelly	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
<b>AM SNACK</b>							
Juice, Water, Coffee, or Tea							
<b>LUNCH</b>							
<b>Soup</b>	Minestrone	Three Sisters Soup	Cream of Broccoli	Tomato	Cream of Mushroom	Homemade Beef & Vegetable	Chicken Noodle
<b>Entrées</b>	Sweet & Sour Pork	Macaroni & Cheese	Corned Beef Sandwich on Rye with Mustard and Dill Pickle Spear	Lemon Herb Chicken	Beef & Macaroni Casserole	Sliced Deli Ham & Swiss Cheese with a Roll	Smoked Pulled Beef on a Bun with BBQ Sauce
	Chicken Caesar Salad with Roll	Salmon Salad Sandwich & Sliced Sweet Pickles	Spinach & Cheese Ravioli	Fish Burger on White Bun	Tuna Salad Sandwich on Brown	Turkey Pot Pie	Chicken Pasta Romano
<b>Starch</b>	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
<b>Gravy</b>	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
<b>Vegetables and Salads</b>	Sugar Snap Peas	Four Blend Vegetables	Coleslaw	Caesar Salad with Croutons	Green Beans	Creamy Cucumber Salad	Coleslaw
	Caesar Salad with Croutons	Sliced Pickled Beets	Diced Carrots	Peas	Tossed Salad with Cherry Tomatoes	Baby Carrots	Four Blend Vegetable Medley
<b>Desserts</b>	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Strawberry Rhubarb Compote with Topping	Fruit Cocktail	Diced Pears
	Prune Whip	Orange Fruit Jello	Raspberry Mousse with Topping	Vanilla Pudding with Topping	Vanilla Cream Yogurt	Vanilla Ice Cream	Lemon Pudding with Topping
<b>Yogurt Rotation</b>	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						
<b>Beverages</b>	2% Milk, Coffee, or Tea						

<b>WEEK 2</b>	<b>Monday - Day 8</b>	<b>Tuesday - Day 9</b>	<b>Wednesday - Day 10</b>	<b>Thursday - Day 11</b>	<b>Friday - Day 12</b>	<b>Saturday - Day 13</b>	<b>Sunday - Day 14</b>
<b>PM SNACK</b>	Homebaked Chocolate Chip Cookie	Molasses Cookie	Homebaked Fudge Brownie Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
<b>DINNER</b>							
<b>Juice</b>	Orange Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice	Tomato Juice	Cranberry Juice
<b>Entrées</b>	Lemon Crusted Sole	Beef Meat Pie	Chicken & Rotisserie Sauce	Country Sausage with Mustard & Sauerkraut	Mediterranean Glazed Haddock	Beef Pot Roast with Horseradish	Baked Ham
	Garlic Sesame Beef Tips	Homemade Turkey Tetrazzini	Beef Cabbage Rolls	Creamy Vegetable Lasagna	Crispy Chicken Drumstick	Vegetarian Chili	Hot Turkey Sandwich on Brown
<b>Starch</b>	Mashed Potatoes	Country Style Diced Potatoes	Parsley Boiled Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
<b>Gravy</b>	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Diced Asparagus	Mashed Squash	Grilled Gourmet Vegetables	Warm Brown Beans	Coleslaw	Roasted Fall Vegetables	Carrot Turnip Mash
	Sunrise Carrot Blend	Tossed Salad with Cherry Tomatoes	Corn	Sunrise Carrot Blend	Diced Beets	Cauliflower & Broccoli	Green Beans
<b>Desserts</b>	Strawberry Shortcake	Butterscotch Ice Cream	Cherry Pie	Rice Pudding with Topping	Orange Citrus Cake	Chocolate Brownie	Coconut Cream Pie
	Fresh Apple Slices	Apple Compote	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
<b>Bread</b>	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Dinner Roll
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	PB & J 1/2 Sandwich	Blueberry Passion Muffin with Brick Cheese	Cinnamon Raisin Bread with Cheese Whiz	Carrot Muffin with Gouda Cheese	Smooth Lemon Cottage Cheese	Blueberry Passion Muffin with Cheddar Cheese	Oatmeal Muffin with Brick Cheese

