

W3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIGHT MEAL	Creamy Potato & Leek Soup	Garden Vegetable Soup	Beef & Barley Soup	Hearty Chicken Noodle Soup	Pea Soup	Tomato Basil Soup	Cream of Mushroom Soup
	Roast Beef Sandwich w/ Horseradish	Spinach Frittata	Salmon Salad on a Whole Wheat Kaiser	Pasta Primavera w/ Garlic toast	Chicken Burger on Bun	Sliced Eggs	Chicken Salad Sandwich
	Broccoli Salad	Coleslaw	Chef's Salad		Carrot Raisin Salad	Citrus Salad Plate	Cucumber Salad
	Tapioca Pudding	Mixed Berries	Mandarin Oranges	Ice Cream Sundae	Chocolate Mouse	Banana Pudding	Apricot Halves
	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>
		Roast Beef Sandwich w/ Horseradish	Spinach Frittata	Salmon Salad on a Whole Wheat Kaiser	Pasta Primavera w/ Garlic toast	Chicken Burger on Bun	Sliced Eggs w/ Citrus Salad Plate Southwest Salad Almond Custard
MAIN MEAL	Citrus Glazed Chicken	Italian Swiss Steak	Turkey & Cranberry Casserole	Meat Loaf w/ Gravy Mashed Potatoes	Krunchie Perch w/ Tartar Sauce Potato Wedges	Glazed Chicken	Honey Baked Ham w/ Grilled Pineapple Scalloped Potatoes
	Roasted Parisienne Potatoes	Baked Potato w/ Sour Cream				Santa Fe Rice	
	Asparagus	Corn	Buttered Parsnips	Carrots	Broccoli	PEI Blend Vegetables	Herbed Zucchini Spears
	French Cream Cheesecake w/ Fruit Sauce	Lemon Cake	Banana Cream Pie	Rhubarb & Blueberry Crumble	Fruit Cocktail	Sticky Toffee Pudding Cake	Apple Pie
	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>	<u>Alternate choices available</u>
		Citrus Glazed Chicken	Italian Swiss Steak	Turkey & Cranberry Casserole	Meat Loaf w/ Gravy Mashed Potatoes	Krunchie Perch w/ Tartar Sauce	



## WEEK 3

FALL / WINTER 2014 - 2015

### NOTE:

Whole Wheat Bread & Crackers offered everyday at Lunch and Dinner.  
125 ml Assorted Juices (Orange, Apple, Cranberry,) are offered everyday at Lunch & Dinner  
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner