

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice
Banana Half	Banana Half	Banana Half	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
Fresh Fruit Bowl	Cream of Wheat with Bran	High Fibre Oatmeal	Banana Half	Banana Half	Banana Half	Banana Half
High Fibre Oatmeal	Scrambled Eggs	Hard Boiled Egg	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Fried Egg	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fried Egg
Raisin Toast	Margarine	Strawberry Jam	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Bacon
Raspberry Jam	Strawberry Jam	Margarine	Margarine	Margarine	Grape Jelly	Whole Wheat Toast
Margarine	2% Milk	2% Milk	Apple Jelly	Raspberry Jam	Margarine	Margarine
2% Milk	Coffee	Coffee	2% Milk	2% Milk	2% Milk	Strawberry Jam
Coffee	Cranberry Juice	Cranberry Juice	Coffee	Coffee	Coffee	2% Milk
Cranberry Juice	Apple Juice	Apple Juice	Cranberry Juice	Cranberry Juice	Cranberry Juice	Coffee
Apple Juice	Honey Nut Cheerios Cereal	Fresh Fruit Bowl	Apple Juice	Apple Juice	Apple Juice	Cranberry Juice
Special K Cereal	Peanut Butter	Corn Flakes Cereal	Special K Cereal	Raisin Bran Cereal	Corn Flakes Cereal	Apple Juice
Peanut Butter	White Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
Whole Wheat Toast	Hot Tea	White Toast	White Toast	White Toast	Whole Wheat Toast	Peanut Butter
Hot Tea		Hot Tea	Hot Tea	Hot Tea	Hot Tea	White Toast
						Hot Tea

LUNCH						
Tomato & Rice Soup	Chicken Noodle Soup	Cabbage Soup	Minestrone Soup	Chicken Vegetable Barley Soup	Lentil & Vegetable Soup	Corn Chowder
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Cheese Tortellini & Marinara	Vegetable Pizza	Hot Dog on White Bun	Beef Burger on WW Bun	Western Omelette	BBQ Pork Ribette on WW Bun
Creamy Coleslaw	Sunrise Vegetables	Mixed Green Italian Salad	Marinated Cucumbers	Spinach Onion Salad	California Vegetables	LoCal Caesar Salad
Tartar Sauce	Fresh Watermelon	Pineapple Tidbits	Mandarin Oranges	Potato Salad	Tropical Fruit with Coconut	Mango
Cantaloupe Chunks	Philly Cheese Steak Sub	Chicken Salad	Egg Salad Sndw on Wheat	Lettuce/Tomato/Onion	FRW Classic Poutine	Potato & Cheese Perogies
Veggie & Black Bean Quesadilla	Heritage Blend Salad with French Dressing	Pickle Spear	xFour Bean Salad	Banana Half	Tossed Garden Salad	Sour Cream
Buttered Corn	Whipped Topping	Croissant	Strawberry Ice Cream	Baked Beans	Mini Donuts	Buttered Cabbage
Sour Cream		Margarine		Buttered Corn on the Cob		Ice Cream Sandwich
Tiramisu Mousse	Lime Gelatin	Rice Pudding		Cheddar Herb Tea Biscuit		
				Margarine		
				Lemon Blueberry Tart		

DINNER						
Salisbury Steak & Gravy	Bangers and Mash	Veal Paprika	Turkey Schnitzel	Lemon Pepper Cod	Broccoli Cheese Pasta Bake	Roast Beef
Mashed Potatoes	Green Beans	Beef Gravy	Seasoned Diced Turnips	Beef Gravy	Tossed Ranch Salad	Beef Gravy
Parsley Carrots	Multi Grain Roll	Chive Whipped Potatoes	Multi Grain Roll	Baked Sliced Potatoes	Multi Grain Roll	Mashed Potatoes
Multi Grain Roll	Margarine	California Vegetables	Margarine	Zesty Balsamic Carrots	Margarine	Green Peas
Margarine	Chocolate Chip Cookie	Multi Grain Roll	Iced Brownie	Multi Grain Roll	Black Forest Cake	Multi Grain Roll
Lazy man Pudding	Baked Tilapia	Margarine	Moroccan Stew	Margarine	Beef Taco Casserole	Margarine
Spiced Chicken Breast	Dill Sauce	Cherry Crisp	Green Peas	Cinnamon Coffeecake	Savory Potato Wedges	Coconut Cream Pie
Buttered Penne	Lemon Wedge	Pancake	Rosy Applesauce	Asian Pork Chop	Diced Carrots	Lemon Honey Chicken
Marinara Sauce	Rice with Vegetables	Sausage Link		Beef Gravy	Chilled Apricots	Fluffy Rice
Broccoli Florets	Buttered Brussels Sprouts	Maple Syrup		Brown Rice		Baked Tomato au Gratin
Peaches & Cream	Fruit Cocktail	Strawberry Compote		Asian Vegetables		Pineapple Tidbits
		Chilled Diced Pears		Chilled Tropical Fruit		

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BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice
Banana Half	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
Fresh Fruit Bowl	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran
Hard Boiled Egg	Scrambled Eggs	Fried Egg	Poached Egg	Hard Boiled Egg	High Fibre Oatmeal	Fried Egg
Raisin Toast	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Whole Wheat Toast	Fried Egg	White Toast
Margarine	Margarine	Raspberry Jam	Strawberry Jam	Grape Jelly	Whole Wheat Toast	Peanut Butter
Raspberry Jam	Grape Jelly	Margarine	Margarine	Margarine	Margarine	2% Milk
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Raspberry Jam	Coffee
Coffee	Coffee	Coffee	Coffee	Coffee	2% Milk	Cranberry Juice
Apple Juice	Cranberry Juice	Cranberry Juice	Cranberry Juice	Cranberry Juice	Coffee	Apple Juice
Cranberry Juice	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Cranberry Juice	Corn Flakes Cereal
Special K Cereal	Raisin Bran Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Special K Cereal	Apple Juice	Bacon
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Raisin Bran Cereal	Whole Wheat Toast
Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Peanut Butter	Strawberry Jam
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	White Toast	Hot Tea
					Hot Tea	
LUNCH						
Creamy Carrot Dill Soup	Tuscan Bean & Vegetable Soup	Wonton Soup	Leek Mushroom & Pasta Soup	Garden Vegetable Soup	Split Pea Soup	Unsalted Crackers
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Chicken Noodle Soup
Asparagus & Swiss Quiche	Three Cheese Pizza	Sweet & Sour Chicken Balls	FRW Classic Poutine	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Broccoli Florets	Caesar Salad	Vegetable Fried Rice	Heritage Blend Salad with French Dressing	Marinated 4 Bean Salad	Tomato Cucumber Salad	Creamy Coleslaw
Multi Grain Roll	Chilled Peach Slices	Broccoli Florets	Mango	Honeydew Chunks	Plum Sauce	Tartar Sauce
Margarine	Sliced Beef Salad Plate	Fruit Cocktail	Tuna Salad on WW	Poached Egg	Sweet Potato Fries	French Fries
Chilled Apricots	Wheat Roll	Unsalted Crackers	Coleslaw	Hollandaise Sauce	Mandarin Oranges	Peaches & Cream
Ham Salad on WW	Whipped Topping	Pulled Pork on WW Bun	Rainbow Sherbet	Diced Hashbrown	Cheddar Cheese Slice	Vegetable Pot Pie
Creamy Cucumber & Onions	Lemon Gelatin	Chickpea & Veggie Salad		Creamy Spinach	Strawberries	Broccoli Florets
Date Square		Ice Cream Sandwich		Vanilla Mousse	Pineapple Tidbits	Whole Wheat Toast
					Carrot Loaf	Butterscotch Sundae
					Tapioca Pudding	
DINNER						
Turkey Pot Pie	Beer Battered Fish	Spinach & Cheese Cannelloni	Baked Sage Chicken	Smoky Applewood Salmon Fillet	Mustard Pretzel Crusted PorkChop	Roast Turkey
Poultry Gravy	Tartar Sauce	Seasoned Zucchini	Baked Potato	Lemon Wedge	Scalloped Potatoes	Poultry Gravy
Mashed Potatoes	Beef Gravy	Garlic Toast	Steamed Asparagus	Lyonnais Potatoes	Creamed Corn	Cranberry Sauce
Whipped Squash	Mini Rosemary Roasted Potatoes	Margarine	Sour Cream	Parslied Cauliflower	Multi Grain Roll	Mashed Potatoes
Multi Grain Roll	Brussels Sprouts and Carrots	Blonde Bars	Margarine	Multi Grain Roll	Margarine	California Vegetables
Margarine	Whole Wheat Bread	Liver & Onions	Rhubarb Crisp	Margarine	Chocolate Chip Cookie	Multi Grain Roll
Cherry Cheesecake	Lemon Wedge	Beef Gravy	Baked Beans	Maple Chocolate Mania Cake	Balsamic Tomato Veal Schnitzel	Margarine
Spaghetti & Meatballs	Margarine	Mashed Potatoes	Tomato Slices	Teriyaki Beef & Broccoli	Parslied Noodles	Lemon Meringue Pie
Tossed Salad	Rice Krispies Bar	New England Vegetables	Multi Grain Roll	Fluffy Rice	Buttered Brussels Sprouts	Broccoli Cheese Frittata
Fresh Watermelon	Crunchy Ranch Flavoured Chicken	Peachy Applesauce	Cinnamon Pears	Asian Vegetables	Bananas & Cream	Green Peas
	Parslied Rice			Chilled Apricots		Warm Apple Compote
	Green Beans					
	Mixed Berries					

