

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>June</i>							
Breakfast	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 Banana Bread and Yogurt	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 Carrot Bread and Nutella Spread	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 Apple Bread and Hummus	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 French Toast and Bacon	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 Banana Bread and Yogurt	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 Apple Bread and Peanut Butter	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 French Toast and Bacon
Dinner	Choice 1 Pork Mashed Potato Mixed Vegetables Strawberry Shortcake Choice 2 Beef Rice Zucchini Pineapple	Choice 1 Spaghetti Garlic Bread Spinach Black Forest Cake Choice 2 Lemon Herbed Fish Mash Potato Turnip Fruit Cocktail	Choice 1 Chicken Mash Potato Green Beans Cheesecake Choice 2 Salmon Rice Carrots Blueberries	Choice 1 Beef Pasta Cauliflower Lemon Pie Choice 2 Ham Mash Potato Peas Peaches	Choice 1 Lemon Fish Mash Potato Squash Rhubarb Crisp Choice 2 Sweet & Sour Pork Rice Parsnips Fruit Salad	Choice 1 Chicken Stir Fry Rice Peas Jello Poke Cake Choice 2 Beef Liver Mashed Potato Corn Applesauce	Choice 1 Turkey Mash Potato Carrots Blueberry Pie Choice 2 Salmon Rice Broccoli Strawberries
Supper	French Onion Soup Choice 1 Deli Meat Sandwich Beets Strawberries Choice 2 Cold Fruit Plate Banana Pudding	Lentil Soup Choice 1 Garden Quiche Peas Apricots Choice 2 Turkey Sandwich Salad Tarts	Pepper Pot Soup Choice 1 Beef Sandwich Broccoli Pears Choice 2 Pork WW Bread Salad Chocolate Mousse	Vegetable Soup Choice 1 Tuna Sandwich Beets Apricots Choice 2 Chili WW Bread Salad Coffee Cakes	Broccoli & Cheese Choice 1 Chicken Sandwich Green Beans Strawberries Choice 2 Vegetarian Burger Salad Vanilla Ice Cream	Cream of Tomato Choice 1 Grilled Cheese Salad Blueberries Choice 2 Egg Salad Sandwich Beets Date Square	Potato Soup Choice 1 Mini Sub Sandwich Green Beans Pears Choice 2 Fettuccine Pasta Salad WW Bread Lemon Pudding

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Breakfast	Choice 1 Oatmeal Boiled Eggs Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Cream of Wheat Cheddar Cheese Toast Choice 2 Cold Cereal Muffin	Choice 1 Oatmeal Scrambled Eggs Toast Choice 2 Cold Cereal Bagel & Cr.Cheese	Choice 1 Cream of Wheat Boiled Eggs Toast Choice 2 Cold Cereal Peanut Butter	Choice 1 Oatmeal Omelet Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Cream of Wheat Breakfast Sausage Toast Choice 2 Cold Cereal Muffin	Choice 1 Oatmeal Scrambled Eggs, Bacon, Toast Choice 2 Cold Cereal Peanut Butter
Dinner	Choice 1 Pork Ribbette Mashed Potato Mixed Vegetables Strawberry Shortcake Choice 2 Oriental Beef Rice Zucchini Pineapple	Choice 1 Spaghetti Garlic Bread Caesar Salad Black Forest Cake Choice 2 Haddock Fish Roasted Potato Turnip Fruit Cocktail	Choice 1 Chicken Drumsticks Mashed Potato Green Beans Cheesecake Choice 2 Salmon Rice Carrots Fresh Fruit	Choice 1 Salisbury Steak Mashed Potato Cauliflower Lemon Pie Choice 2 Glazed Ham Scalloped Potato Brussels Sprouts Peaches	Choice 1 Baked Sole Roasted Potato Broiled Tomato Rhubarb Crisp Choice 2 Sweet and Sour Pork Rice Pilaf Parsnips Fruit Salad	Choice 1 Chicken Stir-Fry Rice Snow Peas Jello Poke Cake Choice 2 Beef Liver Mashed Potato Corn Applesauce	Choice 1 Turkey Stuffing, Mash Potato, Carrots Blueberry Pie Choice 2 Salmon Boiled Potato Broccoli Watermelon
