•	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SMHG	March 17 April 14 May 12 June 09 July 07 Aug 04 Sept 01	March 18 April 15 May 13 June 10 July 08 Aug 05 Sept 02	March 19 April 16 May 14 June 11 July 09 Aug 06 Sept 03	March 20 April 17 May 15 June 12 July 10 Aug 07 Sept 04	March 21 April 18 May 16 June 13 July 11 Aug 08 Sept 05	March 22 April 19 May 17 June 14 July 12 Aug 09 Sept 06	March 23 April 20 May 18 June 15 July 13 Aug 1 Sept 07
Beverages			 Tea ◆ Coffee 	Lactaid	Buttermilk •		
Breakfast	Oatmeal Cereal French Toast and Yogurt Or Cold Cereal	Cornmeal Cereal Fried Eggs Toast and Fruit or Cold Cereal	Cream of Wheat Bacon Toast and Fruit or Cold Cereal	Oatmeal Cereal Toast Cheddar Cheese and Sausage Bake or Cold Cereal	Oat bran Cereal Toast and Fruit Waffles and Yogurt or Cold Cereal	Cornmeal Cereal Toast and Fruit Scrambled Eggs or Cold Cereal	Cream of Wheat Toast Turkey Sausage or Cold Cereal
Lunch							
Entree	Grilled Cheddar Sandwich Pasta Vegetable Salad or Assorted Sandwiches	Macaroni and Cheese Mixed Vegetables Garlic Toast or Assorted Sandwiches	Chicken Salad Wrap Greek Salad or Assorted Sandwiches	Hamburger Tomato and Onion on a Brioche Bun, Tossed Salad Fries or Assorted Sandwiches	Turkey Swiss on Rye Fresh Vegetables or Assorted Sandwiches	BBQ Pulled Pork on a brioche Bun Tossed Salad or Assorted Sandwiches	Beer Battered Cod Potato Wedges Vegetables or Assorted Sandwiches
Dessert	Fresh Seasonal Fruit	Jell-O	Fresh Berries	Ice Cream	Vanilla Caramel Cake	Sliced Peaches	Bananas
Soup	Lentil	Beef Barley	Butternut Squash and Coconut	Chicken and Ancient Grains	Tortilla Soup	Minestrone	Chicken Noodle
Supper							
Entrée *Alternative entrée	Chicken Breast with a lemon and Dill sauce Rice PEI Mixed Vegetables Pork Chops* Ceasar Salad	Roast Roast Potatoes	Beef Pot Roast Steamed Potatoes Broccoli Florets Sole Fillets * Seven Grain Salad	BBQ Pork Ribs Mashed Potatoes Buttered Squash Roast Beef* Tossed Salad	Grilled Salmon with Cream and Dill Rice PEI Mixed Vegetables Hot Corned Beef* Pasta Salad	Chicken Cordon Bleu Mashed Potatoes Italian Mixed Veg Turkey Sausage* Spring Mix Salad	Beef Meatloaf Whipped Potatoes California Vegetables Poached Sole* Caesar Salad
Dessert	Carrot Cake	Caramel Cake	Boston Cream cake	Baked Custard with Cookies	Assorted Desserts	Pumpkin Pie	Strawberry Ice Cream
PM/HS Snack	Assorted Snacks	Fresh Banana	Assorted Snacks	Mini Muffin	Fresh Fruit	Yogurt	Pudding cups
Condiments	● Bread ● Buns ● Margarine ●						