

	BREAKFAST	LUNCH	DINNER
SUNDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Beef Barley Soup Smoke Salmon on Croissant with Chive Cream Cheese Caesar Salad ALT: Hawaiian Pizza Lemon Macaroon Bar	Bruschetta Roast Turkey with Dressing Cranberry Sauce & Gravy Mash Potato Baby Carrots / French Green Bean ALT: Cabbage Rolls Marinara Sauce Maple Apple Crumble
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
MONDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Chef's Choice Soup Roast Beef on Whole Wheat ALT: Vegetable Omelet Tomato Slices Pinacolato Fruit Salad	Mushroom Pot Sticker w Soya Sauce Chicken Snow Pea & Pepper Stir Fry Steamed Rice Yellow Waxed Beans / Seasoned Broccoli ALT: Beef Burgundy Pearl Onions Mushroom Bacon Stew Cherry Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
TUESDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Tomato Dill Soup Grilled Turkey on Multigrain ALT: Ham & Asparagus Crepe Spinach Salad Almandine Butter Croissant	Broccoli Salad Spaghetti & Meat Sauce w/ Garlic Bread Buttered Corn / Seasoned Peas ALT: Tilapia w/ Pineapple Salsa Potatoes Tiramisu Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
WEDNESDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Mulligatawny Soup Chili con Carne Warm Bread ALT: Grilled Cheese Sandwich Garden Salad Fresh Baked Cookies & Apple Sauce	Caesar Salad Pork Goulash Mini Roasted Red Potatoes Braised Red Cabbage Green Beans Almandine ALT: Lemon Thyme Lamb Chop Lemon Cream Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
THURSDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Seafood Chowder Chicken Fingers & Fries w/ Plum Sauce ALT: Julienne Salad Plate Garlic Bread Assorted Dessert	Mixed Green Salad with Maple Walnut Vinaigrette Maple Orange Glazed Chicken Breast Whipped Potatoes Seasoned Peas / Parslied Cauliflower ALT: Liver and Onions Sponge Cake Strawberry Compote
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
FRIDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Squash Soup Chantilly Maple Cream Philly Cheesesteak Sub Marinated Cucumber & Tomato Salad ALT: Sausage Link & Pancakes Fresh Seasonal Fruit Fruit Jell-O	Broccoli Cauliflower Salad Fish n' Chips with Tartar Sauce Creamy Coleslaw ALT: Octoberfest Sausage Braised Red Cabbage / Mixed Vegetable Black Forest Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
SATURDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs & Sausage Toast / Assorted Jams	Tortellini Soup Roasted Vegetable & Feta Quiche Garlic Bread ALT: Canadian Club Sandwich Purple Apple Slaw Black Cherry Ice Cream	Orange & Spinach Salad Parmesan Crusted Chicken & Tomato Sauce Mashed Potatoes Green Beans / Roasted Carrots ALT: Maple Mustard Pork Loin Coconut Cream Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request