

REGULAR WEEK AT A GLANCE
Dania / Normanna LTC
 Fall Winter 2017 2018

Week 1: October 23 to October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cereal, Oatmeal Fortified D/N Egg, Omelet Plain Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Egg, Boiled OS 1 Each Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Egg, Scrambled Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Egg, Omelet Plain Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Egg, Poached Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Sausage, Breakfast Bread, Whole Wheat Toast Buttered	Cereal, Oatmeal Fortified D/N Egg, Scrambled Bacon Bread, Whole Wheat Toast Buttered
Cereal, Cold Assorted Muffin, Any Fruit	Cereal, Cream of Wheat Cereal, Cold Assorted	Cereal, Cold Assorted Bread, Raisin	Cereal, Cream of Wheat Cereal, Cold Assorted Muffin, Oatmeal	Cereal, Cold Assorted	Cereal, Cream of Wheat Cereal, Cold Assorted Waffles with Strawberry Sauce D/N	Cereal, Cold Assorted
LUNCH						
Fish, Salmon Loaf Sauce, Dill Creamy Pureed Potato, Oven Roasted Mixed Vegetables-Fancy Blend D/N Pear, Diced Unsweetened	Veal, Breaded Potato, Mashed Carrots, Diced Beans, Green Seasoned Custard, Baked D/N	Chicken, Ginger Citrus Thigh D/N Rice, Jasmine D/N Mixed Vegetables-Asian Mix D/N Peach, Diced Unsweetened	Beef/Pork, Meatballs Swedish D/N Gravy, Brown Potato, Mashed Carrots, Sliced Zucchini, Roasted D/N Salad, Fruit Jellied	Fish, Cod Dill Baked Potato, Roasted Baby Red Broccoli Squash, Roasted Butternut Chopped Banana, Fresh	Chicken, Broccoli Cheddar D/N Potato, Boiled Parsley Finely Chopped Mixed Vegetables-Fall Blend D/N Fruit, Cocktail Unsweetened	Port, Roast Cinnamon Glazed Gravy, Brown Applesauce, Unsweetened 15mi Potato, Oven Roasted Cabbage, Braised Red Yams, Spiced D/N Pie, Strawberry Rhubarb OS
Casserole, Shepherd's Pie *Bread, Whole Wheat	Sausage, Turkey *Bread, Whole Wheat	Beef, Liver Plain with Onions *Bread, Whole Wheat	Chicken, Sweet and Sour Gingered *Bread, Whole Wheat	Pie, Tourtiere *Bread, Whole Wheat	Fish, Pollack Baked 60 g *Bread, Whole Wheat	Chicken, Herb Baked *Bread, Whole Wheat
DINNER						
*Soup, Vegetable Beef D/N *Crackers, Plain Individual (2 each) *Salad, Carrot & Raisin	*Soup, Butternut Squash DN *Crackers, Plain Individual (2 each) *Salad, Garden	*Soup, Clam Chowder D/N *Crackers, Plain Individual (2 each) *Beets, Pickled	*Soup, Harvest Vegetable D/N *Crackers, Plain Individual (2 each) *Salad, Caesar	*Soup, Chicken Noodle D/N *Crackers, Plain Individual (2 each) *Salad, Coleslaw Asian (OS Dressing)	*Soup, Navy Bean D/N *Crackers, Plain Individual (2 each) *Salad, Garden	*Soup, Corn Chowder D/N *Crackers, Plain Individual (2 each) *Salad, Spinach D/N
Pork, Souvaki OS Sauce, Tzatziki Bread, Pita 7" Pudding, Rice Creamy	Egg, Quiche Garden D/N Tomato, Slices Cake, Pineapple Upside Down	Cabbage Roll D/N Potato, Wedge Spicy OS Cake, Marble Iced	Chicken, Pot Pie Homemade Pudding, Chocolate	Beef, Stir Fry Rice, Jasmine D/N Crisp, Apple	Casserole, Macaroni and Cheese D/N Tomato, Stewed D/N Cheesecake, Plain Instant	Seafood, Crab Cakes D/N Orange, Slices D/N Potato, Wedge Spicy OS Cake, Carrot Iced
Salad, Chicken Sandwich *Bread, Whole Wheat	Sandwich, Turkey Sliced *Bread, Whole Wheat	Sandwich, Ham Sliced *Bread, Whole Wheat	Salad, Tuna Sandwich *Bread, Whole Wheat	Salad, Chicken Sandwich *Bread, Whole Wheat	Salad, Egg Sandwich *Bread, Whole Wheat	Sandwich, Cheese Sliced *Bread, Whole Wheat
PM SNACK						
Square, Lemonicious Bar OS Watermelon, Wedge Juice Assorted	Loaf, Banana HM Melon, Sliced Juice Assorted	Square, Brownie Chocolate Iced OS Melon, Sliced Juice Assorted	Loaf, Cranberry Lemon Watermelon, Wedge Juice Assorted	Square, Date OS Melon, Sliced Juice Assorted	Loaf, Pumpkin Melon, Sliced Juice Assorted	Tart, any Fruit D/N Grapes, Green Seedless Juice Assorted
EVENING SNACK						
Cookie, Peanut Butter D/N Salad, Salmon Sandwich Milk, 2% 125 mL	Cookie, Oatmeal Raisin D/N Sandwich, Turkey Sliced Milk, 2% 125 mL	Cookie, Choc Chip D/N Sandwich, Ham Sliced Milk, 2% 125 mL	Cookie, Lemon Drop D/N Salad, Tuna Sandwich Milk, 2% 125 mL	Cookie, Ginger Snap D/N Salad, Chicken Sandwich Milk, 2% 125 mL	Cookie, Assorted Cream Filled Salad, Egg Sandwich Milk, 2% 125 mL	Cookie, Shortbread D/N Sandwich, Cheese Sliced Milk, 2% 125 mL

