



# WEEK AT A GLANCE

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Banana Split with Fresh Fruit & Granola	Toast, Oatmeal, Pumpkin Spice French Toast with Sausage	Toast, Oatmeal, Poached Eggs & Bacon	Toast, Oatmeal, Cheese Omelet with Ham	Toast, Oatmeal, Scrambled Eggs & Sausage	Toast, Oatmeal, Fried Eggs & Peameal Bacon	Toast, Oatmeal, Pancakes with Syrup & Bacon
<b>LUNCH</b>						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Quiche Lorraine (Pie Crust Filled with Savory Egg Custard, Bacon, Cheese, Onions) & Caesar Salad	Classic Beef Burger with Lettuce, Tomato and Pickle Served with Potato Salad	Ploughman's Plate (Ham, Cheddar, Boiled Egg, Pickles) with a Dinner Roll	Egg Salad on a Croissant with Carrot Raisin Salad	Grilled Cuban Pork Sandwich Served with Black Bean & Corn Salad	Butternut Squash Ravioli with Rosemary, Spinach & Mushroom Cream Sauce Served with Garlic Bread	Crispy Breaded Chicken Strips with Plum Sauce, Fresh Veggie Sticks & Ranch Dip
Fresh Honeydew Melon	Butter Tart	Ice Cream Sandwich	Banana Pudding with Fresh Strawberries	Assorted Desserts	Fresh Cantaloupe	Wild Berry Macaroon
<b>DINNER</b>						
Tomato & Cucumber Salad	Caesar Salad	Chickpea Salad	Garden Salad	Creamy Coleslaw	Greek Salad	Garden Salad
Chicken and Vegetable Stew Served with A Dinner Roll	Herb Roasted Pork Loin with Sage Gravy, Rosemary Roast Potatoes & Asparagus	Homemade Meat Loaf with Caramelized Onion, Mashed Potatoes & Buttered Beans	BBQ Chicken Thigh with Mashed Sweet Potatoes & Buttered Peas	Beer Battered Fish with Tartar Sauce & Lemon Wedge, Served with French Fries	Pork Chop with Sour Cream & Chive Mashed Potatoes, Baby Carrots	Baked Veal Parmesan, Penne Pasta with Tomato Sauce & Roasted Zucchini
Banana Bread Pudding with Caramel	Maple Syrup Cake	Double Layer Carrot Cake	Maple Walnut Ice Cream	Apple Crisp	Pecan Streusel	Peach Pie



# WEEK AT A GLANCE

## WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Scrambled Eggs & Ham	Toast, Oatmeal, Crepes with Fruit Compote & Whipped Cream	Toast, Oatmeal, Fried Eggs & Bacon	Toast, Oatmeal, French Toast with Maple Syrup & Sausage	Toast, Oatmeal, Poached Egg & Bacon	Toast, Oatmeal, Pancakes with Maple Syrup & Peameal Bacon	Toast, Oatmeal, Ham & Cheese Omelet with Hash Browns
<b>LUNCH</b>						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Grilled Cheese and Tomato Served with Greek Pasta Salad	Beef Chili with Sour Cream & Shredded Cheese, Served with Corn Bread	Turkey Club Sandwich Served with Coleslaw and Dill Pickle	Open Faced Tuna Melt Served with Garden Salad with Choice of Dressing	Crispy Buffalo Chicken Wrap Served with Macaroni Salad	Hot Open Faced Roast Beef Sandwich with Onion Rings	Cheese Perogies with Onions & Bacon Served with Sour Cream
Lemon Mousse	Fruit Jell-O	Two Bite Brownie	Frozen Yogurt	Assorted Desserts	Pudding & Fresh Baked Cookie	Chocolate Sundae Cup
<b>DINNER</b>						
Spinach Salad	Tomato and Cucumber Salad	Caesar Salad	Greek Salad	Creamy Coleslaw	Tuscan Bean Salad	Garden Salad
Roasted Pollock Loin with Buttered Parsley Potatoes & Mashed Turnip	Pork Tenderloin with Baked Potato & Beans	Spaghetti & Meatballs with Garlic Bread	Chicken Souvlaki with Lemon Roasted Potato & Fresh Broccoli	Ribs with Fries & Peas	Chicken Cordon Bleu with Wild Rice & Cauliflower	Beef Pot Roast with Mashed Potato (Sour Cream & Chive) & Roasted Carrots
Mint Chocolate Ice Cream	Pumpkin Pie with Whipped Cream	Stewed Rhubarb with Custard	Boston Cream Pie	Blueberry Crisp & Ice Cream	Apple Brown Betty	Cherry Pie



