

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Sept 22	Dec 15	Sept 23	Dec 16	Sept 24	Dec 17	Sept 25	Dec 18	Sept 26	Dec 19	Sept 27	Dec 20	Sept 28	Dec 21
	Oct 20	Jan 12	Oct 21	Jan 13	Oct 22	Jan 14	Oct 23	Jan 15	Oct 24	Jan 16	Oct 25	Jan 17	Oct 26	Jan 18
<b>Beverages</b>	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
	Cream of Wheat Toast & Fruit Poached Eggs <i>or</i> Cold Cereal	Oatmeal Cereal Toast & Fruit Sausages <i>or</i> Cold Cereal	Oat Bran Cereal Toast & Fruit Scrambled Eggs <i>or</i> Cold Cereal	Corn Meal Cereal Toast & Fruit Grilled Bacon <i>or</i> Cold Cereal	Cream of Wheat Toast & Fruit Blueberry Pancakes & Yogurt <i>or</i> Cold Cereal	Oatmeal Cereal Toast & Fruit Cinnamon Bun <i>or</i> Cold Cereal	Oat Bran Cereal Cheese Omelets Toast & Fruit <i>or</i> Cold Cereal							
<b>Lunch</b>														
<i>Entree</i>	BBQ Pulled Pork on Pita Bread Garden Salad <i>or</i> Assorted Sandwiches	Fish & Chips Coleslaw <i>or</i> Assorted Sandwiches	Chicken Salad in a Home Baked Croissant Caesar Salad <i>or</i> Assorted Sandwiches	Macaroni and Cheese Mixed Vegetables Garlic Toast <i>or</i> Assorted Sandwiches	Omelet Frittata Bread Roll Steamed Carrots <i>or</i> Assorted Sandwiches	Grilled Cheese Sausage Mix Green Salad <i>or</i> Assorted Sandwiches	Chicken Breast Stuffed w Cheese & Broccoli Garlic Bread Mixed Vegetables <i>or</i> Assorted Sandwiches							
<i>Dessert</i>	Sliced Peaches	Lemon Streusel Cake	Cinnamon Rice Pudding	Fruit Cocktail	Nanaimo Bar	Watermelon Slices	Poached Pears							
<i>Soup</i>	Potato Leek Soup	Chicken Vegetable	Cream of Spinach	Borscht	Chicken & Egg ( Asian)	Beef Barley	Split Pea							
<b>Supper</b>														
<i>Entrée</i>	 Beef Meatloaf and Mushroom Sauce Mashed Potatoes Carrot & Peas  Entrée 2 Assorted Sandwiches	Chicken Breast Stuffed with Apple and Brie Egg Noodles California Vegetables   Entrée 2 Assorted Sandwiches	Roasted Pork Loin Parsley Potatoes Fresh Cauliflower Florets  Entrée 2 Assorted Sandwiches	Hungarian Beef Stew Mashed Potatoes Montenegro Blend  Entrée 2 Assorted Sandwiches	Potato Crusted Cod Roasted Baby Potatoes Steamed Broccoli  Entrée 2 Assorted Sandwiches	Grilled Ham Steak Steamed Potatoes Zucchini   Entrée 2 Assorted Sandwiches	Shepherd's Pie PEI Vegetable  Entrée 2 Assorted Sandwiches							
<i>Dessert</i>	Butterscotch Pudding	Berry Crumble	Ice Cream	Apple Pie	Trifle	German Chocolate Cake	Banana Cake							
<b>PM/HS Snack</b>	Fruit & Cookies	Yogurt & Fruit	Muffins	Blueberry Coffee Cake & Fruit	Mini Cinnamon Bun & Fruit	Mini Meringues	Fruit Bread							
• Bread • Buns • Margarine •														

Soup & Dessert May Change Without Notice