Meal Notes: 30 ml Peanut Butter or 125 ml Fruit Yogurt are available everyday as a choice at Breakfast.
 250ml of milk is offered at Breakfast, 125 ml Milk is offered everyday at Lunch and Dinner.
 125 ml Assorted Juices (Orange, Apple, Cranberry, Blended), are offered at Lunch & Dinner.
 Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered everyday at every meal.
Snack Notes: 125 ml Milk is offered everyday at every snack. 180ml Coffee or Tea are offered everyday at every snack. Minimum 125 ml Water is offered at every snack.

Note: *Indicates standard menu items that are offered with all choices
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: Normanna Rest Home

REGULAR WEEK AT A GLANCE
Dania / Normanna LTC
 Fall Winter 2017 2018

Week2: October 30 to November 5

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N	Cereal,Oatmeal Fortified D/N
Egg,Omelet Plain	Egg, Boiled OS 1 Each	Egg,Scrambled	Egg,Omelet Plain	Egg,Poached	Egg,Boiled OS 1 Each	Egg,Boiled OS 1 Each	Egg,Scrambled
Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered
Cereal,Cream of Wheat	Cereal,Cold Assorted	Cereal,Cream of Wheat	Cereal,Cold Assorted	Cereal,Cream of Wheat	Cereal,Cold Assorted	Cereal,Cold Assorted	Cereal,Cream of Wheat
Cereal,Cold Assorted		Cereal,Cold Assorted	Muffin,Bran OS	Cereal,Cold Assorted		Cereal,Cold Assorted	Cereal,Cold Assorted
Muffin,Carrot		Bread,Raisin		Muffin,Bran OS		Syrup,Table	
LUNCH							
Turkey,Roast	Ham,Honey Glazed	Chicken,Paprika	Beef,Stir Fry	Fish,Haddock Grilled	Chicken,Honey Garlic	Beef,Roast	Beef,Roast
Gravy,Poultry	Sauce,Mustard	Potato,Parisienne Roasted	Pasta,Noodles Parsley	Sauce,Dill Creamy	Potato,O'Brien	Gravy,Brown	Gravy,Brown
Potato,Mashed	Potato,Scalloped	Beans,Green French Style	Mixed Vegetables-Winter Blend D/N	Rice,Pilaf	Mixed Vegetables-PEI Blend D/N	Potato,Mashed Garlic	Potato,Mashed Garlic
Carrots,Sliced	Mixed Vegetables-Italian Blend D/N	Corn,Buttered	Peach,Diced Unsweetened	Broccoli	Applesauce,Unsweetened	Peas,Green	Peas,Green
Brussels Sprouts	Fruit,Mixed Berries	Apricot,Halves Unsweetened		Carrots,Sliced		Yams,Glazed	Yams,Glazed
Pineapple,Tidbits Unsweetened				Banana,Fresh		Rhubarb,Stewed	Rhubarb,Stewed
Beef,Stew Vegetable	Beef/Pork,Meatballs Swedish D/N	Beef,Steak and Mushroom Pot Pie OS	Pork,Chop w Ginger Sauce	Veal,Breaded	Sew,Pork and Vegetable	Turkey,Roast	Turkey,Roast
*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat
DINNER							
