

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
<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	Special K
<b>Breakfast Entrée</b>	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette Wrap	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs & Bacon
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Lemon Poppy Seed Loaf	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>Yogurt Rotation</b>	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Fruit Rotation</b>	Mandarin Oranges	Banana	Mandarin Oranges	Applesauce	Banana	Applesauce	Banana
<b>AM SNACK</b>	Juice, Water, Coffee, or Tea						
<b>LUNCH</b>							
<b>Soup</b>	Homemade Split Pea & Ham Soup	Cream of Mushroom	Cream of Broccoli	Tomato Bisque	Homemade Vegetable Beef Barley	Chicken & Rice	Tomato
<b>Entrées</b>	Creamy Vegetable Lasagna	Sliced Beef Sandwich on 14 Grain with Mustard & Dill Pickle Spear	Turkey & Swiss Cheese Sandwich with Light Miracle Whip	Macaroni & Cheese	Crispy Chicken Drumstick	Cod Fish Nuggets with Tartar Sauce	Hamburger on Brown Bun with Condiments, Onions and Tomato Slice
	Salmon Salad Sandwich & Sweet Pickle Slices	Homemade Broccoli & Cheddar Quiche	Fajita Pork & Vegetables	Shaved Steak on a Bun	Tuna Salad Sandwich & Sweet Pickle Slices	Sliced Ham & Swiss Sandwich with Mustard	Garden Vegetable Egg Bake
<b>Starch</b>	Mashed Potatoes	Hashbrown Patty	Rice	Mashed Potatoes	Potato Salad	Red Skin Potato Wedges	Country Style Diced Potatoes
<b>Gravy</b>	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy
<b>Vegetables and Salads</b>	Sugar Snap Peas	Coleslaw	Leaf Lettuce & Tomato Slices	Roasted Broccoli	Four Blend Vegetables	Coleslaw	Cucumber Slices with Ranch Dip
	Sliced Pickled Beets	Sunrise Carrot Blend	Fajita Vegetables	Caesar Salad with Croutons	Carrot & Raisin Salad	Green Beans	Fusion Veg Blend
<b>Desserts</b>	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Peach Compote	Mango Chunks	Mixed Berries with Topping
	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 / Raspberry / Blueberry / Peach Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						
<b>Beverages</b>	2% Milk, Coffee, or Tea						

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
<b>PM SNACK</b>	Homebaked Fudge Brownie Cookie	Oatmeal Date Cookie	Home Baked Chocolate Chip Cookie	Bran Crunch Cookie	Shortcake Cookie	Apple Slices	Vanilla Sunshine Cookie
<b>DINNER</b>							
<b>Juice</b>	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
<b>Entrées</b>	Garlic Sesame Beef Tips	Breaded Haddock with Tartar Sauce	Country Sausage with Mustard & Sauerkraut	Meatloaf	Glazed Wild Salmon with Tartar Sauce	Beef Pot Roast with Horseradish	Baked Ham
	Lemon Herb Chicken	Spaghetti & Meatballs Offer Parmesan	Chicken and Leek Pie	Chicken & Rotisserie Sauce	Beef Teriyaki Stir Fry	Butternut Squash Ravioli	Hot Turkey Sandwich on Brown
<b>Starch</b>	Rice	Mashed Potatoes	Baked Sweet Potatoes	Cheesy Scalloped Potatoes	Rice	Baked Potato with Sour Cream	Mini Roasted Potatoes
<b>Gravy</b>	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Cauliflower & Broccoli	Carrot Turnip Mash	Warm Brown Beans	Butternut Squash	Grilled Gourmet Vegetables	Peas	Roasted Baby Carrots
	Spinach	Four Blend Vegetables	Diced Asparagus	Corn	Diced Beets	Cauliflower & Broccoli	Creamed Corn
<b>Desserts</b>	Date Square	Vanilla Ice Cream	Lemon Meringue Pie	Butter Tart	Mini Brownies	Triple Berry Crumble Bar	Vanilla Cream Cake Roll
	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Vanilla Greek
<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	Potato Roll
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	Oatmeal Muffin with Gouda Cheese	Lemon Cranberry Muffin with Cheddar Cheese	Cinnamon Raisin Bread with Cheese Whiz	Blueberry Greek Yogurt	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
