# VALLEY MANOR 2026 WK 1,2

## SPRING/SUMMER 26 - REGULAR WEEK AT A GLANCE

## WEEK 1 : JUNE 01 - JUNE 07

PROPERTY OF COMPLETE PURCHASING SERVICES INC.

MENU PERSONALIZED BY: VALLEY MANOR NURSING HOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| | **BREAKFAST** | | | | | | |
| | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh |
| CHOICE 1 | Cereal,Oatmeal with Flax<br>Egg,Boiled OS | Cereal,Cream of Wheat<br>Cheese,Cheddar | Cereal,Oatmeal with Flax<br>Egg,Scrambled | Cereal,Cream of Wheat<br>Yogurt,Greek Vanilla | Cereal,Oatmeal with Flax<br>Egg,Poached | Cereal,Cream of Wheat<br>Bacon<br>French Toast<br>Syrup,Maple 15 mL | Cereal,Oatmeal with Flax<br>Egg,Scrambled |
| CHOICE 2 | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual<br>Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual |
| | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind |
| | **LUNCH** | | | | | | |
| | Soup,Spring Vegetable | Soup,Minestrone | Soup,Bean Four | Soup,Vegetable Country OS Frozen | Soup,Cream of Mushroom | Soup,Tomato | Soup,Lentil |
| CHOICE 1 | Casserole,Macaroni and Cheese<br>Bread,Whole Wheat<br>Margarine,Individual<br>Salad,Mixed Greens with Dressing<br>Apricot,Halves | Egg,Deviled<br>Bread,Croissant<br>Margarine,Individual<br>Salad,Apple Pear<br>Banana,Fresh | Sandwich,Pork Pulled Pineapple on a Bun<br>Salad,Tossed with Dressing<br>Fruit,Fresh Summer Cup | Pie,Salmon and Potato<br>Salad,Spinach with Dressing<br>Peach,Diced | Pastrami,Sliced Deli<br>Mustard,Prepared<br>Bread,Rye<br>Margarine,Individual<br>Salad,Green Bean Pickled<br>Cantaloupe,Diced | Egg,Frittata Roasted Pepper and Basil<br>Bread,Toast Points Buttered<br>Salad,Spring Mix with Dressing<br>Fruit,Tropical Salad | Sandwich,Sloppy Joe<br>Salad,Vegetable Medley Slaw<br>Fruit,Fresh in Season |
| CHOICE 2 | Sandwich,Chicken Salad<br>Salad,Cucumber Vinegar and Honey<br>Choice,Ice Cream | Sandwich,Beef Roast Hot with Gravy<br>Salad,Coleslaw Creamy OS<br>Pudding,Butterscotch OS Dry Mix | Chicken,Strips OS<br>Sauce,Plum OS<br>Potato,French Fries<br>Salad,Corn<br>Gelatin,Jewels | Sandwich,Turkey Sliced<br>Mayonnaise<br>Pickle,Gherkin<br>Tart,Two Bite OS | Burger,Black Bean OS Vegetarian<br>Mayonnaise<br>Salad,Chef's with Dressing<br>Sorbet | Ketchup,Bulk 15 mL<br>Sandwich,Ham and Swiss Cheese on a Soft Bun<br>Salad,Cucumbers in Sour Cream<br>Pudding,Rice Chocolate | Sauce,Primavera<br>Pasta,Fettucine<br>Salad,Garden with Dressing<br>Mousse,Frozen Sandwich |
| | **DINNER** | | | | | | |
| CHOICE 1 | Pork,Loin with Raspberry Sauce<br>Potato,Mashed<br>Beans,Green<br>Cupcake,Lemony | Turkey,Loaf Balsamic Glazed<br>Gravy,Poultry<br>Potato,Mashed<br>Broccoli<br>Square,Chocolate Delight | Lasagna,Vegetable Whole Wheat OS<br>Salad,Caesar<br>Cake,Pound OS with Fruit Sauce | Ham,Baked<br>Potato,Scalloped<br>Peas,Green<br>Square,Nanaimo Bar OS | Chicken,Stew<br>Pastry,Vol Au Vent OS<br>Mixed Vegetables-PEI Blend<br>Cupcake,Vanilla | Chicken,Pot Pie Creamy Herbed<br>Mixed Vegetables-Bistro Blend<br>Square,Spring Bars | Turkey,Roast Breast<br>Gravy,Poultry<br>Potato,Mashed<br>Brussels Sprouts,Lemon Dill<br>Cake,Blueberry Upside-Down |
| CHOICE 2 | Beef,Chopped Hoisin Sauce with Vegetables<br>Rice,White<br>Fruit,Cocktail | Fish,Pollock Baked Montreal<br>Potato,Baked with Sour Cream and Chives<br>Mixed Vegetables-Italian Style<br>Rhubarb,Stewed | Veal,Cutlet Sauteed<br>Gravy,Beef<br>Potato,Mashed<br>Asparagus,Casserole<br>Watermelon,Wedges | Beef,Liver Breaded OS with Onions<br>Gravy,Beef<br>Potato,Mashed<br>Carrots,Vinaigrette Seasoned<br>Strawberries<br>Whipped Topping OS | Pork,Chop Apricot<br>Gravy,Brown<br>Potato,Mashed<br>Zucchini,Grilled<br>Mandarin Orange,Sections | Beef,Meatballs BBQ<br>Potato,Mashed<br>Broccoli<br>Pear,Diced | Fish,Tilapia Multigrain OS<br>Sauce,Tartar OS<br>Potato,Boiled Baby Red<br>Asparagus,Buttered<br>Pineapple |
| | **AM SNACK** | | | | | | |
| | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice |
| | **PM SNACK** | | | | | | |
| CHOICE 1 | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS |
| CI | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh |
| | **EVENING SNACK** | | | | | | |
| | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half |