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BREAKFAST						
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Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice	Prune Juice
Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal
Hard Boiled Egg	Fried Egg	Scrambled Eggs	Fried Egg	Poached Egg	Fried Egg	Bacon
Whole Wheat Toast	Whole Wheat Toast	Rye Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Margarine	Margarine	Strawberry Jam	Margarine	Margarine	Margarine	Pancake
Raspberry Jam	Grape Jelly	Margarine	2% Milk	Strawberry Jam	Grape Jelly	Strawberry Jam
2% Milk	2% Milk	2% Milk	Coffee	2% Milk	2% Milk	Margarine
Coffee	Coffee	Coffee	Cranberry Juice	Coffee	Coffee	2% Milk
Apple Juice	Cranberry Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Cranberry Juice	Coffee
Cranberry Juice	Apple Juice	Apple Juice	Special K Cereal	Apple Juice	Apple Juice	Cranberry Juice
Bran Flakes Cereal	Corn Flakes Cereal	Raisin Bran Cereal	Peanut Butter	Bran Flakes Cereal	Corn Flakes Cereal	Apple Juice
Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Peanut Butter	Raisin Bran Cereal
White Toast	White Toast	Whole Wheat Toast	Orange Marmalade PC	White Toast	White Toast	Scrambled Eggs
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	White Toast
						Hot Tea
LUNCH						
Cream of Tomato Soup	Country Bean & Vegetable Soup	Beef Vegetable & Noodle Soup	Roasted Red Pepper Soup	Creamy Sweet Potato Soup	Tuscan White Bean & Kale Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
BBQ Beef Ribette on WW Bun	Vegetarian Meatball Sandwich	BLT Wrap	Hot Roast Beef Sandwich	Chicken Burger on WW Bun	Shrimp Salad Roll	Roast Turkey Breast
Buttered Corn	Spinach Onion Salad	San Francisco Vegetables	Beef Gravy	Rainbow Coleslaw	Tomato & Onion Salad	Turkey Gravy
Fresh Watermelon	Fruit Cocktail	Mandarin Oranges	Mashed Potatoes	Mayonnaise	Chilled Apricots	Mashed Potatoes
Grilled Cheese on Wheat	Sliced Turkey on Wheat	Salmon Salad on Croissant	Parslied Cauliflower	Tomato Slices & Lettuce	FRW Classic Poutine	Parsley Carrots
Tossed Ranch Salad	Carrot Apple Salad	Creamy Cucumber Salad	Blueberries with Whip Topping	Chilled Tropical Fruit	Tossed Salad	Mango
Orange Gelatin	Chocolate Mousse	Lemon Parfait	Cottage Cheese	Crab Salad	Chocolate Pudding	Sloppy Joe on WW Bun
			Banana Loaf	Macaroni Salad		Beet & Onion Salad
			Fresh Fruit Salad	Cucumber Slices		Potato & Egg Salad
			Strawberry Gelatin	Croissant		Vanilla Ice Cream
				Baked Custard		
DINNER						
Sole Florentine	Meatloaf	BBQ Sauce Glazed Chicken Breast	Sweet-N-Sour Pork Bites	Breaded Haddock	Veal Parmesan	Baked Ham in Pineapple Juice
Lemon Wedge	Beef Gravy	Sour Cream	Vegetable Fried Rice	O'Brien Potatoes	Marinara Sauce	Scalloped Potatoes
Fluffy Rice	Garlic Mashed Potatoes	Baked Potato	Sliced Carrots	Buttered Corn	Caesar Salad	Prince Edward Vegetables
Steamed Asparagus	Green Peas	Broccoli Florets	Margarine	Luscious Lemon Square	Multi Grain Roll	Multi Grain Roll
Multi Grain Roll	Margarine	Margarine	Buttertart Square	Spaghetti & Meatballs	Hamburger Bun	Margarine
Margarine	Bread Pudding	Carrot Cake	Vegetable & Swiss w/Mushrooms	Caesar Salad	Margarine	Apple Pie Slice
Black Forest Tart	Cheese Ravioli & Sauce	Beef & Vegetable Stew	Quiche	Garlic Bread	Blueberry Crisp	Rotini Primavera w/Alfredo Sc
Breaded Pork Cutlet	Seasoned Zucchini	Green Beans	Buttered Brussels Sprouts	Cinnamon Pears	Lemon Pepper Chicken	Buttered Brussels Sprouts
Roasted New Potatoes	Garlic Toast	Multi Grain Roll	Multi Grain Roll		Mashed Potatoes	Chilled Tropical Fruit
Sliced Beets	Mango	Banana & Chocolate Sauce	Chilled Peach Slices		Parslied Cauliflower	
Pineapple Tidbits					Crushed Pineapple	