<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	Special K
<b>Breakfast Entrée</b>	Boiled Egg	Cheese Omelette	Scrambled Eggs	Western Omelette Wrap	Breakfast Egg & Cheese Sandwich	Pancakes & Sausage with Syrup	Scrambled Eggs & Bacon
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Lemon Poppy Seed Loaf	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	White Toast	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>Yogurt Rotation</b>	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Fruit Rotation</b>	Mandarin Oranges	Banana	Mandarin Oranges	Applesauce	Banana	Applesauce	Banana
<b>AM SNACK</b>							
	Juice, Water, Coffee, or Tea						
<b>LUNCH</b>							
<b>Soup</b>	Minestrone	Homemade Split Pea & Ham Soup	Homemade Potato Leek & Bean Soup	Chicken Noodle	Cream of Mushroom	Homemade Vegetable Beef Barley	Tomato
<b>Entrées</b>	Hot Dog on a Bun	Beef Cabbage Rolls	Corned Beef Sandwich on Rye with Mustard and Dill Pickle Spear	Butter Chicken	Spaghetti & Meatballs Offer Parmesan	Sliced Deli Ham & Swiss Cheese with a Roll	Smoked Pulled Beef on a Bun with BBQ Sauce
	Chicken Caesar Salad with Roll	Egg Salad Sandwich	Spinach & Cheese Ravioli	Fish Burger on White Bun with Tartar Sauce	Tuna Salad Sandwich with Sweet Pickle Slices	Turkey Pot Pie	Breaded Chicken Strips with Plum Sauce
<b>Starch</b>	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Rice	Mashed Potatoes	Macaroni Salad	Potato Pancakes
<b>Gravy</b>	Beef Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
<b>Vegetables and Salads</b>	Warm Brown Beans	Sugar Snap Peas	Coleslaw	Green Beans	Peas	Carrot & Raisin Salad	Fajita Vegetables
	Caesar Salad with Croutons	Sliced Pickled Beets	Four Blend Vegetables	Tossed Salad with Cherry Tomatoes	Caesar Salad with Croutons	Four Blend Vegetables	Coleslaw
<b>Desserts</b>	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Strawberry Rhubarb Compote with Topping	Mango Chunks	Mixed Berries with Topping
	Prune Whip	Orange Fruit Jello	Raspberry Mousse with Topping	Chocolate Pudding with Topping	Vanilla Cream Yogurt	Vanilla Ice Cream	Lemon Pudding with Topping
<b>Yogurt Rotation</b>	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						
<b>Beverages</b>	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
<b>PM SNACK</b>	Homebaked Chocolate Chip Cookie	Oatmeal Date Cookie	Homebaked Fudge Brownie Cookie	Apple Turnover Cookie	Homebaked Peanut Butter Cookie	Homebaked Oatmeal Raisin Cookie	Apple Slices
<b>DINNER</b>							
<b>Juice</b>	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
<b>Entrées</b>	Lemon Crusted Sole	Homemade Turkey Tetrazzini	Chicken & Rotisserie Sauce	Pork Loin in BBQ Sauce	Mediterranean Glazed Haddock	Baked Chicken Leg	Baked Ham
	Sweet & Sour Chicken Bites	Beef Meat Pie	Beef Chili with Potato Roll	Creamy Vegetable Lasagna	Stuffed Chicken with Ham & Swiss	Homemade Bean Vegetarian Chili	Hot Turkey Sandwich on Brown
<b>Starch</b>	Rice	Mashed Potato	Country Style Diced Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
<b>Gravy</b>	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Roasted Broccoli	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Butternut Squash	Diced Asparagus	Spinach
	Carrot Turnip Mash	Tossed Salad with Cherry Tomatoes	Corn	Roasted Baby Carrots	Cauliflower & Broccoli	Diced Beets	Roasted Fall Vegetable
<b>Desserts</b>	Strawberry Shortcake	Rice Pudding with Topping	<i>Seasonal Pie</i>	Butterscotch Ice Cream	Orange Citrus Cake	Mini Brownies	Pumpkin Pie with Topping
	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach 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	Potato Roll
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	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
<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	Special K