Supper	French Onion Soup Choice 1 Deli Meat Sandwich Beets Rhubarb Choice 2 Cold Plate-Cottage Cheese, Fruit, Scone Banana Pudding	Lentil Soup Choice 1 Garden Quiche Chef Salad Apricots Choice 2 Turkey Sandwich Pickle Two Bite Tarts	Pepper Pot Soup Choice 1 Cold Plate-Beef, Broccoli Salad, Roll Mixed Berries Choice 2 Bologna Sandwich Coleslaw Chocolate Mousse	Vegetable Soup Choice 1 Tuna Sandwich Chef Salad Melon Choice 2 Turkey Chili Corn Meal Muffin Cucumber Salad Coffee Cakes	Broccoli & Cheese Choice 1 Chicken Salad Sandwich Pickle Fresh Fruit Choice 2 Vegetarian Burger Greek Salad Vanilla Ice Cream	Cream of Tomato Choice 1 Grilled Cheese Sandwich Tossed Salad Kiwis Choice 2 Egg Salad Sandwich Beets Date Square	Potato Soup Choice 1 Mini Sub Sandwich Pickle Pears Choice 2 Fettuccine Pasta Romaine Salad Garlic Bread Lemon Pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 Carrot Bread and Hummus	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 Banana Bread and Peanut Butter	Choice 1 Cream of Wheat Scrambled Eggs Toast Choice 2 French Toast and Bacon	Choice 1 Oatmeal Scrambled Eggs and Toast Choice 2 Apple Bread and Yogurt	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 Carrot Bread and Nutella	Choice 1 Oatmeal Scrambled Eggs Toast Choice 2 Banana Bread and Hummus	Choice 1 Cream of Wheat Scrambled Eggs and Toast Choice 2 French Toast and Bacon
Dinner	Choice 1 Beef Mashed Potato Mixed Vegetables Maple Cake Choice 2 Chicken Stew WW Bread Apricots	Choice 1 Lemon Fish Rice Green Beans Orange/Cran Cake Choice 2 Beef Mashed Potato Squash Fruit Cocktail	Choice 1 Chicken Mashed Potato Broccoli Chocolate Pudding Choice 2 Beef Pasta Beets Fruit Cocktail	Choice 1 Pork Mashed Potato Cauliflower Banana Cream Pie Choice 2 Turkey Rice Squash Pears	Choice 1 Hot Dogs Salad Cookies Choice 2 Lemon Fish Rice Peas Applesauce	Choice 1 Beef Mashed Potato Broccoli Chocolate Cake Choice 2 Lasagna Salad Strawberries	Choice 1 Pork Mashed Potato Squash Apple Pie Choice 2 Chicken Rice Beets Fruit Compote
Supper	Cream of Cauliflower Choice 1 Pork Sandwich Salad Banana Choice 2 Cold Plate-Yogurt, Fruit, Banana Bread Butter Tart Square	Indian Corn Soup Choice 1 Turkey Sandwich Squash Pears Choice 2 Chicken WW Bread Salad Tapioca Pudding	Beef Barley Soup Choice 1 Tuna Sandwich Beets Ice Cream Choice 2 Egg Sandwich Peas Peaches	Pea Soup Choice 1 Beef Sandwich Salad Pineapple Choice 2 Quiche Corn Vanilla Mousse	Tomato Soup Choice 1 Chicken Sandwich Green Beans Blueberries Choice 2 Sloppy Joe's Salad Ice Cream	Mulligatawny Soup Choice 1 PB & Jam Sandwich Peas Fruit Salad Choice 2 Beef Sandwich Salad Butterscotch Pudding	Mushroom Soup Choice 1 Salmon Sandwich Salad Lemon Square Choice 2 Cabbage Rolls Carrots Pineapple

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice 1 Cream of Wheat Boiled Eggs Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Oatmeal Omelet Toast Choice 2 Cold Cereal Muffin	Choice 1 Cream of Wheat Scrambled Eggs Toast Choice 2 Cold Cereal Cinnamon Buns	Choice 1 Oatmeal Cheddar Cheese Toast Choice 2 Cold Cereal Peanut Butter	Choice 1 Cream of Wheat Boiled Egg Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Oatmeal Scrambled Eggs Toast Choice 2 Cold Cereal Muffin	Choice 1 Cream of Wheat Waffles Sausages Choice 2 Cold Cereal Peanut Butter
