



# WEEK AT A GLANCE

DF = Dairy Free

## Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Banana Split with Fresh Fruit & Granola	Toast, Oatmeal, Sausage, Cheese & Egg on an English Muffin	Toast, Oatmeal, French Toast & Bacon	Toast, Oatmeal, Cheese Omelet & Ham	Toast, Oatmeal, Scrambled Eggs & Sausage	Toast, Oatmeal, Fried Eggs & Peameal Bacon	Toast, Oatmeal, Poached Eggs & 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
Chicken Quesadilla Served with Sour Cream & Salsa	Classic Beef Burger with Pickled Beets	Deluxe Pizza Served with Garden Salad	Chicken Caesar Salad	Macaroni & Cheese	Grilled Monte Cristo Sandwich Served with Potato Chips	Quiche Lorraine (Ham, Cheese & Onion) with Garden Salad
Butter Tart	Fresh Pineapple	Nanaimo Bars	Maple Walnut Ice Cream	Chocolate Fudge Cake	Assorted Desserts	Minced Fruit Tart
<b>DINNER</b>						
Macaroni Salad	Caesar Salad	Seafood Soup & Mixed Greens with Goat Cheese	Caprese Salad	Creamy Coleslaw	Ambrosia Salad	Spinach Salad
Sheppard's Pie (DF)	Sacchetti Pasta in Cream Sauce Served with Garlic Bread	Bacon Wrapped Pork Medallions with Herbed Potatoes & Baby Carrots (DF)	Penne Pasta with Meat Sauce & Garlic Bread (DF)	Pork Ribs Served with Corn & French Fries (DF)	Pancakes with Syrup & Bacon	Pork Pie with Mashed Potatoes & Brussel Sprouts (DF)
Banana Cake	Black Cherry Ice Cream	Strawberry Cheesecake	Tiramisu Mousse	Strawberry Rhubarb Crumble	Blueberry Cheesecake Ice Cream	Cherry Pie



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## Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Belgian Waffle with Syrup & Sausage	Toast, Oatmeal, Ham & Cheese Omelet with Hash Browns	Toast, Oatmeal, Poached Eggs & Bacon	Toast, Oatmeal, Crepes with Fruit Compote & Whipped Cream	Toast, Oatmeal, Scrambled Eggs & Sausage	Toast, Oatmeal, French Toast with Syrup & Peameal Bacon	Toast, Oatmeal, Fried Eggs & 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
Grilled Cheese & Tomato Served with Greek Pasta Salad	Chicken Fingers & Waffle Fries	Ham & Swiss on a Croissant with Carrot and Raisin Salad	Baked Beans & Corn Bread	Cheese Tortellini with Rose Sauce & Garlic Bread	Toasted Western Sandwich with Broccoli & Cheddar Salad	Chicken Waldorf Salad
Strawberry Mousse	Butter Tart	Fresh Watermelon	Frozen Yogurt	Chocolate Cake	Fresh Pineapple	Ice Cream Sandwich
<b>DINNER</b>						
Caesar Salad	Garden Salad	Greek Salad	Spinach Salad	Creamy Coleslaw	Caesar Salad	Garden Salad
Chicken Fettuccine Alfredo with Garlic Bread	Maple Roasted Salmon with Buttered New Potatoes & Fresh Broccoli (DF)	Homemade Meatloaf with Mashed Potato & Baby Carrots (DF)	Pork Drummies with Roasted Potato & Brussel Sprouts (DF)	Beer Battered Haddock & Fries (DF)	Beef Pot Pie with Mashed Potatoes & Fresh Cauliflower	Cottage Roll with Potato Wedges & Corn (DF)
Pecan Streusel	Carrot Cake	Blueberry Cheesecake Ice Cream	Boston Cream Pie	Mixed Berry Crisp	Red Velvet Cake	Blueberry Pie



