

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal/Cereal, Fresh Baked Ham & Cheese Scone, Fresh Fruit	Oatmeal/Cereal Poached Egg, Sausage, White or Brown Toast	Oatmeal/Cereal Banana and Peanut Butter Smoothie, Cinnamon roll	Oatmeal/Cereal, Scrambled Eggs, Sliced Tomato, White or Brown Toast	Oatmeal/Cereal Golden Fluffy Pancakes w/ Strawberries & Syrup	Oatmeal/Cereal, Egg Over Easy, Hashbrown, Bologna, White or Brown Toast	Oatmeal/Cereal, Mushroom Swiss Omelette, White or Brown Toast, Sliced Orange
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	Butternut Squash	Roasted Red Pepper	Beef Noodle	Bacon and Corn Chowder	Tomato	Turkey Rice	Cream of Cauliflower
LUNCH FEATURE	Soup & Sandwich Combo: RVH Chicken Salad	Italian Pasta Salad (Spiral Noodles, Cherry Tomatoes,	Soup sandwich combo: BLT	Beef Tacos (Seasoned Ground Beef, Lettuce, Tomatoes)	Soup Sandwich Combo: Grilled Cheese	Poutine (Fresh Cut Fries, Cheese Curds, and Gravy)	Soup & Sandwich Combo: Ham & Cheese w/ Lettuce, Tomato, Mustard
Side Dish		Salami, Red Onion, Cheese, Olives)		Sour Cream, Salsa			
Vegetable /Salad	Sliced Cucumber	Bruschetta Bread	Carrot Stick		Coleslaw		Celery Stick
DESSERT	Pudding w/ Wafer Cookie	Butter Tart w/ Ice Cream	Jello w/ Whipped Cream	Mandarins	Chocolate Brownie w/ Caramel Sauce	Mini Doughnut	Date 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	Pork Chop in Mushroom Soup	BBQ Cheeseburger w/ Lettuce, Tomato, Onion, Pickle	Chicken Souvlaki w/ Tzatziki	Turkey Schnitzel w/ Lemon Wedge	Creamy Salmon & Spinach Pasta (Fettuccini Noodles)	Cheesy Meatball & Potato Casserole	Roast Chicken w/ Cranberry Sauce
STARCH 1	Mashed Potato	Potato Salad	Rice Pilaf	Mashed Potato	Garlic Bread	Fresh Baked Bun	Mashed Potato w/ Gravy
Green Veg	Peas	Cucumber Salad	Greek Salad	Broccoli	Tossed Salad	Cesar Salad	Green Beans
Colour Veg	Carrots			Butternut Squash			Turnip
DESSERT	Cherry Tart w/ Whipped Cream	Fresh Melon	Ice Cream Cake	Cupcake w/ Frosting	Flavoured Ice Cream	Rice Krispie Square	Warm Raisin Pie w/ Ice Cream

ALWAYS AVAILABLE: 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