Dinner	Choice 1 Meatballs Mashed Potato Mixed Vegetables Maple Mania Cake Choice 2 Chicken Stew Tea Biscuit Apricots	Choice 1 Tilapia Fish Rice Pilaf Green Beans Orange/Cran Cake Choice 2 Swiss Steak Baked Potato Sautéed Vegetables Fruit Cocktail	Choice 1 Paprika Chicken Parisienne Potato Zucchini Brownies Choice 2 Lamb Bourguignon Egg Noodles Cabbage Peaches	Choice 1 Pork Ribs Mashed Potato Cauliflower and Red Peppers Banana Cream Pie Choice 2 Turkey A La King Tea Biscuit Brussels Sprouts Pears	Choice 1 Hot Dog Coleslaw Homemade Cookies Choice 2 Perch, Fish Rice Vegetable Medley Melon	Choice 1 Roast Beef Oven Potato Broccoli Chocolate Cake Choice 2 Vegetarian Lasagna Spinach Salad Rhubarb	Choice 1 Roast Pork Mashed Potato Squash Apple Pie Choice 2 Chicken Mexican Rice Harvard Beets Fruit Compote
Supper	Cream of Cauliflower Choice 1 Pork Sandwich Garden Salad Fresh Fruit Choice 2 Cold Plate- Cheddar Cheese, Fruit Banana Loaf Butter Tart Square	Indian Corn Soup Choice 1 Turkey Sandwich Tomato Salad Watermelon Choice 2 Chicken Burgers Caesar Salad Tapioca Pudding	Beef Barley Soup Choice 1 Tuna Sandwich Beets Rice Krispie Square Choice 2 Cobb Salad Dinner Roll Mandarin Oranges	Pea Soup Choice 1 Beef Sandwich Carrot, Celery, Cucumber Salad Pineapple Choice 2 Quiche Chef Salad Vanilla Mousse	Tomato Soup Choice 1 Chicken Salad Sandwich Pickle Mixed Berries Choice 2 Sloppy Joe's Chef Salad Ice Cream Sandwich	Mulligatawny Soup Choice 1 Peanut Butter and Jam Sandwich Pickle Fruit Salad Choice 2 BLT Sandwich Waldorf Salad Butterscotch Pudding	Mushroom Soup Choice 1 Salmon Sandwich Coleslaw Lemon Square Choice 2 Cabbage Rolls Carrots Cherries

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>None</i>	Choice 1 Oatmeal Scrambled Eggs and Toast	Choice 1 Cream of Wheat Scrambled Eggs and Toast	Choice 1 Oatmeal Scrambled Eggs Toast	Choice 1 Cream of Wheat Scrambled Eggs and Toast	Choice 1 Oatmeal Scrambled Eggs and Toast	Choice 1 Cream of Wheat Scrambled Eggs Toast	Choice 1 Oatmeal Scrambled Eggs and Toast
Breakfast	Choice 2 Apple Bread and Peanut Butter	Choice 2 Carrot Bread and Yogurt	Choice 2 French Toast and Bacon	Choice 2 Banana Bread and Hummus	Choice 2 Apple Bread and Yogurt	Choice 2 Carrot Bread and Nutella	Choice 2 French Toast and Bacon
Dinner	Choice 1 Turkey Mash Potato Mixed Vegetables Hawaiian Cake	Choice 1 Chicken Curry Rice Spinach Chocolate Cr. Pie	Choice 1 Salmon Mashed Potato Mixed Vegetables Raspberry Square	Choice 1 Shepherds Pie Carrots Bread Pudding	Choice 1 Beef Mashed Potato Corn Cheesecake	Choice 1 Turkey Divan Pasta Broccoli Nanaimo Bar	Choice 1 Ham Mashed Potato Brussels Sprouts Strawberry Pie
	Choice 2 Beef Pasta Green Beans Pears	Choice 2 Pork Mashed Potato Turnip Fruit Cocktail	Choice 2 Sweet and Sour Pork Rice Cauliflower Apricots	Choice 2 Pork Mashed Potato Beets Fruit Cocktail	Choice 2 Lemon Herb Fish Rice Peas Blueberries	Choice 2 Pork Mashed Potato Squash Peaches	Choice 2 Meatloaf Rice Broccoli Pineapple
	Vegetable Soup Choice 1 Egg Sandwich Salad Chocolate Blondies	Tomato Soup Choice 1 Roast Beef Sandwich Squash Banana	Butternut Squash Soup Choice 1 Cheese Dreams Salad Pineapple	Broccoli Soup Choice 1 Egg Sandwich Salad Ice Cream	French Onion Soup Choice 1 Ham Sandwich Green Beans Strawberries	Lentil Soup Choice 1 Salmon Sandwich Beets Apricots	Potato Soup Choice 1 Chicken Sandwich Beets Fruit Salad
