

<b>WEEK 1</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Oatmeal French Toast w Syrup + Bacon Puree: French Toast	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Puree: Yogurt	Toast / Spread Oatmeal Bran Muffin + Cheese Puree: Yogurt	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Puree: yogurt	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast
<b>Lunch</b>	<b>Chicken Pot Pie</b> Vol au Vent Pastry Peas <b>Strawberry Mousse</b>	<b>3 Bean Chili</b> ½ baked potato Green onion, sour cream <b>Chocolate Fudge Tart</b>	<b>Vegetarian Lasagna</b> Roasted Squash Salad <b>Apple Strudel</b>	<b>Eggs Benedict Strata</b> Ham/hollandaise Hash browns*herbs Cantaloupe	<b>Turkey Burger</b> Yam Fries <b>Butterscotch Ripple Ice Cream Cup</b>	<b>Pulled Pork Pizza</b> Caesar salad <b>Fruit Jell-O</b>	<b>Moroccan Beef Stew</b> Mashed Potato **Creamy Cucumber Salad <b>Tropical Fruit</b>
<b>Daily Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>
<b>Alternates</b>	<b>Creamy Vegetable Vol au Vent</b>	<b>*Plain Chicken</b>	<b>Chicken Wrap</b>	<b>*Plain Chicken Mushroom Strata</b>	<b>Plant Based Burger</b>	<b>Vegetarian Pizza</b>	<b>*Plain Chicken Chickpea Stew</b>
<b>PM Snack</b>	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc
<b>Supper</b>	<b>Braised Beef Brisket</b> Steamed Butter Herb Potatoes French Green Beans <b>Lemon Meringue Pie</b>	<b>Prawns in Pesto Cream Penne</b> Mixed Vegetables <b>Carrot Cake</b>	<b>Lightly Spiced Roast Chicken</b> Curried Cream Sauce Rice Broccoli & Cauliflower <b>Mandarin Oranges</b>	<b>Beef Shepherd's Pie</b> PEI Veg Mix <b>Banana Pudding Bars</b>	<b>Braised Pork Chop</b> Zucchini, peppers and olives Lemon Roasted Potato <b>Date Square</b>	<b>Salmon Fillet w/ Honey Garlic.</b> Rice Broccoli <b>Strawberries + Whip</b>	<b>Citrus Glazed Chicken</b> Roasted Potatoes Carrots <b>Donut Holes</b>
<b>Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>
<b>Alternates</b>	<b>*Plain Chicken Roasted Portobello Mushroom</b>	<b>*Plain Chicken Pesto Cream Sauce</b>	<b>Red Lentil Dahl</b>	<b>Black Lentil Shepherd's Pie</b>	<b>Chicken Skewers Roasted Tofu</b>	<b>*Plain Chicken Stuffed Zucchini</b>	<b>Citrus Glazed Tofu</b>
<b>HS Snacks</b>	Apples + Cheese/ Crackers	Lemon Loaf + Yogurt	Gourmet Cookie + Yogurt	Scone + Cream cheese/jam	Muffin + Cheese	Naan Bread + Hummus	Banana Loaf + Yogurt

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Oatmeal Waffle w Syrup + Turkey Sausage Puree: French Toast	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Puree: Yogurt	Toast / Spread Oatmeal Banana Muffin + Cheese Puree: Yogurt	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Puree: yogurt	Toast / Spread Oatmeal Scrambled Egg Puree: Egg + Toast
<b>Lunch</b>	<b>Black Bean Tortilla Pie</b> <b>Sour Cream and Mild Salsa</b> <b>Corn nibblets</b> <b>Mango Cake Bites</b>	<b>Filet 'o' Fish Burger + Tartar sauce</b> Lemony Carrot Zucchini Slaw <b>Brownie</b>	<b>Chicken Sundried Tomato Alfredo Rigatoni</b> Caesar Salad <b>Ice Cream Sandwich</b>	<b>Bacon &amp; Caramelized Onion Quiche</b> Mixed Roasted Vegetables Apple Cake	<b>Turkey Pot Pie</b> Brussel's Sprouts w dried cranberry <b>Peaches &amp; Cream</b>	<b>Molasses Ham Hock Baked Beans</b> Chopped Spinach, Apple + feta salad Whole wheat Dinner Roll <b>Tapioca Pudding</b>	<b>**Beef Cheese Burger Pie</b> <b>Roasted Parsnips</b> <b>Sponge Cake w Berries + whipped cream</b>
<b>Daily Soup</b>	Chef's Soup	Chef's Soup	Chef's Soup	Chef's Soup	Chef's Soup	Chef's Soup	Chef's Soup
<b>Alternates</b>	<b>*Plain Chicken</b>	<b>Beyond Meat Nuggets</b> tartar + dinner roll	<b>Spinach, Red Pepper Sundried Tomato Alfredo</b>	<b>Onion &amp; Cheese Quiche</b>	<b>Grilled Vegetable Panini</b>	<b>*Plain Chicken Molasses Baked Beans</b>	<b>*Plain Chicken Veggie Pie</b>
<b>PM Snack</b>	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc
<b>Supper</b>	<b>Roast Turkey w/ Gravy</b> Mashed Potato Peas & Carrots <b>Apple Pie</b>	<b>Macaroni + Cheese</b> Mild Italian Sausage Broccoli <b>Nanaimo Bar</b>	<b>Meatloaf w/ Gravy</b> Garlicy Mashed Potato California Veg <b>Raspberry Jell-O</b>	<b>Chicken Marbella</b> Mashed Yams PEI Vegetable <b>Chocolate Mouse</b>	<b>Sweet &amp; Sour Pork</b> Rice Stir Fry Veg <b>Blueberry Pie</b>	<b>Baked Tilapia</b> Lemon Dill Sauce Brown rice Peas <b>Fruit Cocktail</b>	<b>Swedish Meatballs</b> Egg Noodles Steamed Spinach <b>Oatmeal Cookie Parfait</b>
<b>Alternates</b>	<b>Plant Based Chicken Tender</b>	<b>Plant Based Sausage</b>	<b>*Plain Chicken Lentil Loaf</b>	<b>Vegetarian Pizza</b>	<b>Tofu Stir fry</b>	<b>*Plain Chicken Roasted Tofu</b>	<b>Plant Based Meat Balls</b>
<b>Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>
<b>HS Snacks</b>	Apples + Cheese	Lemon Loaf + Yogurt	Gourmet Cookie + Yogurt	Scone, Cream Cheese/Jam	Muffin + Cheese	Naan Bread + Hummus	Banana Loaf + Yogurt

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Oatmeal French Toast + Sausage Pur: French Toast	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Pur: Yogurt	Toast / Spread Oatmeal Carrot Muffin + Cheese Pur: Yogurt	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Pur: yogurt	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast
<b>Lunch</b>	<b>Chicken Souvlaki</b> <b>Brown Rice</b> Greek Vegetables (zucchini, onion, peppers) Tzatziki <b>Cheese Cake</b>	<b>Seafood Stew Cioppini</b> (white fish + shrimp) <b>Focaccia</b> Caesar salad <b>Chocolate Cake</b>	<b>Corned Beef Hash</b> Herb Roasted Roma Tomatoes <b>Butterscotch pudding + wafer cookies</b>	<b>Spinach and Feta Quiche</b> Greek Salad <b>Bread Pudding</b>	<b>**Tomato Herb Turkey Loaf Focaccia Autumn Chop salad Banana Cake</b>	<b>Herb Roast Chicken</b> Potato Wedges + Green Apple coleslaw <b>Tangerine Mousse</b>	<b>Gourmet Hot Dog</b> w Sauerkraut Potato Wedges <b>Lemon Bavarian</b>
<b>Daily Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>
<b>Alternates</b>	<b>Tofu Skewers</b>	<b>White Bean + Veggie Stew</b>	<b>*Plain Chicken Tofu Hash</b>	<b>*Plain Chicken</b>	<b>Vegetable Pot Pie</b>	<b>Herb Rst Tofu</b>	<b>*Plain Chicken Vegetarian Hot Dog</b>
<b>PM Snack</b>	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc
<b>Supper</b>	<b>Glazed Ham w mustard sauce</b> Scalloped potatoes Brussels Sprouts <b>Apple Crumble</b>	<b>BBQ Pork Tenderloin</b> Corn Succotash Smashed baby potato w/ Sour Cream <b>Creamy Rice Pudding</b>	<b>Chicken Parmesan</b> Penne Italian Veg Mix <b>Strawberry Shortcake</b>	<b>Bangers + Mash</b> Gravy Green Beans <b>Ginger Cookie/Spiced pudding</b>	<b>Teriyaki Chicken Stir Fry</b> White rice Asian Vegetables <b>Puff Pastry Beignet w/ ginger &amp; apple glaze</b>	<b>Salmon Croquettes</b> Lemon dill sauce Rice Broccoli <b>Date Square</b>	<b>Beef Pot Roast</b> Soda Bread Carrots + Potatoes <b>Brownie Bites</b>
