



WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
PM SNACK	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Home Baked Chocolate Chip Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Garlic Sesame Beef Tips	Country Sausage with Mustard & Sauerkraut	Chicken & Rotisserie Sauce	Meatloaf	Grilled Salmon with Tartar Sauce	Beef Pot Roast with Horseradish	Baked Ham
	Cheese Pizza	Breaded Haddock	Shepherd's Pie	Chicken and Leek Pie	Beef Teriyaki Stir Fry	Creamy Vegetable Lasagna	Hot Turkey Sandwich
Starch	Vegetable Rice	Roasted Sweet Potato	Mashed Potatoes	Cheesy Scalloped Potatoes	Rice	Baked Potato 1/2 with Sour Cream	Parisienne Potatoes
Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads	Cauliflower & Broccoli	Warm Brown Beans	Carrot Turnip Mash	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Baby Carrots
	Spinach	Four Blend Vegetables	Diced Asparagus	Corn	Diced Beets	Cauliflower & Broccoli	Creamed Corn
Desserts	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
Yogurt Rotation	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	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	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

WEEK 2	Monday - Day 8	Tuesday - Day 9	Wednesday - Day 10	Thursday - Day 11	Friday - Day 12	Saturday - Day 13	Sunday - Day 14
PM SNACK	Homebaked Chocolate Chip Cookie	Blueberry Turnover	Homebaked Fudge Brownie Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Lemon Crusted Sole	Homemade Turkey Tetrazzini	Chicken & Rotisserie Sauce	Country Sausage with Mustard & Sauerkraut	Mediterranean Glazed Haddock	Beef Pot Roast with Horseradish	Baked Ham
	Garlic Sesame Beef Tips	Beef Meat Pie	Beef Chili w Potato Roll	Creamy Vegetable Lasagna	Stuffed Chicken	Homemade Vegetarian Chili	Hot Turkey Sandwich on Brown
Starch	Mashed Potatoes	Mashed Potato	Country Style Diced Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads	Diced Asparagus	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Butternut Squash	Diced Asparagus	Spinach
	Carrot Turnip Mash	Tossed Salad with Cherry Tomatoes	Corn	Baby Carrots	Cauliflower & Broccoli	Diced Beets	Roasted Fall Vegetable
Desserts	Strawberry Shortcake	Butterscotch Ice Cream	Seasonal Pie	Rice Pudding with Topping	Orange Citrus Cake	Chocolate Brownie	Pumpkin Pie
	Fresh Apple Slices	Fruit Cocktail	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
Yogurt Rotation	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	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	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

WEEK 3	Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
PM SNACK	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Homebaked Chocolate Chip Cookie	Fresh Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Sliced Turkey with Cranberry Sauce	Homemade Beef Stew with Potato Roll	Breaded Chicken Cutlet	Pork Loin with BBQ Sauce	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Chicken Stew and Potato Roll
	Cheese Pizza	Lemon Crusted Sole	Beef Lasagna	Chicken and Leek Pie	Salisbury Steak	Breaded Haddock	Tourtiere IND Pie
Starch	Herb Roasted Potatoes	Mashed Potatoes	Roasted Sweet Potato	Potato Salad	Mashed Potatoes	Baked Potato with Sour Cream	Mashed Potato
Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads	Carrot Turnip Mash	Sugar Snap Peas	Diced Asparagus	Warm Brown Beans	Sunrise Carrot Blend	Roasted Fall Vegetables	Diced Asparagus
	Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Diced Beets	Corn	Butternut Squash
Desserts	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding	Carrot Cake
	Fresh Apple Slices	Peach Compote	Diced Peaches	Mixed Berries with Topping	Diced Mangoes	Diced Peaches	Tropical Fruit Salad
Yogurt Rotation	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	Brown or White Bread
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	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