

# Week 4

	<b><u>Monday 18</u></b>	<b><u>Tuesday 19</u></b>	<b><u>Wednesday 20</u></b>	<b><u>Thursday 21</u></b>	<b><u>Friday 22</u></b>	<b><u>Saturday 23</u></b>	<b><u>Sunday 24</u></b>
<b>BREAKFAST</b>	<b><u>Includes:</u></b>	<b><u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u></b>					
<b>Feature</b>	Oatmeal, Boiled Egg, White or Brown Toast	Oatmeal, Bagel w/ Cream Cheese	Oatmeal, Scrambled Egg, White or Brown Toast	Oatmeal, Yogurt w/ Berries, Granola, White or Brown Toast	Oatmeal, Fried Egg, White or Brown Toast	Oatmeal, Waffle Topped w/ Berries White or Brown Toast	Oatmeal, Egg Over easy, Home Fries, Sausage, White or Brown Toast
<b>LUNCH</b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>	<b><u>Chef Salad</u></b>
<b>LUNCH SOUP</b>	Tomato	French Onion	Cream of Carrot	Steak and Potato	Cream of Mushroom	Butternut Squash	Minestrone
<b>LUNCH FEATURE</b>	Deli Meat Sandwich w/ Lettuce, Tomato, and Mustard	Potato Pancakes	Cheese Ravioli w/ Spinach Cream Sauce	Toasted Western Sandwich	Homemade Blueberry Pancake w/ Syrup	Grilled Cheese	Chicken Nacho
<b>Side Dish</b>	Pickles	Fried Onion	Fresh Bun	Sliced Cucumber		Peanut Butter Celery Sticks	Sour Cream
<b>Vegetable /Salad</b>		Sour Cream					
<b>DESSERT</b>	Cherry Tart w/ Whipped Cream	Marble Cake	Diced Pears	Fruit Cocktail	Assorted Desserts	Peaches	Summer Mousse
<b>DINNER</b>	<b><u>MASHED POTATOES ALWAYS AVAILABLE @ DINNER</u></b>						
	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day
<b>DINNER FEATURE</b>	Chicken Parm	Salisbury Steak w/ Mushroom Gravy	Breakfast for Supper	Vegetable Lasagna w/ Cream Sauce	Battered Haddock	BBQ Grilled Chicken Breast	Steak w/ Fried Onions and Mushroom
<b>STARCH 1</b>	Spaghetti Noodle	Mashed Potato	Scrambled Eggs, Bacon, Home Fries	Caesar Salad	French Fries	Baked Potato	Mashed Potato
<b>Green Veg</b>	Fresh Bun	Carrots	White or Brown Toast		Coleslaw	Pasta Salad	Asparagus
<b>Colour Veg</b>		Cauliflower					Yellow Beans
<b>DESSERT</b>	Chocolate Sundae	Jell-O	Pudding w/ Whipped Cream	Vanilla Cake w/ Icing	Ice cream w/ Caramel Sauce	Chocolate Cupcake w/ Icing	Blueberry Pie w/ Ice Cream

**ALWAYS AVAILABLE AS A SUBSTITUTE: GLUTEN FREE BREAD, CHEF SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUIT COCKTAIL, VANILLA ICE CREAM YOGI**

**SNACKS AVAILABLE: IN MCKAY LOUNGE & 2ND FLOOR AT 10AM, 3PM, 7:30PM**

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