




	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 breakfast	prune juice cream of wheat poached egg/bacon English muffin stewed prunes banana or choice of juice assorted cold cereal toast with jams/spreads scrambled eggs	apple juice oatmeal boiled egg toast with jams/spreads stewed prunes or choice of juice assorted cold cereal scrambled eggs banana	orange juice cream of wheat peanut butter toast with jams/spreads stewed prunes or choice of juice assorted cold cereal scrambled eggs banana	apple juice oatmeal scrambled eggs toast with jams/spreads stewed prunes or choice of juice assorted cold cereal boiled egg banana	orange juice cream of Wheat boiled egg mini blueberry muffin stewed prunes or choice of juice assorted cold cereal scrambled eggs banana	apple juice oatmeal poached egg toast with jams/spreads stewed prunes or choice of juice assorted cold cereal scrambled eggs banana	orange juice cream of wheat scrambled toast with jams/spreads stewed prunes or choice of juice assorted cold cereal boiled egg banana
 lunch	squash soup pork with rice spring roll Oriental veggies lemon pudding or tuna salad sandwich bean salad fruited jello	turkey with rice soup macaroni & cheese herbed tomatoes cantaloupe salad or corned beef on rye with mustard apple coleslaw rocky road	Italian wedding soup chicken fingers potato wedges winter blend veggies mini chocolate éclair or egg salad sandwich tomato parmesan pineapple	broccoli soup pancakes & sausages pears butterscotch bar or garden chili tea biscuit tossed salad banana & cream	potato soup salmon salad sandwich bean salad chocolate chip cookie or open faced hot pork with gravy broccoli raspberry peach delight	bean & bacon soup turkey salad plate with whole wheat dinner roll pickled beets brownie or cod nuggets savoury diced potatoes California veggies blueberries	tomato soup cheese sandwich asparagus peaches or chicken & fruit salad with bran muffin lemon cake
 dinner	roast beef with horseradish mashed potatoes with gravy glazed carrots chocolate cream pie or crumb chicken steakette roasted potato zucchini peaches	crunchy perch savoury diced potatoes Scandinavian veggies stewed rhubarb & strawberries or tourtiere with gravy turnip fruit & cream trifle	Salisbury steak with gravy mashed potatoes herbed parsnips fruit cocktail or herbed pork loin Parisian potatoes Brussel sprouts date square	honey garlic turkey rice Oriental veggies orange sections or shepherd's pie mashed potatoes carrots angel food cake with topping	chicken & tea biscuit mashed potatoes Niagara veggies baked apple slices or veal parmesan buttered noodles spinach coconut cream pie	ham steaks scalloped potatoes cabbage fruit delightful or veggie delight with sauce garlic bread squash mini carrot cake	pork souvlaki rice pilaf homestyle veggies mixed berries or liver with gravy mashed potatoes creamed corn butterscotch pudding

Whole wheat bread, margarine or butter, milk, water & coffee or tea served with every meal. All leaf salads to be served with salad dressing. Gravy to be served with meals at appropriate hot meals at lunch and dinner at resident's request. Serving size = 2 fl oz. Morning and afternoon snack also served daily.