

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18	SUNDAY 19
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal/Cereal, Boiled Egg, Sliced Orange, White or Brown Toast	Oatmeal/Cereal Fresh Baked Muffin, Peaches, White or Brown Toast	Oatmeal/Cereal, Scrambled Eggs, Orange Wedge, White or Brown Toast	Oatmeal/Cereal, Fresh Baked Fruit Danish, Fruit Cocktail	Oatmeal/Cereal, Over Easy Eggs, Sliced Cheese, Sliced Orange, White or Brown Toast	Oatmeal/Cereal, Cinnamon French Toast w/ Banana, and Syrup	Oatmeal/Cereal, Sausage and Cheddar Quiche, Orange Wedge, 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	Split Pea	Lasagna	Grilled Sausage and Potato	Creamy Swedish Meatball	Purred Cream of Carrot & Bacon	Tomato	Vegetable Rice
LUNCH FEATURE	Soup Sandwich Combo) Ham and Cheese w/ Lettuce, Tomato and Mustard	Soup & Salad Combo (Caesar Salad)	French Onion Grilled Cheese (w/ Swiss Cheese)	Cold Plate (Sliced Deli Meat, Sliced Cheese, Crackers, Sweet Pickle	RVH Pizza Day (Pepperoni, Mushroom, Green Pepper	Soup & Sandwich Combo BLT	Chicken Finger w/ Plum Sauce
Side Dish		Fresh Clover Bun		Fruit Jello, Deviled Egg			French Fries
Vegetable /Salad	Pickled Beet		Carrot Stick		Celery Stick w/ Ranch Dip	Dill Pickle	
DESSERT	Fresh Honey Dew	Jello w/ Whipped Cream	Brownie Sundae	Glazed Lemon and Cranberry Square	Pears	Butter Tart	Ice Cream Sandwich
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	BBQ Chicken Thighs	(Breakfast for Supper) Over Easy Eggs, Bacon	Chicken Piri Piri w/ Naan Bread	Cabbage Rolls	Breaded Perch w/ Tartar Sauce	Sausage & Pepper Penne w/ Marianna Sauce & Parmesan	Smoked Beef Brisket w/ au Jus
STARCH 1	Mashed Potato	Home Fries, Baked Beans	White Rice	Mashed Potato	Roasted Sweet Potatoes	Garlic Bread w/ Cheese	Mashed Potato
Green Veg	Creamy Coleslaw		Cucumber and Pepper Salad	Green Beans	Zucchini		Fried Cabbage
Colour Veg		White or Brown Toast		Corn	Butternut Squash		Greek Carrots
DESSERT	Tapioca Pudding	Oatmeal Raspberry Cookie	Fresh Melon	Vanilla Mousse	Flavoured Ice Cream	Chocolate Cake w/ Frosting	Banana Cream Pie w/ Whipped Topping

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