Supper	Choice 2 Sausage WW Bread Beets Applesauce	Choice 2 Fish Burger Salad Peach Mousse	Choice 2 Turkey Sandwich Beets Custard	Choice 2 Mashed Potato Broccoli Pineapple	Choice 2 Pasta and Spaghetti Sauce Salad Jello Poke Cake	Choice 2 Chicken Mashed Potato Salad Banana Cake	Choice 2 Chili WW Bread Salad Chocolate Pudding

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice 1 Oatmeal Cheddar Cheese Toast	Choice 1 Cream of Wheat Boiled Egg Toast	Choice 1 Oatmeal Scrambled Eggs Toast	Choice 1 Cream of Wheat Cheddar Cheese Toast	Choice 1 Oatmeal Boiled Egg Toast	Choice 1 Cream of Wheat Scrambled Eggs Toast	Choice 1 Oatmeal French Toast Bacon
	Choice 2 Cold Cereal Raisin Toast	Choice 2 Cold Cereal Muffin	Choice 2 Cold Cereal Scones	Choice 2 Cold Cereal Peanut Butter	Choice 2 Cold Cereal Raisin Toast	Choice 2 Cold Cereal Muffin	Choice 2 Cold Cereal Peanut Butter
Dinner	Choice 1 Turkey Breast Mashed Potato Mixed Vegetables White Cake	Choice 1 Chicken Curry Rice Spinach Chocolate Cream Pie	Choice 1 Salmon Mashed Potato Sautéed Vegetables Raspberry Square	Choice 1 Shepherds Pie Carrots Bread Pudding	Choice 1 BBQ Beef Romanoff Potato Mexican Corn Cheesecake	Choice 1 Turkey Divan Linguine Pasta Zucchini Nanaimo Bar	Choice 1 Turkey Divan Ham Scalloped Potato Mixed Vegetable Strawberry Rhubarb Pie
	Choice 2 Beef Stroganoff Egg Noodles Yellow Beans Pears	Choice 2 Pork Ribs Roasted Potato Turnip Stewed Rhubarb	Choice 2 Sweet and Sour Pork Rice Cauliflower Apricots	Choice 2 Lamb Chops Roasted Potatoes Harvard Beets Fruit Cocktail	Choice 2 Potato Crusted Cod Mashed Potatoes Asparagus Mixed Berries	Choice 2 Sausage on a Bun Coleslaw Sauerkraut Peaches	Choice 2 Meatloaf Rice Parsnips Watermelon
Supper	Vegetable Soup Choice 1 Egg Sandwich Tossed Salad Chocolate Chip Blondies	Cream of Tomato Soup Choice 1 Roast Beef Sandwich Pickle Kiwis	Butternut Squash Soup Choice 1 Cheese Dreams Broccoli Salad Pineapple	Cream of Broccoli Soup Choice 1 Egg Salad Sandwich Pickle Ice Cream	French Onion Soup Choice 1 Ham Sandwich Bean Salad Strawberries	Lentil Soup Choice 1 Salmon Sandwich Pickles Mandarin Oranges	Potato Soup Choice 1 Chicken Sandwich Beets Fruit Salad
	Choice 2 Sausage Macaroni Salad Cucumber Salad Fresh Fruit	Choice 2 Fish Burger Coleslaw Peach Mousse	Choice 2 Turkey Sandwich Beet and Onion Salad Baked Custard	Choice 2 Chicken Caesar Salad Dinner Roll Melon	Choice 2 Cheese Pizza Chef Salad Jello Poke Cake	Choice 2 Chicken Dippers Fries Tomato Salad Banana Cake	Choice 2 Cornmeal Muffin Garden Salad Chocolate Pudding

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Roll</i> Breakfast	Choice 1 Cream of Wheat Scrambled Eggs and Toast	Choice 1 Oatmeal Scrambled Eggs and Toast	Choice 1 Cream of Wheat Scrambled Eggs and Toast	Choice 1 Oatmeal Scrambled Eggs Toast	Choice 1 Cream of Wheat Scrambled Eggs and Toast	Choice 1 Oatmeal Scrambled Eggs and Toast	Choice 1 Cream of Wheat Scrambled Eggs and Toast
	Choice 2 Banana Bread and Peanut Butter	Choice 2 Apple Bread and Hummus	Choice 2 French Toast and Bacon	Choice 2 Carrot Bread and Yogurt	Choice 2 Banana Bread and Nutella	Choice 2 Apple Bread and Peanut Butter	Choice 2 French Toast and Bacon
Dinner	Choice 1 Stuffed Peppers Rice Corn Maple Mania Cake	Choice 1 Chicken Rice Asparagus Peach Crisp	Choice 1 Beef Pasta Parsnips Pecan Cake	Choice 1 Pork Rice Zucchini Banana Cake	Choice 1 Ham Salad Mashed Potato Oreo Square	Choice 1 Chicken Pasta Pears Brownie Square	Choice 1 Roast Beef Mashed Potato Corn Cherry Pie
