

WEEK 1		Monday - Day 1		Tuesday - Day 2		Wednesday - Day 3		Thursday - Day 4		Friday - Day 5		Saturday - Day 6		Sunday - Day 7		
BREAKFAST																
Beverages		Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea														
Hot Cereal		Oatmeal or Cream of Wheat														
Cold Cereal		Shreddies		Rice Krispies		Corn Flakes		Cheerios		Shreddies		Corn Flakes		Rice Krispies		
Fruit		Mandarin Oranges		Banana		Diced Pears		Strawberry Kiwi Applesauce		Banana		Apple Slices		Banana		
Breakfast Entrée		REG	Boiled Egg		Breakfast Egg & Cheese Sandwich		Scrambled Eggs		Western Omelette		Grilled Egg Patty		Gouda Cheese		Scrambled Eggs & Bacon	
		MINCED	Custard		Grilled Egg Patty		Scrambled Eggs		Scrambled Eggs		Grilled Egg Patty		Gouda Cheese		Scrambled Eggs	
		PUREED	Vanilla Cottage Cheese		Pureed Egg Patty		Vanilla Greek Yogurt		Vanilla Cottage Cheese		Pureed Egg Patty		Vanilla Greek Yogurt		Pureed Egg Patty & Pureed Bacon	
Yogurt		Vanilla Activia		Strawberry or Raspberry Activia		Fat Free Assorted Flavour		Blueberry Greek		Strawberry or Raspberry Activia		Vanilla Greek		Fat Free Assorted Flavour		
Bread		REG	Cinnamon Raisin Bread Brown or White Toast		Brown or White Toast		Whole Wheat Mini Bagel with Cream Cheese Brown or White Toast		Brown or White Toast		Cinnamon Raisin Bread Brown or White Toast		Lemon Cranberry Muffin Brown or White Toast		Toasted English Muffin Brown or White Toast	
		MINCED	Cinnamon Raisin Bread Brown or White Toast		Brown or White Toast		Brown or White Toast		Brown or White Toast		Cinnamon Raisin Bread Brown or White Toast		Lemon Cranberry Muffin Brown or White Toast		Brown or White Toast	
		PUREED	Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup, Apple Jelly, or Honey	
Condiments		Strawberry Jam Marmalade		Marmalade Strawberry Jam		Apple Jelly Strawberry Jam		Strawberry Jam Marmalade		Marmalade Strawberry Jam		Apple Jelly Strawberry Jam		Honey Strawberry Jam		
LUNCH																
Soup		Three Sisters Soup		Cream of Mushroom		Tomato Bisque		Homemade Beef & Veg		Cream of Broccoli		Smoked Turkey & Wild Rice		Tomato		
Entrée 1		REG	Creamy Vegetable Lasagna		Shaved Steak on a Bun		Turkey & Swiss Cheese Sandwich		Alfredo Pasta Primavera		Crispy Chicken Drumstick		Cod Fish Nuggets with Tartar Sauce		Hamburger with Condiments, Diced Onions & Sliced Tomatoes	
		MINCED	Creamy Vegetable Lasagna		Minced Beef		Chicken Salad Sandwich		Minced Alfredo Pasta Primavera		Minced Chicken		Cod Fish Nuggets with Tartar Sauce		Minced Beef	
		PUREED	Pureed Creamy Vegetable Lasagna		Pureed Beef		Pureed Hot Turkey Sandwich		Pureed Macaroni & Cheese		Pureed Chicken		Pureed Ham		Pureed Beef	
Entrée 2		REG	Salmon Salad Sandwich with Sweet Pickle Slices		Cheddar Mushroom Egg Bake		Fajita Pork		Sliced Beef Sandwich on 14 Grain Bread w Dill Pickle Spear		Tuna Salad Sandwich		Sliced Ham Sandwich		Garden Vegetable Egg Bake	
		MINCED	Salmon Salad Sandwich with Sweet Pickle Slices		Cheese Omelette		Minced Fajita Pork		Beef Salad Sandwich on Brown Bread		Tuna Salad Sandwich		Ham Salad Sandwich		Garden Vegetable Egg Bake	
		PUREED	Poultry Trepuree Variety		TP Macaroni & Cheese Herbed Tomatoes		Pork Trepuree Variety		Beef Trepuree Variety		Beef Trepuree Variety		Poultry Trepuree Variety		Pork Trepuree Variety	
Starch Gravy		Mashed Potatoes Turkey Gravy		Hashbrowns Beef Gravy		Rice Turkey Gravy		Mashed Potatoes Beef Gravy		Chick Pea Salad Turkey Gravy		Red Skin Potato Wedges Turkey Gravy		Country Style Diced Beef Gravy		
Vegetables and Salads 1		REG	Sugar Snap Peas		Coleslaw		Shredded Lettuce & Tomato Slices		Broccoli		Four Blend Vegetables		Green Beans		Coleslaw	