*Soup,Lentil Red D/N	*Soup,Beef Barley D/N	*Soup,Clam Chowder D/N	*Soup,Chicken Rice D/N	*Soup,Minestrone 6oz D/N	*Soup,Cream of Celery D/N	*Soup,Leek & Sweet Potato D/N	*Soup,Leek & Sweet Potato D/N
*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)	*Crackers,Plain Individual (2 each)
*Salad,Garden	*Salad,Cesar	*Salad,Red Beet Citrus	*Coleslaw Broccoli D/N	*Salad,Garden	*Salad,Carrot & Raisin	*Salad,Garden	*Salad,Garden
Beef,Steak and Mushroom Pot Pie OS	Lasagna,Vegetarian OS	Pergoles w Onions, Bacon Bits and Sour Cream D/N	Turkey,Schnitzel OS	Pasta with Meat Sauce D/N	Fish,English Style	Egg,Omelet Western	Egg,Omelet Western
Pudding,Tapioca	Bread,Garlic Cake,Chocolate Iced	Sausage,Breakfast Cobbler,Blueberry D/N	Cake,Orange Iced OS	Bread,Garlic Trifle,Fruit	Potato,Wedge Spicy OS Sauce,Tartar OS	Pie,Apple	Pie,Apple
Sandwich,Beef Sliced	Salad,Chicken Sandwich	Sandwich,Ham Sliced	Salad,Tuna Sandwich	Sandwich,Cheese Sliced	Sandwich,Ham Sliced	Salad,Salmon Sandwich	Salad,Salmon Sandwich
*Bread,Whole Wheat		*Bread,Whole Wheat	*Bread,Whole Wheat		*Bread,Whole Wheat	*Bread,Whole Wheat	*Bread,Whole Wheat
PM SNACK							
Square,Lemonicious Bar OS	Loaf,Banana HM	Square,Brownie Chocolate Iced OS	Loaf,Cranberry Lemon	Square,Date OS	Loaf,Pumpkin	Tart, any Fruit D/N	Tart, any Fruit D/N
Watermelon,Wedge	Melon,Sliced	Melon,Sliced	Watermelon,Wedge	Melon,Sliced	Melon,Sliced	Grapes,Green Seedless	Grapes,Green Seedless
Juice,Assorted	Juice,Assorted	Juice,Assorted	Juice,Assorted	Juice,Assorted	Juice,Assorted	Juice,Assorted	Juice,Assorted
EVENING SNACK							
Cookie,Peanut Butter D/N	Cookie,Oatmeal Raisin D/N	Cookie,Choc Chip D/N	Cookie,Lemon Drop D/N	Cookie,Ginger Snap D/N	Cookie,Assorted Cream Filled	Cookie,Shortbread D/N	Cookie,Shortbread D/N
Sandwich,Beef Sliced	Salad,Chicken Sandwich	Sandwich,Ham Sliced	Salad,Tuna Sandwich	Sandwich,Cheese Sliced	Sandwich,Ham Sliced	Salad,Salmon Sandwich	Salad,Salmon Sandwich
Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL	Milk,2% 125 mL

Meal Notes: 30 ml Peanut Butter or 125 ml Fruit Yogurt are available everyday as a choice at Breakfast.
 250ml of milk is offered at breakfast,125 ml milk is offered everyday at Lunch and Dinner.
 125 ml Assorted Juices (Orange, Apple, Cranberry, Blended), are offered at Lunch & Dinner.
 Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered everyday at every snack.
Snack Notes: 125 ml Milk is offered everyday at every snack. 180ml Coffee or Tea are offered everyday at every snack. Minimum 125 ml Water is offered at every snack.