<b>Alternates</b>	<b>Plain Chicken Mustard Glazed Tofu</b>	<b>BBQ Chicken/BBQ Tofu</b>	<b>Eggplant/Zucchini Parmesan</b>	<b>Plant Based Sausage</b>	<b>Tofu Stir fry</b>	<b>*Plain Chicken Tempura Vegetables</b>	<b>Hearty Vegetable Stew</b>
<b>Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>
<b>HS Snacks</b>	Apples + Cheese	Lemon Loaf + Yogurt	Gourmet Cookie + Yogurt	Scone, Cream Cheese/Jam	Muffin + Cheese	Naan Bread + Hummus	Banana Loaf + Yogurt

<b>WEEK 4</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	Oatmeal Pancakes + Bacon Pur: Yogurt	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Pur: Yogurt	Toast / Spread Oatmeal Blueberry Muffin + Cheese Pur: Yogurt	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast	Toast / Spread Oatmeal Boiled Egg Pur: yogurt	Toast / Spread Oatmeal Scrambled Egg Pur: Egg + Toast
<b>Lunch</b>	<b>Oven Fried Chicken w gravy</b> <b>Nugget potatoes</b> Carrot Slaw <b>Cherry Tart</b>	<b>Turkey Shepherd's Pie</b> Steamed broccoli <b>Scone/ Berry Compote</b>	<b>Pulled Pork</b> <b>Enchiladas</b> *mild red sauce Corn Succotash <b>Coffee Cake Muffin</b>	<b>Monte Cristo Casserole</b> <b>Dinner roll</b> Pear & Arugula Salad <b>Raspberry Mousse</b>	<b>Beef Bourguignon</b> <b>Pot pie</b> French beans <b>Diced Pears</b>	<b>Chicken Tetrazzini</b> Mushrooms, Egg Noodles Green salad <b>Iced Cake</b>	<b>Tuna Melt</b> Caesar salad <b>Strawberry &amp; Rhubarb</b> <b>Crumble</b>
<b>Daily Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>	<b>Chef's Soup</b>
<b>Alternates</b>	<b>Oven Fried Oyster</b> <b>Mushrooms</b>	<b>Lentil Shepherd's Pie</b>	<b>Re-fried Bean</b> <b>Enchiladas</b>	<b>*Plain Chicken</b> <b>Cheesy Cristo</b> <b>Casserole</b>	<b>Portobello</b> <b>Bourguignon</b>	<b>Mushroom Tofu</b> <b>Tetrazzini</b>	<b>Roasted Vegetable Melt</b>
<b>PM Snack</b>	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc	Cut up fresh fruit + cookies, crackers, cheese, yogurt etc
<b>Supper</b>	<b>Cranberry Glazed</b> <b>Roast Pork</b> Mashed Potatoes w Pan Gravy California Veg <b>Pumpkin Square</b>	<b>Macaroni + Cheese</b> Kielbasa Sausage Peas <b>Nanaimo Bar</b>	<b>Basil balsamic</b> <b>Chicken Breast w/ red wine gravy</b> Brown rice Roasted Squash <b>Orange Cake</b>	<b>Cheeseburger w</b> Tomato, lettuce, dill pickle Fries & Gravy <b>Blueberry Tart</b>	<b>Chicken Cordon Blue</b> Steamed potatoes w Herbs Parisian Vegetables <b>Broken Glass Jell-O</b>	<b>English Fish + Chips</b> Tartar sauce Coleslaw <b>**Black Forest Custard</b>	<b>Fusilli Bolognese</b> Meat Sauce Italian Vegetables <b>Chocolate Mousse</b>
<b>Alternates</b>	<b>Oven Roasted Tofu</b>	<b>*Plain Chicken</b> <b>Plant Based Sausage</b>	<b>Tofu Stir Fry</b>	<b>Plant Based Burger</b>	<b>*Plain Chicken</b> <b>Vegetarian Pizza</b>	<b>*Plain Chicken</b> <b>Roasted Tofu</b>	<b>Tomato Sauce w Veggie</b> <b>Meat Balls</b>
<b>Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>	<b>House Salad</b>
<b>HS Snacks</b>	Apples + Cheese	Lemon Loaf + Yogurt	Gourmet Cookie + Yogurt	Scone, Cream Cheese/Jam	Muffin + Cheese	Naan Bread + Hummus	Banana Loaf + Yogurt