		MINCED	Minced Sugar Snap Peas		Coleslaw		Minced Tossed Salad		Minced Broccoli		Minced Four Blend Vegetables		Minced Green Beans		Coleslaw	
		PUREED	Pureed Peas		Pureed Sunrise Carrot Blend		Pureed Fajita Vegetables		Pureed Broccoli		Pureed Four Blend Vegetables		Pureed Green Beans		Pureed Coleslaw	
Vegetables and Salads 2		REG	Sliced Pickled Beets		Sunrise Carrot Blend		Fajita Vegetables		Caesar Salad		Creamy Cucumber Salad		Tossed Salad with Cherry Tomatoes		Peas	
		MINCED	Minced Pickled Beets		Minced Sunrise Carrot Blend		Minced Fajita Vegetables		Minced Caesar Salad		Minced Creamy Cucumber Salad		Minced Tossed Salad		Minced Peas	
Dessert 1		REG	Diced Peaches		Grapes		Mandarin Oranges		Tropical Fruit Salad		Peach Compote		Fruit Cocktail		Diced Pears	
		MINCED	Diced Peaches		Diced Pears		Mandarin Oranges		Diced Peaches		Minced Peach Compote		Mandarin Oranges		Diced Pears	
		PUREED	Pureed Peaches		Pureed Pineapple		Pureed Mandarins		Pureed Fruit Cocktail		Pureed Peach Compote		Pureed Fruit Cocktail		Pureed Pears	
Dessert 2		REG MINCED	Butterscotch Pudding		Jello Jewels		Vanilla Mousse		Chocolate Pudding		Vanilla Cream Yogurt		Chocolate Ice Cream		Tangerine Mousse	
		DIAB	Diet Butterscotch Pudding		Jello Jewels		Vanilla Mousse		Diet Chocolate Pudding		Vanilla Cream Yogurt		Chocolate Ice Cream		Tangerine Mousse	
		PUREED	Butterscotch Pudding		Jello Jewels		Vanilla Mousse		Chocolate Pudding		Vanilla Cream Yogurt		Chocolate Ice Cream		Tangerine Mousse	
Yogurt Bread		0% Fat Assorted Flavour		Blueberry Greek		Berry Activia		Vanilla Activia		0% Fat Assorted Flavour		Berry Activia		Vanilla Greek		
Beverages		Crackers, Whole Wheat or White Bread 2% Milk, Coffee, or Tea														
PM SNACK		REG	Homebaked Fudge Brownie Cookie		Blueberry Turnover		Homebaked Chocolate Chip Cookie		Apple Slices		Oatmeal Cookie		Homebaked Shortbread Cookie		Strawberry Turnover	
		DIAB	Shortcake Cookie		Blueberry Turnover		Choc Chip Cookie NSA		Apple Slices		Digestive Cookie		Homebaked Shortbread Cookie		Strawberry Turnover	
		MINCED	Homebaked Fudge Brownie Cookie		Blueberry Turnover		Homebaked Chocolate Chip Cookie		Apple Turnover		Oatmeal Cookie		Homebaked Shortbread Cookie		Strawberry Turnover	
		PUREED	Chocolate Pudding		Strawberry Applesauce		Butterscotch Pudding		Strawberry Applesauce		Lemon Meringue Pudding		Vanilla Pudding		Strawberry Applesauce	
DINNER																
Juice		Cranberry Juice		Apple Juice		Tomato Juice		Apple Juice		Cranberry Juice		Tomato Juice		Apple Juice		
Entrée 1		REG	Sesame Garlic Beef Tips		Country Sausage with Mustard and Sauerkraut		Chicken & Rotisserie Sauce		Meatloaf		Grilled Salmon		Beef Pot Roast with Horseradish		Baked Ham	
		MINCED	Minced Sesame Garlic Beef Tips		Minced Country Sausage		Minced Chicken & Rotisserie Sauce		Meatloaf		Grilled Salmon		Minced Beef Pot Roast		Minced Ham	
		PUREED	Pureed Sesame Garlic Beef		Pureed Pork		Pureed Chicken & Rotisserie Sauce		Pureed Beef		Pureed Turkey		Pureed Beef		Pureed Ham	
Entrée 2		REG	Cheese Pizza		Breaded Haddock		Shepherd's Pie		Chicken and Leek Pie		Beef Teriyaki Stir Fry		Creamy Vegetable Lasagna		Hot Turkey Sandwich on Brown	
		MINCED	Minced Pork		Breaded Haddock		Shepherd's Pie		Chicken and Leek Pie		Minced Beef Teriyaki Stir Fry		Creamy Vegetable Lasagna		Hot Minced Turkey Sandwich on Brown	
		PUREED	Pork Trepuree Variety		TP Fish Newburg Carrots & Potatoes		Beef Trepuree Variety		Poultry Trepuree Variety		Beef Trepuree Variety		Poultry Trepuree Variety		Pureed Hot Turkey Sandwich on Brown	
