

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular	<i>Cream of Cauliflower</i> Beef Stew Roast Potato Vegetables <i>Lemon Square</i>	<i>Vegetable Soup</i> Chicken Supreme Pasta Prima Vera Vegetables <i>Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Vegetable Soup</i> Salmon Roll Pasta Grilled Tomato <i>Fruit Salad</i>	<i>Chicken Noodle</i> Hungarian Chicken Noodles Vegetables <i>Fruit Muffin</i>	<i>Tomato Rice</i> Teriyaki Meat Balls Mashed Potato Vegetables <i>Choc Chip Cookie</i>
Veg.	<i>Cream of Cauliflower</i> Vegetable Stew Roast Potato Vegetables <i>Lemon Square</i>	<i>Vegetable Soup</i> Chicken Supreme Pasta Prima Vera Vegetables <i>Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Veg. Soup</i> Salmon Roll Pasta Grilled Tomato <i>Fruit Salad</i>	<i>Chicken Noodle</i> Hungarian Chicken Noodles Vegetables <i>Fruit Muffin</i>	<i>Tomato Rice</i> Lentil and Bean Tower Grilled Tomato <i>Chocolate Chip Cookie</i>
Diabetic	<i>Cream of Cauliflower</i> Beef Stew Roast Potato Vegetables <i>Diet Lemon Mousse</i>	<i>Vegetable Soup</i> Chicken Supreme Pasta Prima Vera Vegetables <i>Diet Butterscotch Pudding</i>	<i>Roasted Eggplant</i> <i>Vegetable Soup</i> Salmon Roll Pasta Grilled Tomato <i>Diet Fruit Salad</i>	<i>Chicken Noodle</i> Hungarian Chicken Vegetables <i>Diet Fruit Muffin</i>	<i>Tomato Rice</i> Teriyaki Meat Balls Mashed Potato Vegetables <i>Diet Cooked Fruit</i>
Frozen	<i>Meat Lasagne</i> <i>Tomato Sauce</i> <i>Vegetables</i>	<i>Catch of the Day</i> <i>Parsley Potatoes</i> <i>Wok Vegetables</i>	<i>Beef Stew</i> <i>Mashed Potatoes</i> <i>Mixed Vegetables</i>	<i>Pork Kebobs</i> <i>Oven Roast Potatoes</i> <i>Vegetables</i>	<i>Chicken Cacciatore</i> <i>Roast Potatoes</i> <i>Root Vegetables</i>

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular	<i>Vegetable Barley Soup</i> Curried Chicken Turmeric Rice Vegetables <i>Chocolate Pudding</i>	<i>Mushroom Soup</i> Beef Stroganoff Egg Noodles Green Beans <i>Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> Poached Fish Basmati Rice with Mushrooms Mixed Vegetables <i>Peanut Butter Cookie</i>	<i>Mulligatawny</i> Roast Turkey Mashed Potatoes, Stuffing, Gravy Vegetables <i>Chocolate Cake</i>	<i>Split Pea</i> BBQ Meatloaf Pasta and Vegetable <i>Fruit Crisp</i>
Veg.	<i>Vegetable Barley Soup</i> Curried Chicken Turmeric Rice Vegetables <i>Chocolate Pudding</i>	<i>Mushroom Soup</i> Vegetable Sweet & Sour Stew Roast potatoes Mixed Vegetables <i>Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> Poached Fish Basmati Rice with Mushrooms Mixed Vegetables <i>Peanut Butter Cookie</i>	<i>Mulligatawny</i> Roast Turkey Mashed Potatoes, Stuffing, Gravy Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> BBQ Vegetable Loaf Pasta and Vegetable <i>Fruit Crisp</i>
Diabetic	<i>Vegetable Barley Soup</i> Curried Chicken Turmeric Rice Vegetables <i>Diet Jell-O</i>	<i>Mushroom Soup</i> Beef Stroganoff Egg Noodles Green Beans <i>Diet Fruit Cocktail</i>	<i>Chicken Vegetable Soup</i> Poached Fish Basmati Rice with Mushrooms Mixed Vegetables <i>Diet Yogurt and Fruit</i>	<i>Mulligatawny</i> Roast Turkey Mashed Potatoes, Stuffing, Gravy Vegetables <i>Diet Cookie</i>	<i>Split Pea</i> BBQ Meatloaf Pasta and Vegetable <i>Diet Fruit Crisp</i>
Frozen	<i>Liver and Onions</i> Mashed Potatoes Vegetables	<i>Spaghetti and Meat Balls, Tomato Sauce</i>	<i>Oven Roasted Chicken</i> Roasted Potatoes Vegetables	<i>Chilli Con Carne</i> Baking Powder Biscuit Vegetables	<i>Pork Ribs</i> Scalloped Potatoes Vegetables

