


Cycle 1	Sunday 31 st	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th	Saturday 6 th
Breakfast	Cereal Toast Bacon Fried Eggs Appetito Pureed Eggs & Toast Juices	Cereal Toast Scrambled Eggs Juices	Cereal Toast Boiled Eggs Juices	Cereal Toast Omelette Bacon Appetito Pureed Eggs & Toast Juices	Cereal Toast Scrambled Eggs Juices	Cereal Toast Bran Muffins Piece of Cheese Juices	Cereal Toast Boiled Eggs Juices
							
Dinner	Roast Turkey Dinner Stuffing, Gravy Cranberry Sauce Mashed Potato Mashed Turnip Carrot Coins Marshmallow Sundaes	Spaghetti and Meat Sauce Breadsticks Sliced Bananas	Sweet & Sour Chicken Oven Rice Peas and Carrots Yogurt	Boiled Dinner Mashed Potato Cabbage, Carrot Turnip Crunchy Mustard Pears	Pork Cutlets & Gravy Mashed Potatoes Mixed Vegetables Mandarin Oranges	Salmon with an Egg Cream Sauce Mashed Potato Wax & Green Beans Mixed Fruit	Steak & Onions Gravy Mashed Potato Beets Corn Peaches
	Supper	Sand Egg Salad	Sand Chicken	Sand Ham	Sand Turkey	Sand Egg and Cheese	Sand Tuna
Soups Vegetable		Soups Chicken and Rice	Soups Leftovers	Soups Frz Soups		Soups HM Cream Soup	Soups Tomato
Corn Chowder Homemade Roll Lemon Filled Jelly Roll & Topping		Bologna Hash Browns Mustard Pickles Jell-O Pudding Dessert	Beef Stroganoff served on Broad Egg Noodles Bread on the Side Coconut Cream Pie	Western Omelet Raisin Bread on the Side Snickerdoodle Cookies	Hash Chow Cheese Scones NFLD Squares	Mini Subs Garden Salad Pudding & Topping	Fresh Broccoli and Cheddar Soup Homemade Tea Biscuit Jumbo Raisin Cookies

****Ground/Pureed Diets should be appropriate to meal provided****