Starch Gravy		Vegetable Rice Beef Gravy		Roasted Sweet Potato Turkey Gravy		Mashed Potatoes Beef Gravy		Cheesy Scalloped Potatoes Beef Gravy		Rice Turkey Gravy		Baked Potato with Sour Cream Beef Gravy		Parisienne Potatoes Turkey Gravy		
Vegetables and Salads 1		REG	Cauliflower & Broccoli		Warm Brown Beans		Carrot Turnip Mash		Roasted Fall Vegetables		Grilled Gourmet Vegetables		Butternut Squash		Baby Carrots	
		MINCED	Minced Cauliflower & Broccoli		Warm Brown Beans		Carrot Turnip Mash		Minced Roasted Fall Vegetables		Minced Grilled Gourmet Vegetables		Butternut Squash		Minced Carrots	
		PUREED	Pureed Cauliflower & Broccoli		Pureed Four Blend Vegetables		Pureed Carrot Turnip Mash		Pureed Roasted Fall Vegetables		Pureed Grilled Gourmet Vegetables		Pureed Butternut Squash		Pureed Carrots	
Vegetables and Salads 2		REG	Spinach		Four Blend Vegetables		Diced Asparagus		Corn		Diced Beets		Cauliflower & Broccoli		Creamed Corn	
		MINCED	Spinach		Minced Four Blend Vegetables		Minced Asparagus		Creamed Corn		Diced Beets		Minced Cauliflower & Broccoli		Creamed Corn	
Dessert 1		REG	Date Square		Vanilla Ice Cream		Lemon Meringue Pie		Butter Tart		Chocolate Brownie		Triple Berry Crumble		Vanilla Caramel Swirl Cake	
		DIAB	Carrot Loaf		Vanilla Ice Cream		Diet Cheesecake		Smooth Vanilla Cottage Cheese		Diet Chocolate Mousse Cake		Mixed Berries		Pound Cake	
		MINCED	Carrot Loaf		Vanilla Ice Cream		Lemon Meringue Pie		Butter Tart		Diet Chocolate Mousse Cake		Triple Berry Crumble		Vanilla Caramel Swirl Cake	
		PUREED	Pureed Date Square		Vanilla Ice Cream		Pureed Lemon Meringue Pie		Pureed Butter Tart		Pureed Chocolate Brownie		Strawberry Fruit Sauce		Pureed Vanilla Caramel Swirl Cake	
Dessert 2		REG MINCED	Fresh Apple Slices Diced Pears		Strawberry Rhubarb Compote		Diced Peaches		Mixed Berries Strawberry Fruit Sauce		Mango Chunks Diced Pears		Diced Peaches		Tropical Fruit Salad Mandarin Oranges	
		DIAB	Diced Pears		Strawberry Rhubarb Compote		Diced Peaches		Mixed Berries		Mango Chunks		Diced Peaches		Tropical Fruit Salad	
		PUREED	Pureed Pears		Pureed Strawberry Rhubarb Compote		Pureed Peaches		Strawberry Fruit Sauce		Pureed Pineapple		Pureed Peaches		Pureed Fruit Cocktail	
Yogurt		Vanilla Greek		Fat Free Assorted Flavour		Vanilla Activia		Fat Free Assorted Flavour		Blueberry Greek		Fat Free Assorted Flavour		Strawberry or Raspberry Activia		
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		Dinner Roll		
Beverages		2% Milk, Coffee, or Tea														
HS SNACK		REG	Oatmeal Muffin with Gouda Cheese		Blueberry Greek Yogurt		Cinnamon Raisin Bread with Cheese Whiz		Lemon Cranberry Muffin with Cheddar Cheese		Pumpkin Oatmeal Loaf with Cream Cheese		Nutrigrain Bar		Blueberry Bran Muffin with Cheddar Cheese	
		DIAB														
		MINCED														
		PUREED	Blueberry Applesauce		Key Lime Greek Yogurt		Fruit Cream Yogurt		Vanilla Pudding		Blueberry Applesauce		Tropical Applesauce		Butterscotch Pudding	

WEEK 2		Monday - Day 8		Tuesday - Day 9		Wednesday - Day 10		Thursday - Day 11		Friday - Day 12		Saturday - Day 13		Sunday - Day 14		
BREAKFAST																
Beverages		Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea														
Hot Cereal		Oatmeal or Cream of Wheat														
Cold Cereal		Shreddies		Rice Krispies		Corn Flakes		Cheerios		Shreddies		Corn Flakes		Rice Krispies		
Fruit		Mandarin Oranges		Banana		Diced Pears		Strawberry Kiwi Applesauce		Banana		Apple Slices		Banana		
Breakfast Entrée		REG	Boiled Egg		Cheese Omelette		Scrambled Eggs		Western Omelette		Breakfast Egg & Cheese Sandwich		Pancake & Sausage		Scrambled Eggs & Bacon	
		MINCED	Vanilla Cottage Cheese		Cheese Omelette		Scrambled Eggs		Scrambled Eggs		Grilled Egg Patty		Pancakes & Minced Sausage		Scrambled Eggs	
		PUREED	Vanilla Cottage Cheese		Pureed Egg Patty		Vanilla Greek Yogurt		Vanilla Cottage Cheese		Pureed Egg Patty		Pureed Sausage		Pureed Egg Patty & Pureed Bacon	
Yogurt		Vanilla Activia		Strawberry or Raspberry Activia		Fat Free Assorted Flavour		Blueberry Greek		Strawberry or Raspberry Activia		Vanilla Greek		Fat Free Assorted Flavour		
Bread		REG	Cinnamon Raisin Bread Brown or White Toast		Brown or White Toast		Whole Wheat Mini Bagel with Cream Cheese Brown or White Toast		Brown or White Toast		Brown or White Toast		Cinnamon Raisin Bread Brown or White Toast		Toasted English Muffin Brown or White Toast	
		MINCED	Cinnamon Raisin Bread Brown or White Toast		Brown or White Toast		Brown or White Toast		Brown or White Toast		Brown or White Toast		Cinnamon Raisin Bread Brown or White Toast		Brown or White Toast	
		PUREED	Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup or Apple Jelly		Pureed Bread with Diet Syrup, Apple Jelly, or Honey	
Condiments		Strawberry Jam Marmalade		Marmalade Strawberry Jam		Apple Jelly Strawberry Jam		Strawberry Jam Marmalade		Marmalade Strawberry Jam		Apple Jelly Strawberry Jam		Honey Strawberry Jam		
LUNCH																
Soup		Minestrone		Three Sisters Soup		Cream of Broccoli		Chicken Noodle		Cream of Mushroom		Homemade Beef & Veg		Tomato		
Entrée 1		REG	Sweet & Sour Pork		Beef Cabbage Rolls		Corned Beef Sandwich with Dill Pickle Spear		Butter Chicken		Beef & Macaroni Casserole		Sliced Deli Ham & Swiss Cheese with a Roll		Smoked Pulled Beef on a Potato Roll	
		MINCED	Minced Sweet & Sour Pork		Beef & Cabbage Casserole		Minced Corned Beef Salad Sandwich		Minced Butter Chicken		Beef & Macaroni Casserole		Ham Salad & Swiss Cheese with a Roll		Minced Beef	
		PUREED	Pureed Sweet & Sour Pork		Pureed Beef & Cabbage Casserole		Pureed Hot Beef Sandwich		Pureed Butter Chicken		Pureed Beef & Macaroni Casserole		Pureed Turkey		Pureed Beef	
Entrée 2		REG	Chicken Caesar Salad with Potato Roll		Salmon Salad Sandwich with Sweet Pickle Slices		Spinach & Cheese Ravioli		Fish Burger with Tartar Sauce		Tuna Salad Sandwich		Turkey Pot Pie		Breaded Chicken Strips with Plum Sauce	
		MINCED	Chicken Salad Sandwich		Salmon Salad Sandwich with Sweet Pickle Slices		Spinach & Cheese Ravioli		Fish Patty with Tartar Sauce		Tuna Salad Sandwich		Minced Turkey		Minced Chicken	
		PUREED	Poultry Trepuree Variety		Beef Trepuree Variety		TP Macaroni & Cheese Herbed Tomatoes		TP Fish Newburg Carrots & Potatoes		Pork Trepuree Variety		Beef Trepuree Variety		Poultry Trepuree Variety	
Starch Gravy		Rice Beef Gravy		Mashed Potatoes Turkey Gravy		Mashed Potatoes Beef Gravy		Rice Turkey Gravy		Mashed Potatoes Beef Gravy		Macaroni Salad Turkey Gravy		Mashed Potatoes Beef Gravy		
Vegetables and Salads 1		REG	Broccoli		Four Blend Vegetable Medley		Coleslaw		Green Beans		Peas		Creamy Cucumber Salad		Fajita Vegetables	
		MINCED	Minced Broccoli		Minced Four Blend Vegetable Medley		Coleslaw		Minced Green Beans		Minced Peas		Minced Creamy Cucumber Salad		Minced Fajita Vegetables	
		PUREED	Pureed Broccoli		Pureed Four Blend Vegetable Medley		Pureed Coleslaw		Pureed Green Beans		Pureed Peas		Pureed Sunrise Carrot Blend		Pureed Fajita Vegetables	
Vegetables and Salads 2		REG	Caesar Salad with Croutons		Sliced Pickled Beets		Diced Carrots		Tossed Salad with Cherry Tomatoes		Caesar Salad with Croutons		Sunrise Carrot Blend		Tossed Salad with Cherry Tomatoes	
		MINCED	Minced Caesar Salad		Minced Pickled Beets		Minced Carrots		Minced Tossed Salad		Minced Caesar Salad		Minced Sunrise Carrot Blend		Minced Tossed Salad	
Dessert 1		REG	Diced Peaches		Grapes		Mandarin Oranges		Tropical Fruit Salad		Strawberry Rhubarb Compote		Fruit Cocktail		Diced Pears	
