

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						
Cold Cereal	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Grilled Egg Patty	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Bread	GF Blueberry Muffin	GF Blueberry Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin
	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
AM SNACK	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Three Sisters Soup	Vegetable Broth	Vegetable Broth	Homemade Beef & Vegetable	Vegetable Broth	Vegetable Broth	Vegetable Broth
Entrées	GF Hawaiian Chicken & Rice	Cheddar Mushroom Bacon Egg Bake	GF Turkey Sandwich with Light Miracle Whip	Mediterranean Glazed Haddock	Chicken Breast	Mediterranean Glazed Haddock	GF Sliced Beef Sandwich with Mustard
	GF Salmon Salad Sandwich	GF Peanut Butter Sandwich	Fajita Pork	GF Sliced Beef Sandwich with Mustard	GF Tuna Salad Sandwich	GF Peanut Butter Sandwich	Black Bean Patty with Condiments, Onions and Tomato Slice
Starch	Mashed Potatoes	Hash Brown Patty	Long Grain White Rice	Mashed Potatoes	Chick Pea Salad	Red Skin Potato Wedges	Mashed Potatoes
Gravy		Beef Gravy	Turkey Gravy			Turkey Gravy	Beef Gravy
Vegetables and Salads	Sugar Snap Peas	Coleslaw	Shredded Lettuce & Tomato Slices	Broccoli	Four Blend Vegetables	Green Beans	Coleslaw
	Tossed Salad with Cherry Tomatoes	Sunrise Carrot Blend	Fajita Vegetables		Creamy Cucumber Salad	Tossed Salad with Cherry Tomatoes	Peas
Desserts	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
Bread	GF Crackers or GF White Bread						

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	Chocolate Pudding	Strawberry Kiwi Applesauce	Butterscotch Pudding	Apple Slices	Lemon Meringue Pudding	Vanilla Pudding	Strawberry Kiwi Applesauce
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Craberry Juice	Tomato Juice	Apple Juice
Entrées	Black Bean Patty	Country Sausage with Mustard & Sauerkraut	Country Sausage with Mustard & Sauerkraut	Vegetarian Dhal	Grilled Salmon	Beef Pot Roast	Baked Ham
	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	Shepherd's Pie	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich
Starch	Vegetable Rice	Roasted Sweet Potatoes	Mashed Potatoes	Cheesy Scalloped Potatoes	Long Grain White Rice	Baked Potato with Sour Cream	Parisienne Potatoes
Gravy							
Vegetables and Salads	Cauliflower & Broccoli	Warm Brown Beans	Diced Beets	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Baby Carrots
	Spinach	Four Blend Vegetables	Diced Asparagus	Corn	Diced Beets	Tossed Salad with Cherry Tomatoes	Creamed Corn
Desserts	Fresh Apple Slices	Vanilla Ice Cream	Diced Peaches	Smooth Vanilla Bean Cottage Cheese	Mango Chunks	Mixed Berries with Topping	Tropical Fruit Salad
	Offer Fresh Fruit Bowl	Strawberry Rhubarb Compote with Topping	Fresh Fruit from Bowl	Mixed Berries with Topping	Diced Pears	Diced Peaches	Fresh Fruit from Bowl
Bread	GF White Bread						
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Apple Slices with Gouda Cheese	Key Lime Greek Yogurt	GF White Bread with Cheese Whiz	GF Blueberry Muffin with Cheddar Cheese	Apple Slices with Brick Cheese	Apple Slices with Peanut Butter	GF Blueberry 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
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Grilled Egg Patty	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Bread	GF Blueberry Muffin	GF Blueberry Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin
	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Apple Jelly Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
AM SNACK							
	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Vegetable Broth	Three Sisters Soup	Vegetable Broth	Vegetable Broth	Vegetable Broth	Homemade Beef & Vegetable	Vegetable Broth
Entrées	Vegetarian Dhal	GF Salmon Salad Sandwich	Falafel Veg Balls & Hummus	Grilled Salmon	Falafel Veg Balls & Hummus	GF Egg Salad Sandwich	Grilled Salmon
	GF Chicken Salad Sandwich	GF Hawaiian Chicken & Rice	GF Egg Salad Sandwich	GF Chicken Salad Sandwich	GF Tuna Salad Sandwich	Vegetarian Dhal	GF Peanut Butter Sandwich
Starch	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes
Gravy							
Vegetables and Salads	Broccoli	Four Blend Vegetables	Coleslaw	Green Beans	Peas	Creamy Cucumber Salad	Grilled Gourmet Vegetables
			Diced Carrots	Tossed Salad with Cherry Tomatoes		Sunrise Carrot Blend	Tossed Salad with Cherry Tomatoes
Desserts	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
Bread	GF Flax Crackers or GF White Bread						
Beverages	2% Milk, Coffee, or Tea						