WEEK 3	Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
<b>BREAKFAST</b>							
<b>Beverages</b>	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
<b>Hot Cereal</b>	Oatmeal or Cream of Wheat						
<b>Cold Cereal</b>	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
<b>Fruit</b>	Mandarins	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
<b>Breakfast Entrée</b>	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Brick Cheese	Scrambled Eggs & Bacon
<b>Yogurt Rotation</b>	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Mini Bagel with Cream Cheese	Brown Toast	Cinnamon Raisin Bread	Croissant	Brown or White Toast
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast	Brown or White Toast	Toasted English Muffin
<b>Condiments</b>	Strawberry Jam Apple Jelly	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
<b>LUNCH</b>							
<b>Soup</b>	Cream of Chicken	Minestrone	<i>Harvest Butternut Squash</i>	Smoked Turkey & Wild Rice	Cream of Broccoli	Tomato	Cream of Mushroom
<b>Entrées</b>	Rotini with Meatsauce Offer Parmesan	Turkey Burger with Swiss Cheese & Miracle Whip on Brown Bun	Sliced Roast Beef Sandwich on Sunflower Flax Bread with Mustard & Dill Pickle	Cod Fish Nuggets with Tartar Sauce	Chicken Salad Sandwich	Pulled Pork with Chipotle Sandwich	Beef Cabbage Rolls
	Salmon Salad Sandwich & Sweet Pickle Slices	Macaroni & Cheese	Lemon Herb Chicken	Egg Salad Sandwich	Sweet & Sour Beef Meatballs	Breaded Chicken Strips with Plum Sauce	Sliced Ham & Swiss Sandwich with Mustard
<b>Starch</b>	Mashed Potatoes	Mashed Potatoes	Chick Pea Salad	Red Skin Potato Wedges	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes
<b>Gravy</b>	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
<b>Vegetables and Salads</b>	Caesar Salad with Croutons	Shredded Lettuce & Tomato Slices	<i>Sliced Pickled Beets</i>	Peas	Tossed Salad with Cherry Tomatoes	Fajita Vegetables	Four Blend Vegetable
	Diced Carrots	Green Beans	Broccoli	Coleslaw	Green Beans	Coleslaw	Tossed Salad with Cherry Tomatoes
<b>Desserts</b>	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	Chocolate Pudding with Topping	Cherry Jello	Chocolate Mousse with Topping	Banana Pudding with Topping	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
<b>Yogurt Rotation</b>	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						
<b>Beverages</b>	2% Milk, Coffee, or Tea						

<b>WEEK 3</b>	<b>Monday - Day 15</b>	<b>Tuesday - Day 16</b>	<b>Wednesday - Day 17</b>	<b>Thursday - Day 18</b>	<b>Friday - Day 19</b>	<b>Saturday - Day 20</b>	<b>Sunday - Day 21</b>
<b>PM SNACK</b>	Homebaked Fudge Brownie Cookie	Molasses Cookie	Homebaked Chocolate Chip Cookie	Fresh Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
<b>DINNER</b>							
<b>Juice</b>	Cranberry Juice	Apple Juice	Cranberry Juice	Tomato Juice	Orange Juice	Apple Juice	Cranberry Juice
<b>Entrées</b>	Breaded Chicken Cutlet	Homemade Beef Stew with Dinner Roll	Sliced Turkey with Cranberry Sauce	Pork Loin with BBQ Sauce	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Crispy Chicken Drumstick
	Salisbury Steak	Lemon Crusted Sole	Beef Lasagna	Boneless Chicken Thigh	Tourtiere IND Pie	Breaded Haddock	Beef Chili with Potato Roll
<b>Starch</b>	Potato Salad	Mashed Potatoes	Herb Roasted Potatoes	Cheesy Scalloped Potatoes	Mashed Potatoes	Parsley Boiled Potatoes	Baked Potato with Sour Cream
<b>Gravy</b>	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Beef Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Broccoli	Sugar Snap Peas	Carrot Turnip Mash	Warm Brown Beans	Asparagus	Mashed Squash	Roasted Fall Vegetables
	Grilled Gourmet Vegetables	Tossed Salad with Cherry Tomatoes	Spinach	Cauliflower & Broccoli	Diced Beets	Peas	Broccoli
<b>Desserts</b>	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding	Pumpkin Pie
	Fresh Apple Slices	Peach Compote	Diced Peaches	Mixed Berries with Topping	Diced Mangoes	Diced Peaches	Tropical Fruit Salad
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
<b>Bread</b>	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	Key Lime Greek Yogurt	Lemon Raspberry Muffin with Cheddar Cheese	Cinnamon Raisin Bread with Cheese Whiz	Oatmeal Muffin with Gouda Cheese	Fruit Cream Yogurt	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese