



# WEEK 1

|           | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|-----------|--|--|--|--|--|--|--|
|           | Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13   | Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17, Apr-14   | Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15   | Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16   | Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17   | Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18  | Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19  |
| BREAKFAST | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt                               | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg/Breakfast Sausage<br>Fruit/Yogurt     | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt     | RELAXED BREAKFAST<br>Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Cold Cereal Variety<br>Toast/Muffins<br>Egg/Bacon<br>Fruit/Yogurt |
|           | Harvest Vegetable Soup<br>Ham & Swiss Cheese on<br>Onion Bun<br>Russian Salad<br>Diced Peaches<br>OR<br>Assorted Sandwiches                                      | Corn Chowder<br>Bacon Mushroom Quiche<br>Peas & Carrots<br>Pineapple Whip<br>OR<br>Assorted Sandwiches                             | Onion Consommé<br>Spinach and Cheese<br>Cannelloni<br>Caesar Salad<br>Garlic Toast<br>Diced Pears<br>OR<br>Assorted Sandwiches     | Carrot Ginger Soup<br>German Pancakes served<br>with Strawberry Compote<br>Festive 3 Layer Jello Salad<br>Sliced Orange<br>Apple & Blackberry<br>Crumble | Beet Borscht<br>Perogies with Sour Cream<br>and Fried Onions<br>Garlic Sausage<br>Mandarin Orange<br>OR<br>Assorted Sandwiches     | Cream of Potato Soup<br>Tortierre Meat Pie<br>Peas<br>Jell-o/Whipped Topping<br>OR<br>Assorted Sandwiches                              | Vegetable Soup<br>Tuna Melt<br>Tomato Slices<br>Fruit Cocktail<br>OR<br>Assorted Sandwiches  |
| LUNCH     | Morning Glory Muffin<br>Beverage as Requested  | Oatmeal Cookie<br>Beverage as Requested  | Baked Assortment<br>Beverage as Requested  | Peanut Butter Cookie<br>Beverage as Requested  | Zucchini Loaf<br>Beverage as Requested   | Turnover Cookie<br>Beverage as Requested   | Baked Assortment<br>Beverage as Requested  |
| DINNER    | Lemon Pepper Chicken<br>Breast<br>Pan Roasted Potatoes<br>Pick of the Day Vegetable<br>Blend<br>Cheesecake with Fruit<br>Topping<br>OR<br>Baked Fish/White Sauce | Veal Scaloppini<br>Buttered Noodles<br>Broccoli<br>Butter Tart<br>OR<br>Braised Liver & Onions                                     | Hearty Meatball Stew<br>Tea Biscuit<br>Silk Truffle Bar<br>OR<br>Pork Drummie  | Oven Roasted Turkey<br>served with Dressing and<br>Cranberry Sauce<br>Mashed Potato/Gravy<br>Montego Blend Vegetables<br>Egg Nog Ice Cream               | Baked Cod Loin with<br>Tomato & Herb Sauce<br>Rice Pilaf<br>Green /Yellow Beans<br>Tapioca Pudding<br>OR<br>Sweet & Sour Meatballs | Honey Ginger Chicken Legs<br>Seasoned Baby Potatoes<br>Garden Blend Mixed<br>Vegetables<br>Iced Carrot Cake<br>OR<br>Veal Cutlet/Gravy | Beef Pot Roast/Gravy<br>Mashed Potatoes<br>Carrot Coins with Dill<br>Pumpkin Pie with<br>Whipped Topping<br>OR<br>Chicken Pie            |
|           | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   | Assorted Sandwiches<br>Beverage as Requested   |