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular	<i>Carrot Soup</i> Sweet & Sour Chicken Mixed Rice & Peas <i>Muesli With Yoghurt</i>	<i>Roasted Red Pepper Soup</i> Lamb Souvlaki Eggplant Parmesan Roast Potatoes <i>Poached Pears</i>	<i>Seafood Chowder</i> Shepherd's Pie Grilled Tomato <i>Vanilla Custard</i>	<i>Cream of Broccoli</i> Chicken Chow Mien Vegetables <i>Cheesecake</i>	<i>Corn Chowder</i> Chilli Con Carne Parsley Potato Vegetables <i>Lemon Cake</i>
Veg.	<i>Carrot Soup</i> Sweet & Sour Chicken Mixed Rice & Peas <i>Muesli With Yogurt</i>	<i>Roasted Red Pepper Soup</i> Eggplant Parmesan Roast Potatoes <i>Poached Pears</i>	<i>Seafood Chowder</i> Seafood Casserole Mashed Potato Vegetables <i>Vanilla Custard</i>	<i>Cream of Broccoli</i> Chicken Chow Mien Vegetables <i>Cheesecake</i>	<i>Corn Chowder</i> Vegetable Con Carne Parsley Potato Vegetables <i>Lemon Cake</i>
Diabetic	<i>Carrot Soup</i> Sweet & Sour Chicken Mixed Rice & Peas <i>Diet Muesli with Yogurt</i>	<i>Roasted Red Pepper Soup</i> Lamb Souvlaki Eggplant Parmesan Roast Potatoes <i>Diet Poached Pears</i>	<i>Seafood Chowder</i> Shepherd's Pie Grilled Tomato <i>Diet Vanilla Custard</i>	<i>Cream of Broccoli</i> Chicken Chow Mien Vegetables <i>Diet Jell-O and Fruit</i>	<i>Corn Chowder</i> Chilli Con Carne Parsley Potato Vegetables <i>Diet Lemon Cake</i>
Frozen	<i>Catch of the Day</i> <i>Basmati Rice,</i> <i>Mushroom</i> <i>Vegetables</i>	<i>Curried Chicken</i> <i>Rice Pilaf</i> <i>Vegetables</i>	<i>Roast Beef, Gravy</i> <i>Mashed Potatoes</i> <i>Vegetables</i>	<i>Salisbury Steak</i> <i>Mashed Potatoes</i> <i>Vegetables</i>	<i>BBQ Meat Balls</i> <i>Fried Potatoes</i> <i>Vegetables</i>

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular	<i>Cream of Vegetable</i> BBQ Meat Balls Parsley Potato Vegetables <i>Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> Greek Chicken Lemon Potatoes Roasted Vegetables <i>Fruit Tart</i>	<i>Boston Clam Chowder</i> Catch of the Day Fried Potatoes <i>Butter Tart</i>	<i>Navy Bean Soup</i> Roast Turkey Dinner Stuffing, Mashed Potatoes, Gravy, Vegetables <i>Pumpkin Cake</i>	<i>Minestrone</i> Lasagne Vegetables <i>Diet Cookie</i>
Veg.	<i>Cream of Veg.</i> Vegetable Quiche Parsley Potato Vegetables <i>Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> Greek Chicken Lemon Potatoes Roasted Vegetables <i>Fruit Tart</i>	<i>Boston Clam Chowder</i> Catch of the Day Fried Potatoes <i>Butter Tart</i>	<i>Navy Bean Soup</i> Roast Turkey Dinner Stuffing, Mashed Potatoes, Gravy, Vegetables <i>Pumpkin Cake</i>	<i>Minestrone</i> Vegetable Lasagne Vegetables <i>Diet Cookie</i>
Diabetic	<i>Cream of Vegetable</i> BBQ Meat Balls Parsley Potato Vegetables <i>Diet Jell-O and Fruit</i>	<i>Roasted Tomato Soup</i> Greek Chicken Lemon Potatoes Roasted Vegetables <i>Diet Fruit Cocktail</i>	<i>Boston Clam Chowder</i> Catch of the Day Fried Potatoes <i>Diet WhiteCake</i>	<i>Navy Bean Soup</i> Roast Turkey Dinner Stuffing, Mashed Potatoes, Gravy, Vegetables <i>Diet Fruit Yogurt</i>	<i>Minestrone</i> Lasagne Vegetables <i>Diet Cookie</i>
Frozen	<i>Ham Roast</i> <i>Scalloped Potatoes</i> <i>Vegetables</i>	<i>Beef Sausages</i> <i>Mashed Potatoes</i> <i>Vegetables</i>	<i>Chicken Chow Mien</i> <i>Teriyaki Sauce</i> <i>Vegetables</i>	<i>Shepherd's Pie</i> <i>Vegetables</i>	<i>Roast Turkey, Stuffing</i> <i>Mashed Potatoes</i> <i>Vegetables</i>