SMHG	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	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	Oct 06 Nov 03 Dec 01	Dec 29 Jan 26 Feb 23
Beverages	◆ Tea    ◆ Coffee    ◆ Juice    ◆ Milk    ◆ Water													
Breakfast	Dry Cereal Toast Fruit (banana/orange) Boiled Egg		Dry Cereal Waffles Fruit (banana/orange) Sausage Pattie		Dry Cereal Raisin Toast Fruit (banana/orange) Cheese Slice		Cream of Wheat Toast Fruit (banana/orange) Yogurt		Oatmeal Toast Fruit (banana/orange) Yogurt		Dry Cereal Toast Fruit (banana/orange) Yogurt		Dry Cereal Toast Fruit (banana/orange) Cheese Slice	
Lunch														
Soup	Italian Wedding		Turkey Rice		Potato Leek		Beef Barley		Chicken Noodle		French Onion		Cream of Broccoli & Cheese	
Entree	Hot Dog Baked Beans Diced Onions Melon Wedges		Crab Salad Tomato Wedges Croissant		Hot Pizza Sub w/Ham, Salami Pepperoni Caesar Salad		Pancakes Bacon Scrambled Eggs		Roast Pork Sandwich Thin Slice Onion Cucumber Slices		Hamburgers w/cheese, lettuce Tomato slice Bread/Butter Pickles		Loaded Quiche w/Ham, Celery, Green Onion, Cheese Toast Orange Slices	
			Butterscotch Pudding		Diced Peaches		Stewed Berry Blend		Orange Jell-O w/Mandarin Oranges		Mixed Melons		Cookie	
Alternate	Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich	
Supper														
Soup	Turkey Rice		Potato Leek		Beef Barley		Chicken Noodle		French Onion		Cream of Broccoli & Cheese		Mushroom Soup	
Entrée	Beef Stew w/Vegetables Cubed Potato Coleslaw Bun		KFC Style Chicken Baked Potato Wedges Tossed Salad Broccoli & Cauliflower Stir Fry		Pork Chops Rice w/Mushroom Sauce Diced Carrots & Turnip Cucumber 'n Onion Salad		Roast Beef w/Horseradish Mashed Potato Gravy Tossed Salad Yellow Bean w/Garlic		Baked Salmon (w/Dill Sauce) Cubed Potato Coleslaw Peas		Chicken Alfredo Caesar Salad Noodles Tri Colour Vegetables		Baked Ham Scalloped Potato Tossed Garden Salad Glazed Carrots	
Dessert	Spice	e Cake	Lemor	n Tarts	Squ	are	Cherry Cheese Cake		Strawberry Shortcake		Banana Cake		Fruit Danish	
Alternate	Sandwich	or Perogies	Sandwich o	or Perogies	Sandwich o	or Perogies	Sandwich o	or Perogies	Sandwich o	or Perogies	Sandwich o	r Perogies	Sandwich o	or Perogies
Condiments		• Bread • Margarine • Butter •												