

Week 1

Sample Fall Winter menu 2007/2008

	Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)	Saturday (Day 6)	Sunday (Day 7)
B R E A K F A S T	Choice of juice Oatmeal Cheese Slice Morning Glory Muffin	Choice of juice Cream of Wheat Scrambled Eggs Toast w/Jams & Spreads	Choice of juice Oatmeal Poached Egg Toast w/Jams & Spreads	Choice of juice Cream of Wheat Boiled Egg Toast w/Jams & Spreads	Choice of juice Oatmeal Peanut Butter Toast w/Jams & Spreads	Choice of juice Cream of Wheat Poached Egg Toast w/Jams & Spreads	Choice of juice Oatmeal Waffle w/Syrup Crispy Bacon Toast w/Jams & Spreads
	Vegetable Beef Soup Chicken Fingers w/Plum Sce Savoury Diced Potatoes Winter Blend Veges Apricots	Crms of Carrot Soup Back Bacon Bun Sauteed Mushrooms & Peppers Lemon Tart	Crms of Mushroom Soup Baked Beans & Wiener Cornmeal Muffin Vanilla Fruit Cup	Chicken Noodle Soup Hamburger w/Condiments Side Salad Raspberries	Broccoli Soup Deviled Egg w/Bran Muffin & Apple Salad Butterscotch Pudding	Vegetable Soup Macaroni & Cheese Herbed Tomatoes Fruit Cocktail	Minestrone Soup Pulled Pork Bun Turnip Chiffon w/Banana
	Egg Sandwich Beet Salad Baked Oatmeal Cookie	Chicken Salad Sandwich Green Salad Diced Mango	Shrimp Salad Plate w/Rye Bread & Crm Cheese & Broccoli Salad Nanimo Bar	Cheese Plate w/Dinner Roll & Peaches Rice Krispie Square	Beef Vege Stir Fry Rice Pears	Chicken & Fruit Salad Raisin Bread Caramilla Cake	Turkey Sandwich Pickled Beets Cup Cake
D I N N E R	Spaghetti w/ Meatsauce Garlic Bread Caesar Salad Fruit Parfait	Beef Stew Tea Biscuit Mixed Vegetables Black Cherry Ice Cream	Sesame Oriental Chicken Mashed Potatoes PEI Vegetables Mandarin Oranges	Cottage Roll Scalloped Potatoes Braised Cabbage Fruited Jello	Beer Battered Fish & Chips Creamy Coleslaw Cantaloupe Salad	Apricot BBQ Meatballs Vegetable Fried Rice Pineapple	Roast Beef w/Horseradish Mashed Potatoes Green Beans Apple Pie
	Citrus Haddock Mashed Potatoes Peas & Carrots Tiger Mousse	Veggie Delight Hashbrowns Spinach Baked Apple Slices	Perogies w/Sour Cream Garlic Bread Zucchini Banana Cake	Turkey Schnitzel Mashed Potatoes Niagara Blend Veges Pound Cake w/Topping	Pork Pie Bread Corn Cherry Crisp	Baked White Fish Herbed Mashed Potatoes Squash Date Square	Quiche Toast Sauteed Mushrooms & Onions Fruit Medley

Whole wheat bread, margarine, milk, water, coffee or tea served with every meal

All leaf salad will be served with salad dressing