	Choice 2 Lemon Fish Mashed Potato Brussels Sprouts Pineapple	Choice 2 Pork and Gravy Mash Potato Broccoli	Choice 2 Turkey Mashed Potato Mixed Vegetable Pears	Choice 2 Beef Mashed Potatoes Carrots Strawberries	Choice 2 Salmon Rice Spinach Fruit Compote	Choice 2 Pork Mashed Potato Broccoli Banana	Choice 2 Turkey Pot Pie Savory Bread Asparagus Applesauce
Supper	Cream of Chicken Choice 1 Mini Sub Sandwich Salad Blueberries	Navy Bean Soup Choice 1 Beans and Weiners Salad Lemon Square	Cream of Celery Soup Choice 1 Salmon Sandwich Beets Peaches	Vegetable Soup Choice 1 Cheese Sandwich Salad Pineapple	Minestrone Soup Choice 1 Pb and Jam Sandwich Salad Fruit Cocktail	Cream of Asparagus Choice 1 Beef Sandwich Broccoli Blueberries	Barley Soup Choice 1 Tuna Sandwich Beets Caramel Custard
	Choice 2 Egg Sandwich Turnip Vanilla Pudding	Choice 2 Beef Sandwich Peas Banana	Choice 2 Pork Mashed Potatoes Salad Butterscotch Ice Cream	Choice 2 French Toast Sausage Applesauce Blueberry Bar	Choice 2 Macaroni and Cheese Tomatoes Ice Cream	Choice 2 Quiche Salad Mousse	Choice 2 Pasta and Tomato Sauce Salad Peaches

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice 1 Cream of Wheat Cheddar Cheese Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Oatmeal Boiled Egg Toast Choice 2 Cold Cereal Muffin	Choice 1 Cream of Wheat Egg Omelet Toast Choice 2 Cold Cereal Tea Biscuit	Choice 1 Oatmeal Scrambled Eggs Toast Choice 2 Cold Cereal Peanut Butter	Choice 1 Cream of Wheat Boiled Egg Toast Choice 2 Cold Cereal Raisin Toast	Choice 1 Oatmeal Cheddar Cheese Toast Choice 2 Cold Cereal Muffin	Choice 1 Cream of Wheat Omelet and Sausage
Dinner	Choice 1 Stuffed Peppers Rice Corn Maple Mania Cake Choice 2 Crunchy Fish Ranch Style Potato Brussels Sprouts Pineapple	Choice 1 Baked Chicken Baby Potatoes Asparagus Peach Crisp Choice 2 Pork and Gravy Mash Potato Broccoli Fruit Compote	Choice 1 Beef Stroganoff Egg Noodles Parsnips Pecan Cake Choice 2 Turkey, Mash Potato, Stuffing, Gravy, Mixed Vegetable Melon	Choice 1 BBQ Ribs Rice Zucchini Banana Cake Choice 2 Lamb Chops Whipped Potatoes Carrots Strawberries	Choice 1 Hot Dog Chef Salad Butter Tarts Choice 2 Salmon Rice Sautéed Vegetables Fruit Compote	Choice 1 Chicken, Mushroom and Spinach Pasta Sugar Snap Peas Mint Brownie Square Choice 2 Pork Tenderloin Boiled Potato Broccoli Stewed Rhubarb	Choice 1 Roast Beef Mashed Potato Corn Niblets Cherry Pie Choice 2 Turkey Pot Pie Yellow & Green Beans Fresh Fruit
Supper	Cream of Chicken Choice 1 Mini Sub Sandwich Spinach Salad Mixed Berries Choice 2 Cobb Salad Dinner Roll Vanilla Pudding	Navy Bean Soup Choice 1 Beans and Wieners Chef Salad Lemon Square Choice 2 BLT Sandwich Greek Salad Cherries	Cream of Celery Soup Choice 1 Salmon Sandwich Pickled Beets Mandarin Oranges Choice 2 Cold Plate- Pork, Cheese, Chef Salad, Dinner Roll Butterscotch Ice Cream	Vegetable Soup Choice 1 Cheese Sandwich Tomato Salad Pears Choice 2 French Toast, Sausage, Apple Slices Blueberry Oatmeal Bar	Minestrone Soup Choice 1 Pb & Jam Sandwich Cucumber Salad Fruit Cocktail Choice 2 Macaroni and Cheese Stewed Tomatoes Ice Cream Sundae	Cream of Asparagus Choice 1 Beef Sandwich Coleslaw Watermelon Choice 2 Quiche Chef Salad Tiramisu Mousse	Barley Soup Choice 1 Tuna Sandwich Pickle Caramel Custard Choice 2 Cheese Pizza Garden Salad Peaches