

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Sept 29 Oct 27 Nov 24	Dec 22 Jan 19 Feb 16	Sept 30 Oct 28 Nov 25	Dec 23 Jan 20 Feb 17	Oct 01 Oct 29 Nov 26	Dec 24 Jan 21 Feb 18	Oct 02 Oct 30 Nov 27	Dec 25 Jan 22 Feb 19	Oct 03 Oct 31 Nov 28	Dec 26 Jan 23 Feb 20	Oct 04 Nov 01 Nov 29	Dec 27 Jan 24 Feb 21	Oct 05 Nov 02 Nov 30	Dec 28 Jan 25 Feb 22
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oatmeal Cereal Cinnamon French Toast & Fruit Or Cold Cereal	 Oat Bran Cereal Toast & Fruit Waffles or Cold Cereal	Cream of Wheat Bacon Cheese Scrambled Eggs Toast & Fruit or Cold Cereal	Oatmeal Cereal Toast & Fruit Cheddar Cheese or Cold Cereal	Oat Bran Cereal Toast & Fruit Mini Pancakes or Cold Cereal	 Cornmeal Cereal Toast & Fruit Poached Eggs or Cold Cereal	Cream of Wheat Toast & Fruit Cottage Cheese or Cold Cereal							
Lunch														
Entree	Ruben Sandwich Caesar Salad or Assorted Sandwiches	Fajita Chicken strips With fried rice and Vegetables or Assorted Sandwiches	Pizza Greek Salad or Assorted Sandwiches	Chilli Con Carne Bread roll Garden Salad Assorted Sandwiches	Beef dip Pita Bread, Gravy Caesar Salad or Assorted Sandwiches	Grilled Ham & Cheese Tomato & Cucumber Salad or Assorted Sandwiches	Cheese Tortellini Tossed Salad or Assorted Sandwiches							
Dessert	Vanilla Ice Cream	Fruit Salad 	Coconut Rice Pudding	Apple Pie	Mango Tapioca	Orange Segments	Watermelon							
Soup	Butternut Squash	Mushroom 	Pea Soup	Potato Leek	Cream of tomato	Red Lentil	Chicken Noodle Soup							
Supper														
Entrée	BBQ Roast Pork Mashed Potatoes Peas & Carrots Entrée 2 Assorted Sandwiches	Peach and Honey Ham Whipped Potatoes California Vegetables Entrée 2 Assorted Sandwiches	Spaghetti Meat balls with garlic bread Steamed Cauliflower Entrée 2 Assorted Sandwiches	Hunter Chicken (tomato sauce, olive , veg, Cheese) Mashed Potatoes Steamed Broccoli Entrée 2 Assorted Sandwiches	Salmon Filet with Dill Butter Rice Mixed Vegetables Entrée 2  Assorted Sandwiches	BBQ Chicken Drumsticks Roasted Baby Potatoes Italian Mixed Veg Entrée 2 Assorted Sandwiches	Roast Turkey Breast Whipped Potatoes Carrot Coins Entrée 2 Assorted Sandwiches							
Dessert	Coconut Cream Pie	Caramel Cake	Maple Chocolate Cake	Assorted Deserts	Orange Layer Cake	Apple Strudel	Carrot Cake							
PM/HS Snack	Fruit & Chocolate Coffee Cake	Cheese Danish & Fruit	Fresh Banana	Fruit & Yogurt	Cinnamon Bun & Fruit	Mini Danish & Fruit	Fruit & Cookies							
	• Whole Wheat Bread • Buns • Margarine •													

Soup And Dessert May Change Without Notice