

WEEK 1	BREAKFAST	LUNCH	DINNER
Monday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Homemade Loaf 	<ul style="list-style-type: none"> • Homemade Soup & Chick Pea Salad • Battered Mushrooms <i>OR</i> Sweet and Sour Chicken Nuggets • Red Grapes (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Chicken Cordon Bleu <i>OR</i> Turkey Divan • Potatoes & Parsnips • Apple Pie (<i>Dessert</i>)
Tuesday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Scrambled Eggs 	<ul style="list-style-type: none"> • Homemade Soup & Tossed Salad • Tuna Melt <i>OR</i> Pot Pie • Fruit Cocktail (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Shepherd's Pie <i>OR</i> Cod Provencal • Mashed Potatoes & Peas • Cinnamon Fruit Compote (<i>Dessert</i>)
Wednesday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Yogurts 	<ul style="list-style-type: none"> • Homemade Soup & Sliced Tomatoes • French Toast with Sausage Patty <i>OR</i> Daily Quiche • Apricot Halves (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Veggie Stir Fry <i>OR</i> Pineapple Lemon Chicken Balls • Fried Rice • Maple Cake (<i>Dessert</i>)
Thursday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Buttered English Muffin 	<ul style="list-style-type: none"> • Homemade Soup & 4 Bean Salad • Bruschetta on a Baguette <i>OR</i> Cheese Cannelloni • Cherries (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Pork Chop with Mushroom Sauce <i>OR</i> Turkey Sausage • Baked Potato, Roasted Cauliflower • Brownie (<i>Dessert</i>)
Friday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Soft Boiled Eggs 	<ul style="list-style-type: none"> • Homemade Soup & Pickled Cucumber • Sloppy Joe <i>OR</i> Denver Omelette with Toast • Crushed Pineapple (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Steak & Mushroom Pie <i>OR</i> Chicken Thighs with Gravy • Noodles & Mixed Vegetables • Berry Crumble (<i>Dessert</i>)
Saturday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Raisin Toast 	<ul style="list-style-type: none"> • Homemade Soup & Coleslaw • Fish & Chips <i>OR</i> Poutine with Pulled Pork • Strawberry Ice Cream (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Ham & Potato Casserole <i>OR</i> Cheese Ravioli • Garlic Bread, Peppers & Corn • Macaroons (<i>Dessert</i>)
Sunday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Muffins 	<ul style="list-style-type: none"> • Homemade Soup & Marinated Tomatoes • Spinach Dip with Pita Bread <i>OR</i> Macaroni and Cheese • Prunes (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Chicken Breast Florentine <i>OR</i> Salisbury Steak • Sweet Potatoes & Spinach • Oatmeal Cookies (<i>Dessert</i>)

WEEK 2	BREAKFAST	LUNCH	DINNER
Monday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Homemade Loaf 	<ul style="list-style-type: none"> • Homemade Soup & Greek Salad • Pancakes with Bacon OR Crab Salad on an English Muffin • Mixed Berries (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Fried Chicken OR Veal Cutlet • Mashed Potatoes & Green Beans • Cherry Pie (<i>Dessert</i>)
Tuesday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Scrambled Eggs 	<ul style="list-style-type: none"> • Homemade Soup & Tossed Salad • Grilled Cheese Sandwich OR Garlic Shrimp • Pears (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Swedish Meatballs OR Pasta Primavera • Noodles & Montenegro Mix • Butterscotch Pudding with Whipped Topping (<i>Dessert</i>)
Wednesday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Yogurts 	<ul style="list-style-type: none"> • Homemade Soup • Waffles with Whipped Cream & Warm Peaches OR Hummus Plate with Pita Bread, Olives & Peppers • Orange Cake (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Austrian Pork Stew OR Turkey Cutlet • Mashed Potatoes & Roasted Carrots • Peach Mousse (<i>Dessert</i>)
Thursday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Buttered English Muffin 	<ul style="list-style-type: none"> • Homemade Soup • Egg Salad Sandwich with Pickles OR Greek Salad with Chicken • Cantaloupe Melon (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Vegetable Lasagna OR Pork Shoulder • Potato Dumplings & Red Cabbage • German Chocolate Cake (<i>Dessert</i>)
Friday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Soft Boiled Eggs 	<ul style="list-style-type: none"> • Homemade Soup & Carrot Salad • Salmon Burger OR Perogies with Onion & Bacon • Fruit Salad (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Wiener Schnitzel with Lemon OR Tilapia • Rice & Beets • Rum Balls (<i>Dessert</i>)
Saturday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Raisin Toast 	<ul style="list-style-type: none"> • Homemade Soup & Cucumber Salad • Liverwurst with Melba Toast & Cranberry Sauce OR Pepperoni Pizza • Orange Wedges (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Turkey Breast OR Lamb Shanks • Roasted Potatoes & Zucchini • Iced Banana Cake (<i>Dessert</i>)
Sunday	<ul style="list-style-type: none"> • Hot and Cold Cereal • Toast & Jams • Juice, Fruit & Muffins 	<ul style="list-style-type: none"> • Homemade Soup & Tater Tots & Peppers • Brie, Apple & Carmelized Onion Strudel OR Smoked Back Bacon on an English Muffin • Blueberries (<i>Dessert</i>) 	<ul style="list-style-type: none"> • Liver and Onions OR Smoked BBQ Ribs • Red Potatoes, Peas & Carrots • Sticky Toffee Pudding (<i>Dessert</i>)