Note: *Indicates standard menu items that are offered with all choices
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REGULAR WEEK AT A GLANCE
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Week3: November 6 to November 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered Cereal,Cold Assorted Muffin,Banana	Cereal,Oatmeal Fortified D/N Egg,Bolled OS 1 Each Bread,Whole Wheat Toast Buttered Cereal,Cream of Wheat Cereal,Cold Assorted	Cereal,Oatmeal Fortified D/N Egg,Scrambled Bread,Whole Wheat Toast Buttered Cereal,Cold Assorted Bread,Raisin Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered Cereal,Cream of Wheat Cereal,Cold Assorted Muffin,Cranberry Lemon OS	Cereal,Oatmeal Fortified D/N Egg,Poached Bread,Whole Wheat Toast Buttered Cereal,Cold Assorted	Cereal,Oatmeal Fortified D/N Sausage,Breakfast Bread,Whole Wheat Toast Buttered Cereal,Cream of Wheat Cereal,Cold Assorted Waffles with Strawberry Sauce D/N	Cereal,Oatmeal Fortified D/N Egg,Poached Bread,Whole Wheat Toast Buttered Cereal,Cold Assorted
LUNCH						
Pork,Sweet and Sour Rice,Fried Mixed Vegetables-Asian Mix D/N Mandarin Orange,Sections Unsweetened	Fish,Salmon Loim Sauce,Lemon Dill Potato,Oven Roasted Broccoli Carrots,Sliced Fruit,Cocktail Unsweetened	Chicken,Thigh Boneless Roast Potato,Mashed Cauliflower Beans,Green French Style Fruit,Mixed Berries	Beef,Meat Loaf Gravy,Beef Potato,Bolled Parsley Finely Chopped Mixed Vegetables-Fancy Blend D/N Peach,Diced Unsweetened	Fish,Cod Herb Crusted D/N Potato,Mashed Beans,Green Squash,Whipped Banana,Fresh Small	Chicken,Lemon Rosemary Rice,Jasmine D/N Mixed Vegetables Parsian D/N Crisp,Apple	Pork,Loim Roast Applesauce,Unsweetened 30ml Potato,Oven Roasted Cabbage,Homestyle Red Yams,Spiced Pie,Boston Cream OS Chicken,Roast
Fish,Haddock Baked	Chicken,Polynesian	Chili,Vegetable w/ Cheese Bread,Corn	Fish,English Style	Casserole,Macaroni and Cheese	Fish,Cod Baked	Chicken,Roast
<i>*Bread,Whole Wheat</i>						
DINNER						
<i>*Soup,Corn Chowder D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Greek</i> Chicken,Souvlaki OS Sauce,Tzatziki Bread,Pita Triangles Cake,Pound with Blueberries OS	<i>*Soup,Butternut Squash DN</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Garden</i> Egg,Quiche Garden D/N Tomato,Slices Pudding,Rice Creamy	<i>*Soup,Beef Barley D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Caesar</i> Cabbage Roll D/N Bread,Dinner Roll Assorted Crisp,Rhubarb	<i>*Soup,Cream of Mushroom OS D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Garden</i> Seafood Pie DRAFT D/N Bread,Dinner Roll Assorted Cake,Banana Iced	<i>*Soup,Chicken Rice D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Coleslaw Asian (OS Dressing)</i> Oriental Pork Meatballs (HM) Draft Chow Mein Noodles Draft D/N Ice Cream,Assorted	<i>*Soup,Carrot Ginger D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Caesar</i> Casserole,Beef Macaroni Cake,Orange Iced OS	<i>*Soup,Italian Tomato D/N</i> <i>*Crackers,Plain Individual (2 each)</i> <i>*Salad,Spinach</i> Chicken,Strips OS D/N Sauce,Plum Potato,French Fries Fruit,Tropical Salad Unsweetened
Salad,Chicken Sandwich	Sandwich,Turkey Sliced	Salad,Salmon Sandwich	Sandwich,Ham Sliced	Sandwich,Cheese Sliced	Salad,Tuna Sandwich	Fruit,Tropical Salad Unsweetened Sandwich,Beef Sliced
<i>*Bread,Whole Wheat</i>						
PM SNACK						
Square,Lemonicious Bar OS Watermelon,Wedge Juice,Assorted	Loaf,Banana HM Melon,Sliced Juice,Assorted	Square,Brownie Chocolate Iced Melon,Sliced Juice,Assorted	Loaf,Cranberry Lemon Watermelon,Wedge Juice,Assorted	Square,Date OS Melon,Sliced Juice,Assorted	Loaf,Pumpkin Melon,Sliced Juice,Assorted	Tart,any Fruit D/N Grapes,Green Seedless Juice,Assorted
EVENING SNACK						
Cookie,Peanut Butter D/N Salad,Chicken Sandwich Milk,2% 125 mL	Cookie,Oatmeal Raisin D/N Sandwich,Turkey Sliced Milk,2% 125 mL	Cookie,Choc Chip D/N Sandwich,Ham Sliced Milk,2% 125 mL	Cookie,Lemon Drop D/N Salad,Salmon Sandwich Milk,2% 125 mL	Cookie,Ginger Snap D/N Sandwich,Cheese Sliced Milk,2% 125 mL	Cookie,Assorted Cream Filled Salad,Tuna Sandwich Milk,2% 125 mL	Cookie,Shortbread D/N Sandwich,Beef Sliced Milk,2% 125 mL

