

FALL/WINTER 2024- 2025							WEEK 3
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Nov 10, Dec 8, Jan 5, Feb 2, Mar 2, Mar 30, Apr 27	Nov 11, Dec 9, Jan 6, Feb 3, Mar 3, Mar 31, Apr 28	Nov 12, Dec 10, Jan 7, Feb 4, Mar 4, Apr 1, Apr 29	Nov 13, Dec 11, Jan 8, Feb 5, Mar 5, Apr 2, Apr 30	Nov 14, Dec 12, Jan 9, Feb 6, Mar 6, Apr 3, May 1	Nov 15, Dec 13, Jan 10, Feb 7, Mar 7, Apr 4, May 2	Nov 16, Dec 14, Jan 11, Feb 8, Mar 8, Apr 5, May 3
BREAKFAST	Apple Juice Pancakes Bacon Omelette Diced Peaches	Orange Juice Oatmeal Cereal Scrambled Eggs Raisin Toast Orange Slices	Cranberry Juice Cream of Wheat Poached eggs Whole wheat toast Apricot	Apple Juice Sunny Boy Cereal Scrambled eggs Bran Muffin Mandarin Oranges	Orange Juice Oat Bran Cereal Poached Eggs Rye Toast Fruit Cocktail	Cranberry Juice Oatmeal Cereal Ham, Cheese and Egg Whole Wheat Toast Fruit Compote	Apple Juice Cream of Wheat Scrambled Eggs Raisin Toast Diced Peaches
LUNCH	Pork Roast with Gravy Scalloped Potatoes Cabbage Tossed Salad Blueberries Alt Beef Stew	Meatloaf Mashed Potatoes with Gravy Cauliflower Arugula Salad Pineapple Tidbit Alt Pork Roast	Butter Chicken Parsley Rice Peas Onion Salad Grapes Alt Meatloaf	Liver with Bacon and Onions Mashed Potatoes and Gravy Rutabaga Layered Salad Baked Apples Alt Butter Chicken	Pizza Celery and Carrot Sticks Caesar Salad Diced Pears Alt Liver	Maple Glazed Salmon Herb Roasted Potatoes Italian Mix Vegetables Spinach Salad Grapes Alt Pizza	Shaved steak with Onions and Peppers Baby Potatoes with Sour Cream Zucchini Coins Broccoli Salad Banana Alt Maple Glazed Salmon
SUPPER	Borscht Corned Beef Sandwich on Rye Bread and Butter Pickles Rice Pudding Alt Cheese Sandwich	Cream of Tomato Grilled Ham and Cheese Celery Sticks Carrot Cake Alt Roast Pork Sandwich	Beef Barley Soup Pork & Chicken Potstickers Broccoslaw Ice Cream Alt Salami Sandwich	Creamy Vegetable Soup Monte Cristo Sandwich Pepper Wedges Banana Cream Pie Alt Turkey Sandwich	Italian Wedding Soup English Muffin Sandwich Tomato Slices Nanaimo Bar Alt Ham Sandwich	Cream of Potato and Bacon Soup Chicken Tenders Hashbrowns Dessert of the Day Alt Tuna Sandwich	Chicken Noodle Soup Salmon Salad Croissant Dill Pickles Cheesecake Alt Roast Beef Sandwich