**Meals Note :** 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

**Snacks Note :** 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

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# VALLEY MANOR 2026 WK 1,2

## SPRING/SUMMER 26 - REGULAR WEEK AT A GLANCE

## WEEK 2 : JUNE 15 - JUNE 21

PROPERTY OF COMPLETE PURCHASING SERVICES INC.

MENU PERSONALIZED BY: VALLEY MANOR NURSING HOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| | **BREAKFAST** | | | | | | |
| | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh |
| CHOICE 1 | Cereal,Cream of Wheat<br>Egg,Boiled OS | Cereal,Oatmeal with Flax<br>Yogurt,Greek Vanilla | Cereal,Cream of Wheat<br>Egg,Scrambled | Cereal,Oatmeal with Flax<br>Egg,Boiled OS | Cereal,Cream of Wheat<br>Yogurt,Greek Vanilla | Cereal,Oatmeal with Flax<br>Egg,Poached | Cereal,Cream of Wheat<br>Sausage,Breakfast<br>Pancakes OS Dry Mix<br>Syrup,Maple 15 mL |
| CHOICE 2 | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual<br>Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind |
| | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,English Muffin WW Toasted Buttered<br>Jam,Strawberry Ind | |
| | **LUNCH** | | | | | | |
| | Soup,Pepper Roasted Red | Soup,Cream of Potato | Soup,Garden Vegetable | Choice,Soup | Soup,Chickpea Curry | Soup,Cream of Asparagus | Soup,Lentil Taco |
| CHOICE 1 | Fish,English Style OS<br>Sauce,Tartar OS<br>Potato,French Fries<br>Salad,Vegetable Medley Slaw<br>Fruit,Fresh in Season | Sandwich,Ham on a Soft Sandwich Bun<br>Mustard,Prepared<br>Salad,Cucumber Chilled Dill<br>Apricot,Halves | Turkey,Parmigiana Patties<br>Salad,Spring Mix with Dressing<br>Cantaloupe,Diced | Salad,Chicken Fajita (Entree)<br>Banana,Fresh | Sandwich,Turkey Sliced<br>Mayonnaise<br>Salad,Romaine with Dressing<br>Fruit,Fresh Summer Cup | Beef,Hamburger<br>Ketchup,Bulk 15 mL<br>Onion,Red Slices<br>Salad,Chef's with Dressing<br>Fruit,Tropical Salad | Salad,Tuna Cilantro Lime Sandwich Filling<br>Salad,Potato Summer New<br>Choice,Pickles<br>Fruit,Cup OS |
| CHOICE 2 | Sandwich,Cheese Cheddar and Tomato<br>Salad,Balsamic Garden<br>Ice Cream,Sundae | Egg,Omelet Mushroom<br>Potato,Hash Brown<br>Pudding,Chocolate OS Dry Mix with Whipped Topping | Wrap,Hummus Vegetable<br>Salad,Vegetable<br>Tart,Two Bite OS | Sandwich,Pork Pulled on a Soft Sandwich Bun<br>Salad,Vegetable Summer Rainbow<br>Apple,Jelly Delight | Square,Spinach Cheese Savoury<br>Bread,Dinner Roll Whole Wheat<br>Margarine,Individual<br>Salad,Tomato Basil<br>Danish,Assorted OS | Chili,Black Bean<br>Biscuit,Tea Plain Buttered<br>Sorbet | Pizza,Cheese Plank OS<br>Salad,Garden with Dressing<br>Custard,Baked |
| | **DINNER** | | | | | | |
| CHOICE 1 | Beef,Sauteed Sweet and Sour<br>Rice,White<br>Broccoli<br>Square,Brownie Chocolate Iced | Chicken,Thigh Boneless Roast<br>Gravy,Poultry<br>Potato,Mashed<br>Mixed Vegetables-PEI Blend<br>Cake,Butter Poke Speed Scratch | Pork,Loin with Stuffing<br>Potato,Mashed<br>Mixed Vegetables-Montego Blend<br>Crumble,Rhubarb and Blueberry | Pasta,Fusilli Baked Five Cheese<br>Bread,Garlic 1 each<br>Salad,Caesar<br>Choice,Dessert | