

Fall & Winter 2006

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Assorted Juice Cold/Hot Cereal Eggs Toast Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Toast/Muffin Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Peameal Bacon Toast Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Toast Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Toast/Danish Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Bacon Toast Assorted Jams/Jellies Tea/Coffee	Assorted Juice Cold/Hot Cereal Eggs Toast Assorted Jams/Jellies Tea/Coffee
MAIN MEAL						
Cranberry Juice Veal Patty & Herb Sauce Noodles Turnips/Carrots <u>Alternate:</u> Ham French Green Beans Bread Pudding or Frozen Yoghurt	Citrus Juice Crunchy Perch/Tartar Sauce Tater Gems Italian Blend Vegetables <u>Alternate:</u> Oven Fried Chicken Yellow Beans Diced Pears or Cookies	V8 Juice Sliced Roast Beef/Gravy Mashed Potatoes Cauliflower <u>Alternate:</u> Turkey Divan Tea Biscuit Vanilla Caramel Swirl Cake Or Applesauce	Cran Apple Juice Julienne Chicken Rice Peas <u>Alternate:</u> Sweet & Sour Meatballs Turnip Apple Brown Betty or Fruit Cup	Orange Pineapple Juice Baked Ham /Mustard Sauce Mashed Potatoes Yams <u>Alternate:</u> Swiss Steak Green Beans Butter Tart or Banana Pudding	Tomato Juice MeatLoaf Potato Wedges Diced Parsnips <u>Alternate:</u> Sliced Turkey Prince Edward Medley Sliced Peaches or Chocolate Cake	Citrus Juice Roast Pork/Applesauce Oven Brownded Potatoes Squash <u>Alternate:</u> Roast Beef Garden Mixed Vegetables Cream Pie or Pineapple
LIGHT MEAL						
Orange Juice Cr. of Potato Soup Chicken Burger Tomato & Cucumber Vinaigrette <u>Alternate:</u> Sausage Roll Baked Beans Ambrosia or Jello Cake	Blended Juice Tomato Macaroni Soup Chili Con Carne Toast <u>Alternate:</u> Grilled Cheese Sandwich Marinated Vegetables Salad Fruit Loaf or Butterscotch Pudding	Pineapple Juice Cream of Mushroom Soup Cheese Manicotti with Marinara Sauce Broccoli <u>Alternate:</u> Rib o Q on a Bun Tossed Salad Cherries or Mousse	Tomato Juice Beef Barley Soup Omlette/Toast Diced Beets <u>Alternate:</u> Shrimp Mates/Seafood sauce Oriental Vegetables Cheese Cake or Sherbet	Peach Juice Vegetable Florentine Soup Sole with Lemon Sauce Rice Asparagus <u>Alternate:</u> Chicken Salad Sandwich Coleslaw Pecan Streusel or Fruit Cocktail	Apple Juice Cream of Chicken Soup Submarine Sandwich V8 Juice/Relish Tray <u>Alternate:</u> Macaroni & Cheese Cauliflower Rice & Raisin Pudding or Apricots	Cranberry Juice Vegetable Soup Chicken Pot Pie Corn <u>Alternate:</u> Salmon Salad Sandwich Three Bean Salad Ice Cream or Fruit Cup

Note: Bread & Butter Served Daily for Lunch /Supper
Milk: 4oz serving offered at all meals and 4oz milk at breakfast for cereal
Eggs: are offered daily as fried, scrambled or poached

Hot Cereal: Cream of Wheat or Oatmeal are available
Assorted Juices are available at breakfast.
Whole Wheat Bread offered unless otherwise requested.

Mashed Potatoes available at Lunch & Supper