		MINCED	Diced Peaches		Diced Pears		Mandarin Oranges		Diced Peaches		Strawberry Rhubarb Compote		Mandarin Oranges		Diced Pears	
		PUREED	Pureed Peaches		Pureed Pineapple		Pureed Mandarins		Pureed Fruit Cocktail		Pureed Strawberry Rhubarb Compote		Pureed Fruit Cocktail		Pureed Pears	
Dessert 2		REG MINCED	Prune Whip		Orange Fruit Jello		Raspberry Mousse		Vanilla Pudding		Vanilla Cream Yogurt		Vanilla Ice Cream		Lemon Pudding	
		DIAB	Prune Whip		Orange Fruit Jello		Raspberry Mousse		Diet Vanilla Pudding		Vanilla Cream Yogurt		Vanilla Ice Cream		Diet Lemon Pudding	
		PUREED	Prune Whip		Orange Fruit Jello		Raspberry Mousse		Vanilla Pudding		Vanilla Cream Yogurt		Vanilla Ice Cream		Lemon Pudding	
Yogurt		Fat Free Assorted Flavour		Blueberry Greek		Strawberry or Raspberry Activia		Vanilla Activia		Fat Free Assorted Flavour		Strawberry or Raspberry Activia		Vanilla Greek		
Bread		Crackers, Whole Wheat or White Bread														
Beverages		2% Milk, Coffee, or Tea														
PM SNACK																
PM SNACK		REG	Homebaked Chocolate Chip Cookie		Blueberry Turnover		Homebaked Fudge Brownie Cookie		Apple Slices		Oatmeal Cookie		Homebaked Shortbread Cookie		Strawberry Turnover	
		DIAB	Shortcake Cookies		Blueberry Turnover		Shortcake Cookies		Apple Slices		Digestive Cookies		Homebaked Shortbread Cookie		Strawberry Turnover	
		MINCED	Homebaked Chocolate Chip Cookie		Blueberry Turnover		Homebaked Fudge Brownie Cookie		Apple Turnover		Oatmeal Cookie		Homebaked Shortbread Cookie		Strawberry Turnover	
		PUREED	Vanilla Pudding		Lemon Meringue Pudding		Chocolate Pudding		Strawberry Applesauce		Butterscotch Pudding		Chocolate Pudding		Strawberry Applesauce	
DINNER																
Juice		Cranberry Juice		Apple Juice		Tomato Juice		Apple Juice		Cranberry Juice		Tomato Juice		Apple Juice		
Entrée 1		REG	Lemon Crusted Sole		Homemade Turkey Tetrazzini		Chicken & Rotisserie Sauce		Country Sausage with Mustard and Sauerkraut		Mediterranean Glazed Haddock		Beef Pot Roast with Horseradish		Baked Ham	
		MINCED	Lemon Crusted Sole		Minced Homemade Turkey Tetrazzini		Minced Chicken & Rotisserie Sauce		Minced Country Sausage		Mediterranean Glazed Haddock		Minced Beef Pot Roast with Horseradish		Minced Ham	
		PUREED	Pureed Beef		Pureed Turkey		Pureed Chicken & Rotisserie Sauce		Pureed Pork		Pureed Chicken		Pureed Beef		Pureed Ham	
Entrée 2		REG	Garlic Sesame Beef Tips		Beef Meat Pie		Beef Chili with Potato Roll		Creamy Vegetable Lasagna		Stuffed Chicken		Homemade Vegetarian Chili		Hot Turkey Sandwich on Brown	
		MINCED	Minced Garlic Sesame Beef Tips		Beef Meat Pie		Beef Chili with Potato Roll		Creamy Vegetable Lasagna		Minced Boneless Chicken Thigh		Minced Homemade Vegetarian Chili		Hot Minced Turkey Sandwich on Brown	
		PUREED	TP Fish Newburg Carrots & Potatoes		Beef Trepuree Variety		Beef Trepuree Variety		TP Macaroni & Cheese Herbed Tomatoes		TP Fish Newburg Carrots & Potatoes		Pork Trepuree Variety		Beef Trepuree Variety	
Starch Gravy		Mashed Potatoes Beef Gravy		Mashed Potato Beef Gravy		Country Style Diced Potatoes Turkey Gravy		Red Skin Potato Wedges Beef Gravy		Herb Roasted Potatoes Turkey Gravy		Baked Potato with Sour Cream Beef Gravy		Cheesy Scalloped Potatoes Turkey Gravy		
Vegetables and Salads 1		REG	Diced Asparagus		Sunrise Carrot Blend		Roasted Fall Vegetables		Warm Brown Beans		Butternut Squash		Diced Asparagus		Spinach	
		MINCED	Minced Asparagus		Minced Sunrise Carrot Blend		Minced Roasted Fall Vegetables		Warm Brown Beans		Butternut Squash		Minced Asparagus		Spinach	
		PUREED	Pureed Asparagus		Pureed Sunrise Carrot Blend		Pureed Roasted Fall Vegetables		Pureed Carrots		Pureed Butternut Squash		Pureed Asparagus		Pureed Spinach	
Vegetables and Salads 2		REG	Carrot Turnip Mash		Tossed Salad with Cherry Tomatoes		Corn		Baby Carrots		Cauliflower & Broccoli		Diced Beets		Roasted Fall Vegetable	
		MINCED	Carrot Turnip Mash		Minced Tossed Salad		Creamed Corn		Minced Baby Carrots		Minced Cauliflower & Broccoli		Diced Beets		Minced Roasted Fall Vegetable	
Dessert 1		REG	Strawberry Shortcake		Butterscotch Ice Cream		Cherry Pie		Rice Pudding		Orange Citrus Cake		Chocolate Brownie		Pumpkin Pie	
		DIAB	Diet Cheesecake		Butterscotch Ice Cream		Pound Cake		Diet Rice Pudding		Diet Lemon Mousse Cake		Diet Chocolate Mousse Cake		Pumpkin Mousse	
		MINCED	Strawberry Shortcake		Butterscotch Ice Cream		Pound Cake		Rice Pudding		Orange Citrus Cake		Diet Chocolate Mousse Cake		Pumpkin Pie	
		PUREED	Pureed Strawberry Shortcake		Butterscotch Ice Cream		Pureed Cherry Pie		Butterscotch Pudding IND		Pureed Orange Citrus Cake		Pureed Diet Chocolate Mousse Cake		Pureed Pumpkin Pie	
Dessert 2		REG MINCED	Fresh Apple Slices Diced Pears		Fruit Cocktail Mandarin oranges		Diced Peaches		Mixed Berries Strawberry Fruit Sauce		Mango Chunks Diced Pears		Diced Peaches		Tropical Fruit Salad Mandarin Oranges	
		DIAB	Fresh Apple Slices		Fruit Cocktail		Diced Peaches		Mixed Berries		Mango Chunks		Diced Peaches		Tropical Fruit Salad	
		PUREED	Pureed Pears		Pureed Fruit Cocktail		Pureed Peaches		Strawberry Fruit Sauce		Pureed Pineapple		Pureed Peaches		Pureed Fruit Cocktail	
Yogurt		Vanilla Greek		Fat Free Assorted Flavour		Vanilla Activia		Fat Free Assorted Flavour		Blueberry Greek		Fat Free Assorted Flavour		Strawberry or Raspberry Activia		
Bread		Brown or White Bread		Brown or White Bread		Brown or White Bread		Brown or White Bread		Brown or White Bread		Dinner Roll		Dinner Roll		
Beverages		2% Milk, Coffee, or Tea														
HS SNACK		REG DIAB MINCED	Carrot Muffin with Gouda Cheese		Blueberry Passion Muffin with Brick Cheese		Cinnamon Raisin Bread with Cheese Whiz		1/2 PB & J Sandwich		Smooth Lemon Cottage Cheese		Blueberry Passion Muffin with Cheddar Cheese		Oatmeal Muffin with Brick Cheese	
		PUREED	Chocolate Pudding		Blueberry Applesauce		Fruit Cream Yogurt		Pureed PB & J Sandwich		Smooth Lemon Cottage Cheese		Peach Applesauce		Butterscotch Pudding	

WEEK 3		Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
BREAKFAST								
Beverages		Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal		Oatmeal or Cream of Wheat						
Cold Cereal		Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Fruit		Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	REG	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Pancakes & Sausage	Brick Cheese	Scrambled Eggs & Bacon
	MINCED	Vanilla Cottage Cheese	Grilled Egg Patty	Scrambled Eggs	Scrambled Eggs	Pancakes & Minced Sausage	Brick Cheese	Scrambled Eggs
	PUREED	Vanilla Cottage Cheese	Pureed Egg Patty	Vanilla Greek Yogurt	Vanilla Cottage Cheese	Pureed Sausage	Vanilla Greek Yogurt	Pureed Egg Patty & Pureed Bacon
Yogurt		Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Bread	REG	Cinnamon Raisin Bread Brown or White Toast	Brown or White Toast	Whole Wheat Mini Bagel with Cream Cheese Brown or White Toast	Brown or White Toast	Brown or White Toast	Croissant Brown or White Toast	Toasted English Muffin Brown or White Toast
	MINCED	Cinnamon Raisin Bread Brown or White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast
	PUREED	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup or Apple Jelly	Pureed Bread with Diet Syrup, Apple Jelly, or Honey
