



SAMPLE MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Orange Juice Hot Oatmeal Natural Bran Boiled Egg Buttered Whole Wheat Toast <p style="text-align: center;">Alternate Choice</p> Assorted Cold Cereal Buttered Raisin Toast Peanut Butter	Cranberry Cocktail Cream of Wheat Fibre 1 Fried Egg Buttered Whole Wheat Toast <p style="text-align: center;">Alternate Choice</p> Assorted Cold Cereal Blueberry Muffin Cream Cheese	Prune Juice Hot Oatmeal All Bran Scrambled Egg Buttered Whole Wheat Toast <p style="text-align: center;">Alternate Choice</p> Assorted Cold Cereal Toasted English Muffin Cheddar Cheese
LIGHT MEAL	Grape Mushroom Soup Ham and Cheese Noodle Casserole Broccoli Pineapple Tidbits <p style="text-align: center;">Alternate Choice</p> Grilled Fish Burger with Tartar Sauce Mixed Greens Dressing Chocolate Pudding	Apple Cream of Celery Soup Egg Salad Sandwich Four Bean Salad Vanilla Cupcake <p style="text-align: center;">Alternate Choice</p> Chicken Dippers Plum Sauce Country Cut Fries Green Beans Apple sauce	V-8 Juice Beef Barley Soup Cheese Dreams Asian Slaw Tropical Fruit Salad <p style="text-align: center;">Alternate Choice</p> Sliced Turkey, Macaroni Salad Plate Bun Raspberry Crumble
MAIN MEAL	Pineapple Pork Rib B.B. Q. Sauce Mashed Potatoes Buttered Cabbage Pound Cake with Blueberry & Whipped Topping <p style="text-align: center;">Alternate Choice</p> Breaded Beef Liver with Onions Whole Potato Diced Beets Banana	Tomato Juice Baked Chicken Thigh Garlicky Mashed Potatoes Peas Key Lime Pie <p style="text-align: center;">Alternate Choice</p> Honey Garlic Meatballs Rice Pilaf Julienned Carrots Apricots	Blended Juice Lemon Herb Crusted Haddock Oven Roasted Potatoes PEI Blend Vegetables Baked Custard <p style="text-align: center;">Alternate Choice</p> Veal Scaloppini Fettucine Parslied Cauliflower Stewed Rhubarb