

MEAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Buttermilk Pancake Scrambled Egg or Boiled Egg Cream of Wheat Cold Cereals Fresh Fruit	Ham & Cheese Omelet Scrambled Egg or Boiled Egg Oatmeal Asst. Cold Cereal Fresh Fruit	Belgian Waffle Scrambled Egg or Boiled Egg Cream of Wheat Asst. Cold Cereal Fresh Fruit	Cheese Scone Scrambled Egg or Boiled Egg Oatmeal Asst. Cold Cereal Fresh Fruit	Bran Muffin Scrambled Egg or Boiled Egg Cream of Wheat Asst. Cold Cereal Fresh Fruit	Breakfast Sausage Scrambled Egg or Boiled Egg Oatmeal Assorted Cold Cereal Fresh Fruit	Bacon Scrambled Egg or Boiled Egg Cream of Wheat Asst. Cold Cereal Fresh Fruit
LUNCH	Zucchini Vegetable Soup Fish n' Chips with Coleslaw HM Tartar Sauce Homemade Cream Puff	French Onion Soup Swiss Steak with Mashed Potato and Seasoned Green Peas Cherry Cobbler	Cream of Mushroom soup Sweet & Sour Pork Turmeric Rice Baby Bok Choy Boston Cream Pie	Tomato Vegetable Soup Roast Beef Sandwich Tossed Salad Fruit Jello	Chicken Rice Soup Ham & Swiss Cheese Coleslaw Blueberry Pie	Carrot & Ginger Soup Chicken Ala King in Puff Pastry with Mixed Green with Tomato & Cheddar Strawberry Mousse	Tomato Vegetable Soup Turkey & Cheese Croissant with Citrus Beet Salad Hot Fudge Sundae
Alternative	Ham and Cheese Sandwich with Coleslaw	Pastrami Sandwich With Tossed Salad	Chicken & Avocado Cobb Salad with Focaccia	Bacon & Cheese Quiche with Side Salad	Baked Beans, wieners with Garlic Toast	Sausage Rolls	Vegetable Frittata & Cheese Scone
PM Snack	Spice Muffin & Fruit Platter	Banana Chocolate Muffin & Fruit Platter	Cranberry Muffin & Fruit Platter	Assorted Cookie & Fruit Platter	Lemon Muffin & Fruit Platter	Blueberry Scone & Fruit Platter	Lemon Loaf & Fruit Platter
DINNER	Caesar Salad with Ceasar Dressing Spaghetti with Meat sauce Garlic Toast Butternut Squash Sautéed Spinach Banana Foster	Tossed Salad w/ Mandarin Orange and Cranberry Poached Salmon with Dill Sauce Baked Half Potato with Sour Cream and Chives Roasted Parm. Tomato Cream Corn Fruit Crumble	Greek Salad Beef Bourguignon Beef Gravy Roasted Herb Potato Sauteed Kale w/Red Onion Baby Carrots Lemon Meringue Pie	Cucumber Salad Rosemary Chicken with Chicken Gravy Scalloped Potatoes Fresh Zucchini Baked Turnips Strawberry Shortcake	California Salad Shepherd's Pie Beef Gravy Sautéed Sweet Peppers Wax Beans Triple Berry Crumble	Spinach Salad with Mushrooms & Bacon Bits Lemon Parmesan Cod Mashed Potato Cauliflower Creamy Spinach Caramel Cake	Tomato & Red Onion Salad Prime Rib w/ Horseradish and Beef Gravy Baked Half Potato with Sour Cream and Chives Fresh Carrots Green Beans Warm Apple Pie
Alternative	Chicken Pot Pie	Bangers & Mash	Chicken Souvlaki	Pan-fried Cod with Dill Sauce	Curried Chicken & Chickpeas w/Basmati Rice	BBQ Boneless Breaded Pork	Poached Sole Filet with Caper Cream Sauce
HS Snack	Assorted Sandwich Fresh Fruit	Assorted Sandwich Pudding, fresh fruit	Cheese & Crackers Fresh Fruit	Assorted Sandwich Pudding, fresh fruit	Assorted Sandwich Fresh Fruit	Assorted Sandwich Fresh fruit, Pudding	Assorted Sandwich Fresh fruit, Pudding

Served at each meal: Juices (apple / orange / cranberry / prune, diabetic specific), 2% milk, Regular coffee, decaf coffee, tea, + water (beverages available thin & thickened)

Breakfast: For regular diets whole wheat or white bread available - toasted or not toasted, with butter or marmalade and jam.

PM Snacks: Hot & Cold Beverages (thin & thickened) / assorted baked goods (regular, minced & puree) & fruit platter / puree fruit or pudding / individually prescribed snacks.

HS Snack: Hot & Cold Beverages (thin & thickened) / Sandwiches- crustless for minced /minced & pureed pudding or fruit / individually prescribed snacks

Items always available in the servery 24 / 7: Cold cereals, instant oatmeal, yogurt, pudding, bread, portions packs of Peanut Butter, Jam, Butter, assorted pkg cookies, portion soups, saltine crackers, Assorted Juices, milk, water, instant decaf coffee & tea – ice cream & popsicles in summer / Hot chocolate & apple cider packets in winter