

	<u>MONDAY 13</u>	<u>TUESDAY 14</u>	<u>WEDNESDAY 15</u>	<u>THURSDAY 16</u>	<u>FRIDAY 17</u>	<u>SATURDAY 18</u>	<u>SUNDAY 19</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, Banana & Peanut Butter Smoothie, Fresh Baked Muffin	Oatmeal, Bacon & Egg McMuffin	Oatmeal, Fresh Baked Croissant, Stewed Rhubarb Fruit Cocktail	Oatmeal, Boiled Egg, Sliced Cheese, White or Brown Toast	Oatmeal, French Toast w/ Banana & Syrup	Oatmeal, Bagel w/ Cream Cheese	Oatmeal, Scrambled Egg, Refried Potatoes, 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	Cream of Cauliflower	Sweet & Sour Pork	Tomato	Creamy Chicken Curry	Vegetable w/ Wild Rice	Hamburger	Creamy Carrot Soup
LUNCH FEATURE	Scrambled Egg	Chicken Fingers w/ Plum Sauce	Soup & Sandwich Combo (Bacon Grilled Cheese)	Shepard's Pie Baked Potato w/ Sour Cream	Fish Taco	Soup & Sandwich Combo (BLT)	Chicken Caesar Salad
Side Dish	Fried Bologna	Coleslaw			Pineapple Salad		
Vegetable /Salad	White or Brown Toast	Potato Salad					
DESSERT	Mandarins	Warm Apple Crumble w/ Ice Cream	Mousse w/ Wafer Cookie	Doughnut	Chocolate Haystack	Pears	Blueberry Square
DINNER	<u>MASHED POTATOES ALWAYS AVAILABLE @ DINNER</u>						
	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	Baked Turkey Schnitzel w/ Mushroom Cream Sauce	Hearty Canadian Chili w/ Cheese & Sour Cream	Honey Garlic Beef Stir Fry	RVH Pizza Night	Baked Spinach & Cheese Ravioli w/ Cream Sauce	Chicken Kiev w/ Fried Mushroom & Cream Sauce	Roasted Ham w/ Honey Mustard Glaze
STARCH 1	Mashed Potato	Garlic Bread	Rice	Ham, Bacon, Mushroom	Fresh Baked Bun	Mashed Potato	Homemade Scalloped Potatoes
Green Veg	Savory Parsnips		Stir Fry Veg (Peppers, Mushroom, Onion, Carrot, Celery)	Tossed Salad		Sweet Carrots	Baked Beans
Colour Veg	Broccoli		Broccoli)			Turnip	Green & Yellow Beans
DESSERT	Jello w/ Whipped Cream	Vanilla Cake w/ Berry Sauce	Red Velvet Cookie Sandwich	Peaches	Flavoured Ice Cream	Dessert Pizza	Warm Strawberry & Rhubarb 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