$\wedge \wedge$	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
SMHG	Sept 23 Oct 21 Nov 18	Dec 16 Jan 13 Feb 10	Sept 24 Oct 22 Nov 19	Dec 17 Jan 14 Feb 11	Sept 25 Oct 23 Nov 20	Dec 18 Jan 15 Feb 12	Sept 26 Oct 24 Nov 21	Dec 19 Jan 16 Feb 13	Sept 27 Oct 25 Nov 22	Dec 20 Jan 17 Feb 14	Sept 28 Oct 26 Nov 23	Dec 21 Jan 18 Feb 15	Sept 29 Oct 27 Nov 24	Dec 22 Jan 19 Feb 16	
Sivilia															
Beverages					•	Tea • Coffee	 Lactaid ● F 	ruit Juice • B	Suttermilk •						
24	Cream of Wheat Toast & Fruit Fried Eggs or Cold Cereal		Oatmeal Cereal Toast & Fruit Sausages or Cold Cereal		Oat Bran Cereal Toast & Fruit Scrambled Eggs or Cold Cereal		Corn Meal Cereal Toast & Fruit Grilled Bacon or Cold Cereal		Cream of Wheat Toast & Fruit Blueberry Pancakes & Yogurt or Cold Cereal		Oatmeal Cereal Toast & Fruit Boiled Eggs or Cold Cereal		Oat Bran Cereal Cheese Omelets Toast & Fruit or Cold Cereal		
Lunch															
Entree	BBQ Pork Ribette on a Whole Wheat Slider Bun Garden Salad or Assorted Sandwiches		Cod Cakes French Fries Coleslaw or Assorted Sandwiches		Chicken Salad in a Home Baked Croissant Caesar Salad or Assorted Sandwiches		Macaroni and Cheese Mixed Vegetables Garlic Toast or Assorted Sandwiches		Cabbage Rolls Kovbasa California Vegetables or Assorted Sandwiches		Potato Pancakes Sausages Caesar Salad or Assorted Sandwiches		Chicken Breast Stuffed w Cheese & Broccoli Garlic Bread Mixed Vegetables or Assorted Sandwiches		
Dessert	Sliced Peaches		Lemon Streusel Cake		Berries		Fruit Cocktail		Nanaimo Bar		Watermelon Slices		Canned Pears		
Soup	Tomato Rice		Chicken Vegetable		Borshch		Cream of Carrot		Mushroom		Beef Barley		Split Pea		
Supper			1				1						1		
Entrée	Beef Meatloaf and Mushroom Sauce Mashed Potatoes Italian Vegetables Entrée 2 European Pork Sausage		Basil Tomato Sauce Egg Noodles California Vegetables Fres Entrée 2 Pyrohy Potato & Cheddar		With Ap Cran Parsley Fresh Ca Flo Entr	Roasted Pork Loin With Apple and Cranberry Parsley Potatoes Fresh Cauliflower Florets Entrée 2 Crunchy Perch		Beef Stew Mashed Potatoes Green Beans Entrée 2 Beef Sausage		Potato Crusted Cod Cod Mashed Potatoes Carrot Coins Entrée 2 Breaded Chicken		Grilled Ham Steak Steamed Potatoes Zucchini Entrée 2 Polynesian Meat Balls		Shepherd's Pie Yellow Beans Entrée 2 Veal Cutlet	
Dessert	Berry Bak	y Baked Custard Butterscotch Pudding Ice Cream		ream	Apple Pie		Trifle		German Chocolate Cake		Banana Cake				
PM/HS Snack	Coc	kies	Yog	gurt	Bon Tor	Special	Blueberry (Coffee Cake	Mini Cinn	amon Bun	Cheese &	Crackers	Fruit I	Bread	
						• Bread	d • Buns	Margarii	ne •						
	I	Soup & Dessert May Change Without Notice													