Condiments		Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
LUNCH								
Soup		Cream of Chicken	Tomato Bisque	(Seasonal Soup)	Smoked Turkey & Wild Rice	Cream of Broccoli	Chicken Noodle Soup	Homemade Cream of Potato Soup
Entrée 1	REG	Rotini & Meat Sauce	Turkey Burger with Swiss Cheese & Mayo	Sliced Beef Sandwich on 14 Grain with Mustard & Dill Pickle Spear	Cod Fish Nuggets with Tartar Sauce	Chicken Salad Sandwich	Pulled Pork Sandwich on Potato Roll	Beef & Cabbage Casserole
	MINCED	Rotini & Meat Sauce	Minced Turkey	Beef Salad Sandwich on Brown Bread	Cod Fish Nuggets with Tartar Sauce	Chicken Salad Sandwich	Pulled Pork	Beef & Cabbage Casserole
	PUREED	Pureed Rotini & Meat Sauce	Pureed Hot Turkey Sandwich	Pureed Hot Beef Sandwich	Pureed Chicken	Pureed Beef	Pureed Pork	Pureed Beef & Cabbage Casserole
Entrée 2	REG	Salmon Salad Sandwich with Sweet Pickle Slices	Macaroni & Cheese	Lemon Herb Chicken	Cobb Salad with Potato Roll	Sweet & Sour Beef Meatballs	Breaded Chicken Strips with Plum Sauce	Sliced Ham & Swiss Sandwich Sandwich
	MINCED	Salmon Salad Sandwich with Sweet Pickle Slices	Macaroni & Cheese	Minced Lemon Herb Chicken	Egg Salad Sandwich	Minced Sweet & Sour Beef Meatballs	Minced Chicken	Ham Salad Sandwich
	PUREED	TP Fish Newburg Carrots & Potatoes	TP Macaroni & Cheese Herbed Tomatoes	Poultry Trepuree Variety	TP Fish Newburg Carrots & Potatoes	Poultry Trepuree Variety	Beef Trepuree Variety	Pork Trepuree Variety
Starch Gravy		Mashed Potatoes Beef Gravy	Mashed Potatoes Turkey Gravy	Vegetable Rice Beef Gravy	Red Skin Potato Wedges Turkey Gravy	Rice Beef Gravy	Mashed Potatoes Turkey Gravy	Mashed Potatoes Beef Gravy
Vegetables and Salads	REG	Caesar Salad with Croutons	Shredded Lettuce & Tomato Slices	(Seasonal Vegetable)	Peas	Coleslaw	Fajita Vegetables	Baby Carrots
	MINCED	Minced Caesar Salad	Minced Pickled Beets	(Seasonal Vegetable)	Minced Peas	Coleslaw	Minced Fajita Vegetables	Minced Carrots
	PUREED	Pureed Peas	Pureed Four Blend Vegetables	Pureed Carrots	Pureed Peas	Pureed Coleslaw	Pureed Fajita Vegetables	Pureed Carrots
Vegetables and Salads 2	REG	Peas	Four Blend Vegetables	Diced Carrots	Tossed Salad	Grilled Gourmet Vegetables	Caesar Salad	Tossed Salad with Cherry Tomatoes
	MINCED	Minced Peas	Minced Four Blend Vegetables	Minced Carrots	Minced Tossed Salad	Minced Grilled Gourmet Veg	Minced Caesar Salad	Minced Tossed Salad
Dessert 1	REG	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	MINCED	Diced Peaches	Diced Pears	Mandarin Oranges	Diced Peaches	Minced Apple Compote	Mandarin Oranges	Diced Pears
	PUREED	Pureed Peaches	Pureed Pineapple	Pureed Mandarins	Pureed Fruit Cocktail	Pureed Apple Compote	Pureed Fruit Cocktail	Pureed Pears
Dessert 2	REG MINCED	Chocolate Pudding	Cherry Jello	Chocolate Mousse	Banana Pudding	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
	DIAB	Diet Chocolate Pudding	Cherry Jello	Chocolate Mousse	Diet Banana Pudding	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
	PUREED	Chocolate Pudding	Cherry Jello	Chocolate Mousse	Banana Pudding	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
Yogurt		Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
Bread		Crackers, Whole Wheat or White Bread						
Beverages		2% Milk, Coffee, or Tea						
PM SNACK	REG	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Homebaked Chocolate Chip Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover
	DIAB	Shortcake Cookies	Blueberry Turnover	Chocolate Chip NSA Cookie	Apple Slices	Digestive Cookie	Homebaked Shortbread Cookie	Strawberry Turnover
	MINCED	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Homebaked Chocolate Chip Cookie	Apple Turnover	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover