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	Vanilla Pudding	Lemon Meringue Pudding	Chocolate Pudding	Apple Slices	Butterscotch Pudding	Vanilla Pudding	Strawberry Kiwi Applesauce
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Lemon Crusted Sole	GF Hawaiian Chicken & Rice	Chicken & Rotisserie Sauce	Country Sausage with Mustard & Sauerkraut	Mediterranean Glazed Haddock	Beef Pot Roast	Baked Ham
	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich
Starch	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
Gravy							
Vegetables and Salads	Diced Asparagus	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Butternut Squash	Diced Asparagus	Spinach
	Carrot Turnip Mashed	Tossed Salad with Cherry Tomatoes	Corn	Baby Carrots	Cauliflower & Broccoli	Diced Beets	Roasted Fall Vegetables
Desserts	Strawberry Mousse w Topping	Butterscotch Ice Cream	Diced Peaches	Rice Pudding with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
	Fresh Apple Slices	Fruit Cocktail	Offer Fresh Fruit from Bowl	Mixed Berries with Topping	Diced Pears	Fresh Fruit from Bowl	Fresh Fruit from Bowl
Bread	GF White Bread						
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Carrot Sticks & Hummus	Apple Slices & Cheddar Cheese	GF White Bread with Cheese Whiz	Mixed Fruit Cup IND	Smooth Lemon Cottage Cheese	GF Blueberry Muffin with Gouda Cheese	Apple Slices & Cheddar Cheese

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	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex	Rice Chex
Fruit	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
Breakfast Entrée	Boiled Egg	Grilled Egg Patty	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Brick Cheese	Scrambled Eggs
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Bread	GF Blueberry Muffin	GF Blueberry Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin	GF Carrot Muffin
	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread	GF White Bread
Condiments	Strawberry Jam	Marmalade	Apple Jelly	Strawberry Jam	Apple Jelly	Apple Jelly	Honey
	Marmalade	Strawberry Jam	Strawberry Jam	Marmalade	Strawberry Jam	Strawberry Jam	Strawberry Jam
LUNCH							
Soup	Vegetable Broth	Vegetable Broth	Seasonal Soup	Vegetable Broth	Cream of Broccoli	Vegetable Broth	Cream of Potato Soup
Entrées	GF Hawaiian Chicken & Rice	Chicken Breast	GF Beef Sandwich with Mustard	Mediterranean Glazed Haddock	GF Chicken Salad Sandwich	Chicken Breast	Cheese Omelette
	Salmon Salad in a Dish	GF Peanut Butter Sandwich	Lemon Herb Chicken	GF Egg Salad Sandwich		GF Peanut Butter Sandwich	GF Peanut Butter Sandwich
Starch	Mashed Potatoes	Mashed Potatoes	Vegetable Rice	Red Skin Potato Wedges	Long Grain White Rice	Mashed Potatoes	Mashed Potatoes
Gravy							
Vegetables and Salads	Peas	Shredded Lettuce & Tomato Slices	Seasonal Vegetable	Peas	Coleslaw	Fajita Vegetables	Baby Carrots
		Foun Blend Vegetable Medley	Diced Carrots	Tossed Salad with Cherry Tomatoes	Grilled Gourmet Vegetables	Coleslaw	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	Chocolate Pudding with Topping	Cherry Jello w Topping	Chocolate Mousse w Topping	Banana Pudding with Topping	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse with Topping
Bread	GF Crackers or GF White Bread						
Beverages	2% Milk, Coffee, or Tea						

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	Vanilla Pudding	Peach Applesauce	Butterscotch Pudding	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	Lemon Crusted Sole	Mediterranean Glazed Haddock	Pork Loin	Mediterranean Glazed Haddock	Beef Pot Roast	Vegetarian Dhal
	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich	GF Peanut Butter Sandwich/ Mediterranean Glazed Haddock	GF Peanut Butter Sandwich
Starch	Herb Roasted Potatoes	Mashed Potatoes	Roasted Sweet Potatoes	Potoato Salad	Mashed Potatoes	Baked Potato 1/2 w/ Sour Cream	Mashed Potatoes
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	Fresh Apple Slices	Chocolate Ice Cream	Diced Peaches	GF Chocolate Cupcake	Diced Pears	Rice Pudding w/ Topping	Tropical Fruit Salad
	Fresh Fruit from Bowl	Peach Compote	Fresh Fruit from Bowl	Mixed Berries with Topping	Diced Mangoes	Diced Peaches	Fresh Fruit from Bowl
Bread	GF White Bread						
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Key Lime Greek Yogurt	Fresh Apple Slices with Cheddar Cheese	GF White Bread with Cheese Whiz	Hummus with Carrot Sticks	Fruit Cream Yogurt	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese