

SAMPLE MENU - WEEK 1

B R E A K F A S T	Milk cantalope wedges Assorted cold cereal P. Butter Buttered whole wheat toast Coffee/Tea	Milk Hot oatmeal Buttered toast P. Butter Banana Coffee/Tea	Milk Apple wedges assorted cold cereal Buttered toast P. Butter Coffee/Tea	Milk Grapefruit segments cream of wheat Poached egg Buttered W/W toast Coffee/Tea	Milk Orange segments Assorted cold cereals Buttered W/W toast P. Butter Coffee/Tea	Honeydew cubes French toast Syrup or berries Bacon Fruit yogurt Coffee/Tea/Milk	Cantelope wedges Poached egg Sausage Buttered W/W toast Milk/Coffee/Tea
	Sliced Strawberries Coffee/Tea	Sliced cantelope Cottage cheese Coffee/Tea	Fruit yogurt,Coffee/Tea	Banana bread Coffee/Tea	Flavoured Rice Cake Coffee/Tea	Granola bar Coffee/Tea	yogurt Coffee/Tea
L U N C H	Shaved beef Sandwich on 12 grain W/ mustard Cucumber & Onion salad Rice pudding Coffee/Tea/Milk	Cream of chicken soup Pulled pork on bun Peach slices Coffee/Tea/Milk	Bean & Ham soup tuna salad sandwich dill pickle Jello & whipped topping Coffee/Tea/Milk	Vegetable & bacon omelette Tossed salad dressing W/W buttered toast Carrot cake/ cream cheese icing Coffee/Tea/Milk	W/W Bagel with egg salad, lettuce, cucumber & tomato slices Fruit cocktail Coffee/Tea/Milk	Chicken strips/plum sauce Potato wedges Apple salad Coffee/Tea/Milk	Grilled cheese on W/W dill pickle coleslaw Strawberry mousse Coffee/Tea/Milk
	Muffin, coffee/Tea	Celery Stix. P. Butter Juice	Cake Donut/Coffee/Tea	Carrots& Hummus Coffee/Tea	Applesauce Cookies Coffee/Tea	English muffin/P. Butter Coffee/Tea	Apple slices with cinnamon Coffee/Tea
D I N N E R	Oven baked pork chop Mashed potato buttered green beans Baked apple Coffee/Tea/Milk	Spaghetti/meat sauce Caesar salad Garlic toast Prune pudding Coffee/Tea/Milk	Oven baked chicken Baked potato Mixed vegetables Tapioca Coffee/Tea/Milk	Baked ham topped with raisin sauce Herbed fettucine Corn & red bell pepper Choc. Pudding Coffee/Tea/milk	Oven baked fish & chips Tartar sauce Coleslaw Blueberry Crisp Coffee/Tea/Milk	Asst'd cold meat slices Asst'd cheese slices potato salad Pickles W/W bun Fruit cocktail Coffee/Tea/Milk	R. Beef Mashed potato gravy mixed vegetables Tossed garden salad Apple pie Ice cream Coffee/Tea/Milk
	Cheese, crackers & juice	Granola bar/juice	Ice cream cone, Juice	Berries& cream, juice	Popcorn & Juice	Grapes & cheese Juice	Asst'd mixed nuts & fruit Juice

SAMPLE MENU- WEEK 2

B R E A K F A S T	Milk Orange slices Cream of wheat P.butter buttered W/W toast Coffee/Tea/Milk	Milk Grapefruit segments asst'd cold cereal fruit yogurt Buttered raisin toast Coffee/Tea	Milk Pear slices Hot oatmeal Buttered english muffin P. Butter Coffee/Tea	Orange slices Scrambled egg on bagel with ham & cheese Coffee/Tea/Milk	Milk Water mellon slices Asst'd cold cereal buttered toast P. Butter Coffee/Tea	W/W Pancakes with Strawberry or blueberry sauce Bacon Coffee/Tea/Milk	Grapefruit segments Poached egg on W/W buttered toast Sausage Coffee/Tea/Milk
	Date square Coffee/Tea	Breton crackers Coffee/Tea	Cinnamon bun Coffee/Tea	Cookies Coffee/Tea	Puffed wheat square Coffee/tea	Yogurt Coffee/Tea	Bran muffin Coffee/Tea
L U N C H	Cream of potato soup tuna salad on W/W bun Nanaimo bar slice Coffee/Tea	Grilled ham and cheese sandwich cucumber salad Fruit cocktail Coffee/Tea/Milk	Beef barley soup Toasted tomato sandwich on W/W Hot Apple slices with cinnamon Coffee/Tea/Milk	Chicken Quesidilla Angel food cake with Strawberry sauce Coffee/Tea/Milk	Salmon salad on W/W pita with lettuce and tomato Tomato soup made with milk Canned peaches Coffee/Tea/Milk	Cream of celery soup Turkey Sub. On W/W/ with mayo tomato and lettuce Tapioca Coffee/Tea/Milk	Chili & garlic toast Canned apricots Coffee/Tea/Milk
	Ice cream bar Coffee/Tea	Wagon Wheel Coffee/Tea	Broccoli & dip Coffee/Tea	Celery/P butter Coffee/Tea	Oatmeal cookies Apple slices, Coffee/Tea	Bananas& cream Coffee/Tea	Watermelon slices Coffee/Tea
D I N N E R	Veal parmesan Oven roasted potato Steamed broccoli Chocolate cake Coffee/Tea/Milk	Meatballs in mushroom sauce Buttered & herbed egg noodles Mixed vegetables Spiced peach pudding Coffee/Tea/Milk	Chicken stir fry Rice Caramel bread pudding Coffee/tea/Milk	fish cakes tartar sauce Pasta salad Broccoli salad Vanilla pudding Coffee/Tea/Milk	Beef stew with potatoes & vegetables Warm biscuits Fruit cocktail Coffee/Tea/Milk	Lasagne garlic toast caesar salad Ice cream sundae Coffee/Tea/Milk	Oven roast turkey dressing gravy mashed potatoes corn Garden salad Pumpkin pie & whipped topping Coffee/Tea/Milk
	Fruit Yogurt Juice	Buttered toast & juice	Butter tart & juice	Grapes & cheese	Fudge bar& juice	Rice cake & juice	Crackers & cheese

SAMPLE MENU-WEEK3

B R E A K F A S T	Milk Melon wedges Asst'd cold cereal P. Butter Buttered W/W/ toast Coffee/Tea	Milk Apple wedges Hot oatmeal Buttered raisin toast Coffee/Tea	Milk Grapefruit slices Asst'd cold cereal P. Butter Buttered W/W/ toast Coffee/Tea	Milk Orange slices Cr. Of wheat Cheddar cheese Buttered W/W toast Coffee/Tea	Pear wedges French toast syrup and ham Coffee/Tea/ Milk	Water melon slices Scrambled egg on W/W bun with cheese and bacon Baked hash brown Coffee/Tea/Milk	Crepes & peach or strawberry sauce with whipped topping Breakfast sausage Coffee/Tea/Milk
	Cake donut Coffee/Tea	Sliced strawberries Coffee/Tea	Rice Krispie square Coffee/Tea	Yogurt Coffee/Tea	Grapes & cheese Coffee/Tea	Flavoured rice cake Coffee/Tea	Cottage cheese, sliced cantelope Coffee/Tea
L U N C H	Cream of broccoli soup turkey burger on W/W bun sliced tomato & lettuce Jello & whipped topping Coffee/Tea/Milk	Vegetable & ham quiche Caesar salad Strawberry mousse Coffee/Tea/Milk	Pasta & tuna bake with raw vegetables and dip Canned mandarin oranges Coffee/Tea/Milk	Grilled rueben sandwich on rye baked beans Spice cake Coffee/Tea/ Milk	Tomato vegetable soup grilled cheese sandwich dill pickle Chocolate pudding Coffee/Tea/Milk	W/W bagel with chicken salad lettuce and tomato Coleslaw Cookie & fruit yogurt Coffee/Tea/Milk	egg salad sandwich on W/W Marinated tomato & onion salad Date square Coffee/Tea/Milk
	Granola bar Coffee/Tea	Date square Coffee/Tea	Cinnamon bun Coffee/Tea	Sponge cake Coffee/tea	Banana & Strawberries Coffee/Tea	Popcorn & juice	Pretzels & juice
D I N N E R	Meatloaf Mashed potato corn Baked apple Coffee/Tea/Milk	Oven roast chicken Rice green beans Cheese cake fruit topping Coffee/Tea/Milk	Pork cutlet Oven roast potato Turnip Peach cobbler Coffee/Tea/Milk	Grilled haddock dill sauce mashed potato glazed carrots Apricot halves Coffee/Tea/Milk	Glazed corn beef Parslied boiled baby potatoes buttered cabbage bread pudding Coffee/Tea/Milk	Spaghetti meat sauce caesar salad garlic toast Vanilla pudding Coffee/Tea	Glazed ham scalloped potatoes Vegetable medley Fruit pie Ice cream Coffee/Tea/Milk
	Applesauce cookies & Juice	Cheesy popcorn & juice	Baked apple & juice	Cheese & crackers/ juice	Honeydew melon& juice	Ice cream cone & juice	Watermelon slices & juice