Meal Notes: 30 ml Peanut Butter or 125 ml Fruit Yogurt are available everyday as a choice at Breakfast.
 250ml of milk is offered at breakfast, 125 ml milk is offered everyday at Lunch and Dinner.
 125 ml Assorted Juices (Orange, Apple, Cranberry, Blended, are offered at Lunch & Dinner.
 Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered everyday at every meal.
Snack Notes: 125 ml Milk is offered everyday at every snack. 180ml Coffee or Tea are offered everyday at every snack. Minimum 125 ml Water is offered at every snack.

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REGULAR WEEK AT A GLANCE
Dania / Normanna LTC
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Week4: November 13 to November 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Scrambled Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Scrambled Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Boiled OS 1 Each Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal Fortified D/N Egg,Omelet Plain Bread,Whole Wheat Toast Buttered
	Cereal,Cream of Wheat Cereal,Cold Assorted Muffin,Bran OS	Cereal,Cream of Wheat Cereal,Cold Assorted Muffin,Bran OS	Cereal,Cold Assorted Bread,Raisin Peanut Butter 30 ml	Cereal,Cold Assorted Muffin,Cranberry Lemon OS	Cereal,Cream of Wheat Cereal,Cold Assorted Peanut Butter 30 ml	Cereal,Cold Assorted Pancakes Syrup,Table	Cereal,Cold Assorted Muffin,Bran OS
LUNCH	Lamb, Roast Potato, Scalloped Mixed Vegetables-Fancy Blend D/N Apricot, Halves Unsweetened	Ham, Baked Potato, O'Brien Squash, Roasted Butternut Spinach, Seasoned Pear, Diced Unsweetened	Chicken, Toscana D/N Pasta, Penne Buttered Mixed Vegetables-Montego Mix D/N Pudding, Chocolate	Casserole, Shepherd's Pie Mixed Vegetables-PEI Blend D/N Rhubarb, Stewed	Fish, Haddock Baked Rice, Jasmine D/N Broccoli Carrots, Julienne Peach Diced Unsweetened	Chicken, Dijon Potato, Roasted Baby Red Mixed Vegetables-Fall Blend D/N Apples Slices Baked Cinnamon	Beef, Roast Potato, Mashed Garlic Peas, Green Yams, Glazed Fruit, Cocktail Unsweetened
	Casserole, Shepherd's Pie <i>*Bread, Whole Wheat</i>	Fish, Salmon Loaf <i>*Bread, Whole Wheat</i>	Beef, Stew Vegetable <i>*Bread, Whole Wheat</i>	Chicken, Herb Baked <i>*Bread, Whole Wheat</i>	Sausage, Turkey <i>*Bread, Whole Wheat</i>	Beef/Pork, Meatballs Swedish D/N <i>*Bread, Whole Wheat</i>	Chicken, Herb Baked <i>*Bread, Whole Wheat</i>
DINNER	<i>*Soup, Navy Bean D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Garden</i>	<i>*Soup, Clam Chowder D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Caesar</i>	<i>*Soup, French Canadian Pea D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Coleslaw</i>	<i>*Soup, Turkey Rice D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Caesar</i>	<i>*Soup, Italian Wedding D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Garden</i>	<i>*Soup, Cream of Mushroom OS D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Coleslaw Creamy</i>	<i>*Soup, Ninstone 6oz D/N</i> <i>*Crackers, Plain Individual (2 each)</i> <i>*Salad, Orange Beet and Spinach</i>
	Beef, Stew Vegetable Biscuit, Tea Plain Cake, Gingerbread	Lasagna, Vegetarian OS Bread, Garlic Pie, Banana Cream OS	Fish, Cod Nuggets OS Sauce, Tartar 15 ml OS Potato, French Fries Cheesecake, Plain Dhizzle, Raspberry	Perogies w Onions, Bacon Bits and Sour Cream D/N Bacon, Minced Sour Cream Sausage, Turkey Bread Pudding, Apple Maple	Beef, Stir Fry Pasta, Egg Noodles Cake, Chocolate German OS	Pie, Tourtiere D/N Beans, Green Seasoned Trifle, Fruit	Fish, English Style Potato, Wedges Pie, Lemon Meringue OS
	Salad, Egg Sandwich	Sandwich, Beef Sliced	Sandwich, Cheese Sliced	Salad, Tuna Sandwich <i>*Bread, Whole Wheat</i>	Salad, Chicken Sandwich	Salad, Salmon Sandwich <i>*Bread, Whole Wheat</i>	Salad, Egg Sandwich <i>*Bread, Whole Wheat</i>
PM SNACK	Square, Lemonicious Bar OS Watermelon, Wedge Juice, Assorted	Loaf, Banana HM Melon, Sliced Juice, Assorted	Square, Brownie Chocolate Iced OS Melon, Sliced Juice, Assorted	Loaf, Cranberry Lemon Watermelon, Wedge Juice, Assorted	Square, Date OS Melon, Sliced Juice, Assorted	Loaf, Pumpkin Melon, Sliced Juice, Assorted	Tart, any Fruit D/N Grapes, Green Seedless Juice, Assorted
EVENING SNACK	Cookie, Peanut Butter D/N Salad, Egg Sandwich Milk, 2% 125 ml	Cookie, Oatmeal Raisin D/N Sandwich, Beef Sliced Milk, 2% 125 ml	Cookie, Choc Chip D/N Sandwich, Cheese Sliced Milk, 2% 125 ml	Cookie, Lemon Drop D/N Salad, Tuna Sandwich Milk, 2% 125 ml	Cookie, Ginger Snap D/N Salad, Chicken Sandwich Milk, 2% 125 ml	Cookie, Assorted Cream Filled Salad, Salmon Sandwich Milk, 2% 125 ml	Cookie, Shortbread D/N Salad, Egg Sandwich Milk, 2% 125 ml

Meal Notes: 30 ml Peanut Butter or 125 ml Fruit Yogurt are available everyday as a choice at Breakfast.
 250ml of milk is offered at Breakfast, 125 ml Milk is offered everyday at Lunch and Dinner.
 125 ml Assorted Juices (Orange, Apple, Cranberry, Blended), are offered at Lunch & Dinner.
 Minimum 125 ml Water is offered at every meal, 180 ml Coffee and Tea are offered everyday at every meal.
Snack Notes: 125 ml Milk is offered everyday at every snack. 180ml Coffee or Tea are offered everyday at every snack.

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