

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						BREAKFAST 1 Cereal, Muffins, Scramble eggs, Fresh veg. LUNCH Tuna sandwich, Potato chips, Fresh veg. DINNER Meatballs, Rice and Veg.
BREAKFAST 2 Hot/cold cereal, Bagels w c/c Scrambled Eggs, Fresh Veg. LUNCH Oven Baked Ziti, Garden Salad, Soup DINNER chicken drumsticks, Mashed potato, Veg, Soup	BREAKFAST 3 Hot/cold cereal, Pancake, Scramble eggs, Fresh veg. LUNCH Hamburger, French fries, Veg DINNER Chicken Tostada salad bowl, soup	BREAKFAST 4 Hot/cold cereal, Waffle, Sunny side up eggs, Fresh veg. LUNCH Cheese Lasagna, Fresh Veg, soup DINNER Orange chicken, Lo main pasta, Veg	BREAKFAST 5 Hot/cold cereal, Pancake, Scramble egg, Fresh veg. LUNCH Lemon garlic fish fillet, rice, veg, Soup DINNER Pasta Bolognese, Fresh veg, Soup	BREAKFAST 6 Hot/cold cereal, French toast, scramble eggs, Fresh veg LUNCH Cheese quesadilla, Scoop of tuna, Fresh veg, Soup DINNER chicken drumsticks, Mashed potato, Veg, Soup	BREAKFAST 7 Hot/cold cereal, Scramble eggs, Side of toast, Fresh veg. LUNCH Hotdog, French fries, Veg. DINNER Chicken soup w Kneidlach, Schnitzel, Mashed potato, Veg, Dinner roll	BREAKFAST 8 Cereal, Muffins, Scramble eggs, Fresh veg. LUNCH Salami sandwich, Potato chips, Veg. DINNER Beef lasagna, Veg
BREAKFAST 9 Hot/cold cereal, Bagel, c/c Scrambled Eggs, Fresh Veg. LUNCH Macaroni Cheese, Coleslaw, Soup DINNER Grilled chicken breast, Pearl couscous, Veg, Soup	BREAKFAST 10 Hot/cold cereal, Pancakes, Scramble eggs, Fresh veg. LUNCH Lemon garlic fish fillet, rice, veg, Soup DINNER Pasta Bolognese, Fresh veg, Soup	BREAKFAST 11 Hot/cold cereal, Waffles, Sunny side up eggs, Fresh veg. LUNCH Egg and tuna salad with fresh veg. Whole wheat toast, Soup DINNER chicken drumsticks, Mashed potato, Veg, Soup	BREAKFAST 12 Hot/cold cereal, Pancake, Scramble egg, Fresh veg. LUNCH Veg burger, Potato salad, Soup DINNER Stuffed pepper, Veg, Soup	BREAKFAST 13 Hot/cold cereal, French toast, scramble eggs, Fresh veg LUNCH Cheese lasagna, Fresh veg, Soup DINNER Mini chicken schnitzel, Pearl couscous, Soup	BREAKFAST 14 Hot/cold cereal, Scramble eggs, Side of toast, Fresh veg. LUNCH Hamburger, French fries, Veg. DINNER Chicken soup w Kneidlach, Brisket, Mashed potato, Veg, Dinner roll	BREAKFAST 15 Cereal, Muffins, Scramble eggs, Fresh veg. LUNCH Chicken wrap, Potato chips, Veg. DINNER Meatballs, Rice and Veg.
BREAKFAST 16 Hot/cold cereal, Bagels w c/c Scrambled Eggs, Fresh Veg. LUNCH Potato burekas, Scoop of tuna, Fresh Veg. Soup DINNER chicken drumsticks, Mashed potato, Veg, Soup	BREAKFAST 17 Hot/cold cereal, Pancakes, Scramble eggs, Fresh veg. LUNCH Veg eggrolls, Rice, Coleslaw, Soup DINNER Beef burrito, Veg, Soup	BREAKFAST 18 Hot/cold cereal, Waffles, Sunny side up eggs, Fresh veg. LUNCH Pasta Bolognese, Fresh veg, Soup DINNER Orange chicken, Lo main pasta, Veg.	BREAKFAST 19 Hot/cold cereal, Pancake, Scramble egg, Fresh veg. LUNCH Moroccan fish, Mash potato, Fresh veg. Soup DINNER Pasta Bolognese, Fresh veg, Soup	BREAKFAST 20 Hot/cold cereal, French toast, scramble eggs, Fresh veg LUNCH Veg eggrolls, Rice, Coleslaw, Soup DINNER Grilled chicken breast, Pearl couscous, Veg, Soup	BREAKFAST 21 Hot/cold cereal, Scramble eggs, Side of toast, Fresh veg. LUNCH Tomato marinara pasta, Garlic bread, Fresh veg. DINNER Chicken soup w Kneidlach, Schnitzel	BREAKFAST 22 Cereal, Muffins, Scramble eggs, Fresh veg. LUNCH Tuna sandwich, Potato chips, Fresh veg. DINNER Pasta Bolognese, Fresh veg,
BREAKFAST 23 Hot/cold cereal, Bagels w c/c Scrambled Eggs, Fresh Veg. LUNCH Oven Baked Ziti, Garden Salad, Soup DINNER Grilled chicken breast, Pearl couscous, Veg, Soup	BREAKFAST 24 Hot/cold cereal, Pancakes, Scramble eggs, Fresh veg. LUNCH Hamburger, French fries, Veg DINNER Chicken Tostada salad bowl, soup	BREAKFAST 25 Hot/cold cereal, Waffles, Sunny side up eggs, Fresh veg. LUNCH Cheese Lasagna, Fresh Veg, soup DINNER Chicken schnitzel, mashed potato, Veg, Soup	BREAKFAST 26 Hot/cold cereal, Pancake, Scramble egg, Fresh veg. LUNCH Baked Salamon fish, Rice, Veg, Soup DINNER Orange chicken, Lo main pasta, Veg	BREAKFAST 27 Hot/cold cereal, French toast, scramble eggs, Fresh veg LUNCH Veg burger, Potato salad, Soup DINNER Beef burrito, Veg, Soup	BREAKFAST 28 Hot/cold cereal, Scramble eggs, Side of toast, Fresh veg. LUNCH Hotdog, French fries, Veg. DINNER Chicken soup w Kneidlach, Baked chicken, Mashed potato, Veg, Dinner roll	BREAKFAST 29 Cereal, Muffins, Scramble eggs, Fresh veg. LUNCH Salami sandwich, Potato chips, Veg. DINNER Meatballs, Rice and Veg.
BREAKFAST 30 Hot/cold cereal, Bagels w c/c Scrambled Eggs, Veg. LUNCH Macaroni Cheese, coleslaw Salad, Soup DINNER chicken drumsticks, Mashed potato, Veg, Soup	BREAKFAST 31 Hot/cold cereal, Pancakes, Scramble eggs, Fresh veg. LUNCH Lemon garlic fish fillet, rice, veg. DINNER Pasta Bolognese, Fresh veg, Soup					