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## Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Poached Eggs & Sausage	Toast, Oatmeal, Egg, Sausage & Cheese on an English Muffin	Toast, Oatmeal, Fried Eggs & Peameal Bacon	Toast, Oatmeal, Pancakes with Syrup & Bacon	Toast, Oatmeal, Banana Split with Granola & Fruit	Toast, Oatmeal, Scrambled Eggs, Ham & Hash Browns	Toast, Oatmeal, French Toast with Syrup & Sausage
<b>LUNCH</b>						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Potato & Cheese Perogies with Bacon & Onions	Brazilian Hot Dogs with Potato Chips	BLT (Bacon, Lettuce, Tomato) Sandwich with Pickled Beets	Chicken Fingers & Fries	Peameal Bacon, Cheese & Fried Egg on a Bun with 4 Bean Salad	Savory Chicken Bites Served Over Rice & Bok Choy	Hot Open-Faced Turkey Sandwich with Cauliflower Salad
Butterscotch Ripple Ice Cream	Ambrosia Salad	Vanilla Pudding with Strawberries	Nanaimo Bars	Strawberry Ice Cream	Rice Krispie Squares	Fresh Pineapple
<b>DINNER</b>						
Caesar Salad	Spinach Salad	Mixed Green Salad	Greek Salad	Creamy Coleslaw	Garden Salad	Macaroni Salad
Roasted Chicken Thighs, Mashed Sweet Potato & Baked Zucchini (DF)	Roasted Pork Loin, Mashed Potatoes & Cauliflower with Cheese Sauce	Beef Stew Served with a Dinner Roll (DF)	Pork Souvlaki, New Potatoes & Mixed Vegetables (DF)	Battered Cod Served with French Fries (DF)	Spaghetti with Meat Sauce & Garlic Bread (DF)	Pork Chop with Mashed Potato & Winter Squash (DF)
Warm Cinnamon Apples & Whipped Cream	Rice Pudding	Black Cherry Ice Cream	Tiramisu Mousse	Apple Crumble	Maple Sugar Twist Ice Cream	Forest Fruit Pie



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## Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Toast, Oatmeal, Breakfast Hash	Toast, Oatmeal, Crepes with Fruit & Whipped Cream	Toast, Oatmeal, Poached Eggs & Bacon	Toast, Oatmeal, Belgian Waffles with Syrup & Sausage	Toast, Oatmeal, Toasted Western Sandwich	Toast, Oatmeal, Scrambled Eggs & Sausage	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
Chicken Wings with Carrot & Celery Sticks & Blue Cheese Dressing	Broccoli & Cheddar Quiche	Corned Beef & Sauerkraut on Rye Bread with Potato Chips	Tuna Salad on a Croissant with Pasta Salad	Chicken Nuggets & Potato Wedges	Grilled Cheese with Dill Pickle Spears	Peameal & Cheddar on a Brioche Bun with Loaded Cauliflower Salad
Red Velvet Cake	Fruit Jell-O	Fresh Watermelon	Rice Krispie Squares	Strawberry Mousse	Dutch Chocolate Ice Cream	Lemon Pudding
<b>DINNER</b>						
Caesar Salad	Asian Coleslaw	Potato Salad	Garden Salad	Coleslaw	Spinach Salad	Spring Mix Salad
Salmon, Mixed Vegetables & Baked Potato (DF)	Spring Rolls, Sweet & Sour Pork, Shrimp, Chicken Ball & Fried Rice (DF)	Chicken Stew Served with a Dinner Roll (DF)	Beef Stroganoff with Egg Noodles (Beef with Mushroom & Onion in a Cream Sauce)	Pork Ribs, Peas & Fries (DF)	Pork Tenderloin with Mashed Potatoes & Peas (DF)	Cabbage Rolls with Tomato Sauce & Mixed Vegetables (DF)
Pralines & Cream Ice Cream	Banana Cake	Mint Chocolate Ice Cream	Orange Cake	Strawberry Crumble	Maple Sugar Avalanche Cake	Apple Pie