# WEEK AT A GLANCE

## WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Waffles with Syrup & Sausage	Toast, Oatmeal, Poached Eggs & Bacon	Toast, Oatmeal, Everything Bagel with Herb & Garlic Cream Cheese & Fruit	Toast, Oatmeal, Pancakes with Syrup & Bacon	Toast, Oatmeal, Egg, Sausage & Cheese on an English Muffin	Toast, Oatmeal, French Toast with Syrup & Peameal Bacon	Toast, Oatmeal, Scrambled Eggs, Ham & Hash Browns
<b>LUNCH</b>						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Grilled Chicken Caesar Salad with Garlic Bread	Corned Beef on Rye with Sauerkraut and Pasta Salad	Peameal Bacon & Cheddar on a Bun with Cucumber Dill Salad	Broccoli and Cheddar Cheese Quiche with Strawberry Spinach Salad	BLT (Bacon, Lettuce, Tomato Sandwich) with Pickled Beets	Corn Dogs Served with Potato Salad	Hot Open Face Turkey Sandwich with Onion Rings
Blueberry Yogurt Loaf	Chocolate Fudge Cake	Butterscotch Pudding	Ambrosia Salad	Date Squares	Nanaimo Bars	Fresh Pineapple
<b>DINNER</b>						
Asian Coleslaw	Greek Salad	Spinach Salad	Garden Salad	Creamy Coleslaw	Tomato & Bocconcini Salad	Caesar Salad
Blue Cod with a Dill Cream Sauce, Mashed Sweet Potato and Broccoli	Greek Chicken Thighs with Mixed Vegetables & Rice Pilaf	Beef Stroganoff with Buttered Green Beans	Bacon Wrapped Pork Medallions with Mashed Potatoes & Baby Carrots	Beer Battered Fish with Tartar Sauce & Lemon Wedge Served with French Fries	Chicken Parmesan & Penne Pasta Served with Cauliflower	Honey Glazed Ham, Scalloped Potatoes & Peaches and Cream Corn
Warm Cinnamon Apples & Whipped	Butterscotch Bread Pudding	Orange Cake	Black Cherry Ice Cream	Mixed Berry Crisp	Red Velvet Cake	Apple Pie



# WEEK AT A GLANCE

## WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Breakfast Hash	Toast, Oatmeal, Raisin Bagel with Cream Cheese & Fruit	Toast, Oatmeal, Poached Eggs & Bacon	Toast, Oatmeal, French Toast & Peameal Bacon	Toast, Oatmeal, Scrambled Eggs & Sausage	Toast, Oatmeal, Toasted Western Sandwich	Toast, Oatmeal, Pancakes with Fruit Compote & Bacon
<b>LUNCH</b>						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Deluxe Pizza	Oven Baked Macaroni & Cheese with Garlic Bread	Chicken Fingers & Waffle Fries	Beans & Wieners with a Dinner Roll	Grilled Cheese & Ham with Dill Pickle Spears	Peameal & Cheddar on a Brioche Bun with Loaded Cauliflower Salad	Chicken Salad Sandwich with Southwest Pasta Salad
Assorted Desserts	Chocolate Mousse	Carrot Cake	Fresh Pineapple	Fruit Jell-O	Cranberry Apple Loaf	Sticky Toffee Pudding
<b>DINNER</b>						
Garden Salad	Potato Salad	Greek Salad	Spinach Salad	Creamy Coleslaw	Caesar Salad	Spring Mix Salad
Southern Breaded Chicken, Gravy with Smashed Potatoes (Bacon & Chives) & Herbed Carrots	Salisbury Steak with Mushroom Gravy, Sweet Potato Mash & Mixed Veg	Skewered Garlic Butter Shrimp, Rice Pilaf & Buttered Peas	BBQ Chicken Drumstick with Roasted Herbed Potatoes & Cauliflower	Ribs with Fries & Brussel Sprouts	Homemade Meat Lasagna with Garlic Bread	Pork Drummie, Mashed Potatoes & Gravy with Peaches & Cream Corn
Pecan Streusel	Banana Cream Pie	Strawberry Ice Cream	Rice Pudding	Strawberry Rhubarb Crumble	Tiramisu Mousse	Blueberry Pie