

	<u>MONDAY 3</u>	<u>TUESDAY 4</u>	<u>WEDNESDAY 5</u>	<u>THURSDAY 6</u>	<u>FRIDAY 7</u>	<u>SATURDAY 8</u>	<u>SUNDAY 9</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, Cheddar Omelette, Fruit, White/Brown Toast	Oatmeal, Fresh Baked Raisin Cinnamon Toast, 1/2 Orange, Slice Cheese	Oatmeal, Boiled Eggs, Fruit, White/Brown Toast	Oatmeal, Baked Cinnamon Bun w/ Glaze, Fruit Cocktail	Oatmeal, Poached Egg, Sliced Cheese, Fruit, White/Brown Toast	Oatmeal, French Toast w/ Syrup, Breakfast Sausage	Oatmeal, Egg Over Easy, Fried Bologna, White/ 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	Sweet & Sour Pork	Cream of Broccoli	Tomato	Beef Noodle	Vegetable	Mushroom	Butternut Squash
LUNCH FEATURE	Soup & Sandwich Combo Toasted BLT	Chicken Pot Pie w/ Gravy	Fried Mushroom & Mozzarella Grilled Cheese	Spinach & Cheese Omelette	Fish Burger w/ Lettuce & Tartar Sauce	Scrambled Egg	Cold Cut Trio (Sliced Deli Turkey, Ham & Cheddar Cheese)
Side Dish	Pickle	Side Salad	Beets	Breakfast sausage	Coleslaw	Hash brown (with Fried Onions & Peppers)	with Lettuce, Tomato and Mustard)
Vegetable /Salad				White or Brown Toast			Sliced Cucumbers
DESSERT	Warm Brownie w/ Chocolate Frosting	Warm Peach Crumble w/ Ice Cream	Pears	Butter Tart	Trifle	Mandarins	Lets Go Canada Doughnut
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	Cabbage Roll Casserole	Fluffy Pancakes w/ Syrup	Swiss Pork (Seared Pork Chops Slow Cooked in Tomatoes)	Shepard's Pie w/ Beef Gravy	Mac & Cheese Casserole	RVH Pizza Night	Homemade Meatloaf w/ Gravy
STARCH 1	Mashed Potato	Bacon	Mashed Potato			(Pepperoni, Bacon, Mushroom)	Mashed Potato
Green Veg	Mixed Beans		Peas		Garlic Bread	Garden Salad	Broccoli
Colour Veg			Carrots				Carrots
DESSERT	Pudding w/ Whipped Cream	Jello	Vanilla Cake w/ Warm Caramel Sauce	Banana Loaf	Flavoured Ice Cream	Cream Puff w/ Berry Sauce & Whip Cream	Warm Blueberry Pie w/ Ice Cream

ALWAYS AVAILABLE: GLUTEN FREE BREAD, TOSSED SALAD, ASSORTED JUICES, W B

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