<b>Breakfast Entrée</b>	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette Wrap	Pancakes & Sausages with Syrup	Brick Cheese	Scrambled Eggs & Bacon
<b>Bread</b>	Cinnamon Raisin Bread	Brown Toast	Lemon Poppy Seed Loaf	Brown Toast	Brown Toast	Croissant	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	White Toast	Brown or 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>Yogurt Rotation</b>	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek	Fat Free Assorted Flavour
<b>Fruit Rotation</b>	Mandarin Oranges	Banana	Mandarin Oranges	Applesauce	Banana	Applesauce	Banana
<b>LUNCH</b>							
<b>Soup</b>	Cream of Chicken	Tomato Bisque	<i>Seasonal Soup</i>	Chicken & Rice	Cream of Broccoli	Chicken Noodle	Homemade Cream of Potato Soup
<b>Entrées</b>	Alfredo Pasta Primavera	Turkey Burger with Swiss Cheese & Miracle Whip on Brown Bun	Sliced Beef Sandwich on 14 Grain with Mustard & Dill Pickle Spear	Cod Fish Nuggets with Tartar Sauce	Chicken Salad Sandwich	Pulled Pork with Chipotle Sandwich	Beef & Macaroni Casserole
	Salmon Salad Sandwich & Sweet Pickle Slices	Macaroni & Cheese	Lemon Herb Chicken	Egg Salad Sandwich	Fiesta Black Beans & Rice	Breaded Chicken Strips with Plum Sauce	Sliced Ham & Swiss Sandwich with Mustard
<b>Starch</b>	Mashed Potatoes	Mashed Potatoes	Vegetable Rice	Red Skin Potato Wedges	Rice	Potato Pancakes	Mashed Potatoes
<b>Gravy</b>	Beef Gravy	Turkey Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Caesar Salad with Croutons	Leaf Lettuce & Tomato Slices	<i>Seasonal Vegetable</i>	Peas	Coleslaw	Green Beans	Roasted Baby Carrots
	Peas	Four Blend Vegetables	Diced Carrots	Tossed Salad with Cherry Tomatoes	Grilled Gourmet Vegetables	Caesar Salad with Croutons	Tossed Salad with Cherry Tomatoes
<b>Desserts</b>	Peach Compote	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Mango Chunks	Mixed Berries with Topping
	Vanilla Pudding with Topping	Cherry Jello with Topping	Chocolate Mousse with Topping	Banana Pudding with Topping	Strawberry Ice Cream	Butterscotch Ice Cream	Tangerine Mousse with Topping
<b>Yogurt Rotation</b>	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek
<b>Bread</b>	Crackers, Whole Wheat or White Bread						
<b>Beverages</b>	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
<b>PM SNACK</b>	Homebaked Fudge Brownie Cookie	Oatmeal Date Cookie	Homebaked Chocolate Chip Cookie	Apple Turnover Cookie	Social Tea Cookie	Homebaked Oatmeal Raisin Cookie	Vanilla Sunshine Cookie
<b>DINNER</b>							
<b>Juice</b>	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
<b>Entrées</b>	Boneless Chicken Thighs	Homemade Beef Stew	Breaded Chicken Cutlet	Shepherd's Pie	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Homemade Chicken Stew with Potato Roll
	Cheese Pizza	Lemon Crusted Sole	Beef Lasagna	Spinach & Cheese Ravioli	Salisbury Steak	NEW Grilled Pollock with Tartar Sauce	Tourtiere Meat Pie
<b>Starch</b>	Mini Roasted Potatoes	Mashed Potatoes	Baked Sweet Potatoes	Mashed Potatoes	Mashed Potatoes	Baked Potato with Sour Cream	Mashed Potatoes
<b>Gravy</b>	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Beef Gravy	Turkey Gravy
<b>Vegetables and Salads</b>	Carrot Turnip Mash	Sugar Snap Peas	Diced Asparagus	Corn	Sunrise Carrot Blend	Roasted Fall Vegetables	Roasted Brussel Sprouts
	Roasted Broccoli	Coleslaw	Diced Beets	Cauliflower & Broccoli	Fusion Vegetable Blend	Creamed Corn	Butternut Squash
<b>Desserts</b>	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Cream Cake Roll	Chocolate Cream Pie	Lemon Cream Shortcake	Rice Pudding with Topping	Carrot Cake
	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety
<b>Yogurt Rotation</b>	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach 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	Potato Roll
<b>Beverages</b>	2% Milk, Coffee, or Tea						
<b>HS SNACK</b>	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