



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	Oatmeal Date Cookie	Home Baked Chocolate Chip Cookie	Bran Crunch Cookie	Shortcake Cookie	Homebaked Oatmeal Raisin Cookie	Vanilla Sunshine Cookie
DINNER								
Juice		Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées		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
		Turkey Pot Pie	Spaghetti & Meatballs Offer Parmesan	Chicken and Leek Pie	Chicken & Rotisserie Sauce	Beef Teriyaki Stir Fry	Creamy Vegetable Lasagna	Hot Turkey Sandwich on Brown
Starch		Rice	Mashed Potatoes	Roasted Sweet Potatoes	Cheesy Scalloped Potatoes	Rice	Baked Potato with Sour Cream	Parisienne Potatoes
Gravy		Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads		Cauliflower & Broccoli	Carrot Turnip Mash	Warm Brown Beans	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Roasted 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 Bar	Vanilla Caramel Swirl Cake
		Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety	Fruit Basket Variety
Yogurt Rotation		Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Vanilla Greek
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
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	Special K
Breakfast Entrée	Boiled Egg	Cheese Omelette	Scrambled Eggs	Western Omelette Wrap	Breakfast Egg & Cheese Sandwich	Pancakes & Sausage with Syrup	Scrambled Eggs & Bacon
Bread	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
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
Yogurt Rotation	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek	Fat Free Assorted Flavour
Fruit Rotation	Mandarin Oranges	Banana	Mandarin Oranges	Applesauce	Banana	Applesauce	Banana
AM SNACK	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Minestrone	Homemade Split Pea & Ham Soup	Cream of Broccoli	Chicken Noodle	Cream of Mushroom	Homemade Vegetable Beef Barley	Tomato
Entrées	Beef Wieners & Beans	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
Starch	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Rice	Mashed Potatoes	Macaroni Salad	Mashed Potatoes
Gravy	Beef Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
Vegetables and Salads	Roasted Broccoli	Four Blend Vegetables	Coleslaw	Green Beans	Peas	Creamy Cucumber Salad	Fajita Vegetables
	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
Desserts	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
Yogurt Rotation	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek
Bread	Crackers, Whole Wheat or 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								
	Homebaked Chocolate Chip Cookie	Oatmeal Date Cookie	Homebaked Fudge Brownie Cookie	Apple Turnover Cookie	Homebaked Peanut Butter Cookie	Homebaked Oatmeal Raisin Cookie	Vanilla Sunshine 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 and Sauerkraut	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 Broccoli & Cheddar	Homemade Bean Vegetarian Chili	Hot Turkey Sandwich on Brown	
Starch	Rice	Mashed Potato	Country Style Diced Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes	
Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Turkey Gravy	
Vegetables and Salads	Roasted Brussel Sprouts	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	
Desserts	Strawberry Shortcake	Butterscotch Ice Cream	Seasonal Pie	Rice Pudding with Topping	Orange Citrus Cake	Chocolate Brownie	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	
Yogurt Rotation	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach 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
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	Special K
Breakfast Entrée	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette Wrap	Pancakes & Sausages with Syrup	Brick Cheese	Scrambled Eggs & Bacon
Bread	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
Condiments	Strawberry Jam Apple Jelly	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
Yogurt Rotation	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek	Fat Free Assorted Flavour
Fruit Rotation	Mandarin Oranges	Banana	Mandarin Oranges	Applesauce	Banana	Applesauce	Banana
LUNCH							
Soup	Cream of Chicken	Tomato Bisque	Seasonal Soup	Turkey & Wild Rice	Cream of Broccoli	Chicken Noodle	Homemade Cream of Potato Soup
Entrées	Beef & Macaroni Casserole	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	Cheese Pizza
	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
Starch	Mashed Potatoes	Mashed Potatoes	Vegetable Rice	Potato Pancakes with Sour Cream	Rice	Mashed Potatoes	Mashed Potatoes
Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy
Vegetables and Salads	Caesar Salad with Croutons	Leaf Lettuce & Tomato Slices	Seasonal Vegetable	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
Desserts	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
Yogurt Rotation	Fat Free Assorted Flavour	Blueberry Greek	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach Activia	Vanilla Greek
Bread	Crackers, Whole Wheat or 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		Homebaked Fudge Brownie Cookie	Oatmeal Date Cookie	Homebaked Chocolate Chip Cookie	Apple Turnover Cookie	Social Tea Cookie	Homebaked Oatmeal Raisin Cookie	Vanilla Sunshine 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	Breaded Chicken Cutlet	Shepherd's Pie	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Chicken Stew with Potato Roll
		Cheese Pizza	Lemon Crusted Sole	Beef Lasagna	Spinach & Cheese Ravioli	Salisbury Steak	Breaded Haddock with Tartar Sauce	Tourtiere Meat Pie
Starch		Herb Roasted Potatoes	Mashed Potatoes	Roasted Sweet Potatoes	Mashed Potatoes	Mashed Potatoes	Baked Potato with Sour Cream	Mashed Potatoes
Gravy		Turkey Gravy	Beef Gravy	Turkey Gravy	Beef 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	Roasted Brussel Sprouts
		Roasted Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Fusion Vegetable Blend	Corn	Butternut Squash
Desserts		Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	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
Yogurt Rotation		Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry / Raspberry / Blueberry / Peach 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		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