	PUREED	Vanilla Pudding	Peach Applesauce	Butterscotch Pudding	Lemon Meringue Pudding	Chocolate Pudding	Peach Applesauce	Strawberry Applesauce
DINNER								
Juice		Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrée 1	REG	Sliced Turkey with Cranberry Sauce	Homemade Beef Stew	Breaded Chicken Cutlet	Pork Loin with BBQ Sauce	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Chicken Stew and Potato Roll
	MINCED	Minced Fresh Turkey with Cranberry Sauce	Minced Homemade Beef Stew	Minced Chicken	Minced Pork with BBQ Sauce	Minced Cheesy Tuna Noodle Casserole	Minced Beef Pot Roast with Horseradish	Minced Chicken Stew
	PUREED	Pureed Turkey	Pureed Homemade Beef Stew	Pureed Chicken	Pureed Pork	Pureed Macaroni & Cheese	Pureed Beef	Pureed Chicken Stew
Entrée 2	REG	Cheese Pizza	Lemon Crusted Sole	Beef Lasagna	Chicken and Leek Pie	Salisbury Steak	Breaded Haddock	Tourtiere IND Pie
	MINCED	Minced Beef	Lemon Crusted Sole	Beef Lasagna	Chicken and Leek Pie	Minced Beef	Breaded Haddock	Tourtiere IND Pie
	PUREED	Beef Trepuree Variety	TP Fish Newburg Carrots & Potatoes	Beef Trepuree Variety	Poultry Trepuree Variety	Beef Trepuree Variety	TP Fish Newburg Carrots & Potatoes	Pork Trepuree Variety
Starch		Herb Roasted Potatoes	Potato Roll	Sweet Potato	Potato Salad	Mashed Potatoes	Baked Potato 1/2 with Sour Cream	Mashed Potato
Gravy		Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads 1	REG	Carrot Turnip Mash	Sugar Snap Peas	Diced Asparagus	Warm Brown Beans	Sunrise Carrot Blend	Roasted Fall Vegetables	Diced Asparagus
	MINCED	Carrot Turnip Mash	Minced Sugar Snap Peas	Minced Asparagus	Warm Brown Beans	Minced Sunrise Carrot Blend	Minced Roasted Fall Vegetables	Minced Asparagus
	PUREED	Pureed Carrot Turnip Mash	Pureed Peas	Pureed Asparagus	Pureed Cauliflower & Broccoli	Pureed Sunrise Carrot Blend	Pureed Roasted Fall Vegetables	Pureed Asparagus
Vegetables and Salads 2	REG	Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Diced Beets	Corn	Butternut Squash
	MINCED	Minced Broccoli	Coleslaw	Creamed Corn	Minced Cauliflower & Broccoli	Diced Beets	Creamed Corn	Mashed Butternut Squash
Dessert 1	REG	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding	Carrot Cake
	DIAB	Carrot Loaf	Chocolate Ice Cream	Diet Cheesecake	Diet Chocolate Mousse Cake	Diet Lemon Mousse Cake	Diet Rice Pudding	Pound Cake
	MINCED	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding	Pound Cake
	PUREED	Pureed Cinnamon Coffee Cake	Chocolate Ice Cream	Pureed Vanilla Caramel Swirl Cake	Pureed Triple Chocolate Fudge Cake	Pureed Lemon Cream Shortcake	Vanilla Pudding IND	Pureed Carrot Cake
Dessert 2	REG MINCED	Fresh Apple Slices Diced Pears	Peach Compote Minced Peach Compote	Diced Peaches	Mixed Berries Strawberry Fruit Sauce	Mango Chunks Diced Pears	Diced Peaches	Tropical Fruit Salad Mandarin Oranges
	DIAB	Diced Pears	Peach Compote	Diced Peaches	Mixed Berries	Mango Chunks	Diced Peaches	Tropical Fruit Salad
	PUREED	Pureed Pears	Pureed Peach Compote	Pureed Peaches	Strawberry Fruit Sauce	Pureed Pineapple	Pureed Peaches	Pureed Fruit Cocktail
Yogurt		Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
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	Dinner Roll
Beverages		2% Milk, Coffee, or Tea						
HS SNACK	REG DIAB MINCED	Blueberry Greek Yogurt	Lemon Raspberry Muffin with Cheddar Cheese	Cinnamon Raisin Bread with Cheese Whiz	Oatmeal Muffin with Gouda Cheese	Fruit Cream Yogurt	Nutrigrain Bar	Raspberry Bran Muffin with Cheddar Cheese
	PUREED	Key Lime Greek Yogurt	Pureed Lemon Raspberry Muffin	Blueberry Applesauce	Vanilla Pudding	Fruit Cream Yogurt	Chocolate Pudding	Lemon Meringue Pudding