

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BREAKFAST	Includes:	Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit					
Feature	Oatmeal, Fresh Pumpkin Muffin, Mandarins	Oatmeal, Scrambled Egg, Fruit Cup, White or Brown Toast	Oatmeal, Bagel, Cream Cheese	Oatmeal, Boiled Egg, Sliced Cheese, Fruit, White or Brown Toast	Oatmeal, Toasted Sour Dough w/ Hummus Spread, & Sunny Side Egg	Oatmeal, Banana Pancake w/ Syrup, Bacon	Oatmeal, Egg Over Easy, Home Fries, Sausage, White or Brown Toast
LUNCH	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>
LUNCH SOUP	Lentil	Cream of Potato	Chicken Rice	Italian Wedding	Cream of Broccoli	Chicken Noodle	Cream of Mushroom
LUNCH FEATURE	Soup & Sandwich Combo: RVH Egg Salad	Chicken Souvlaki Rice Bowl w/ Tzatziki	Tuna Casserole	BLT	Cheese Omelette	Ruben Sandwich	Vegetable Chicken Fried Rice
Side Dish			Garlic Bread	Mixed Pickles	Hash Brown	(Smoked Meat, Sauerkraut, Cheese)	w/ Warm Sweet & Sour Sauce
Vegetable /Salad						Coleslaw	
DESSERT	Date Square	Jello w/ Whipped Cream	Rice Pudding	Cupcake	Ambrosia	Thumb Print Cookies	Rice Krispie Square
DINNER	MASHED POTATOES ALWAYS AVAILABLE @ DINNER						
	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
DINNER FEATURE	Meat Pie w/ Gravy	Sausage & Pepper Penne Pasta	Apple & Cranberry Roasted Chicken Thighs	Maple Mustard Pork Loin	Breaded Sole w/ Pesto Cream Sauce or Tartar Sauce	Meat Lasagna	Roast beef w/ Gravy
STARCH 1	Mashed Potato		Mashed Sweet Potato	Roasted Potato	Mashed Potato	Caesar Salad	Mashed Potato
Green Veg	Cream Corn	Garlic Bread w/ Cheese	Cauliflower	Turnip	Warm Bean Salad (French Style Green Beans w/ Fried Onion)		Roasted Carrots
Colour Veg	Sauteed Sweet Butternut Squash		Peas	Sweet Carrot	Fried Mushroom & Parmesan Cheese)		Broccoli
DESSERT	Pudding w/ Wafer Cookie	Brownie w/ Warm Caramel Sauce	Apple Cheesecake	Fruit Trifle	Flavoured Ice Cream	Chocolate Cake w/ Frosting	Warm Berry Crumble Pie w/ Ice Cream

ALWAYS AVAILABLE: GLUTEN FREE BREAD, TOSSED SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUITS, VANILLA ICE CREAM, YOGURT

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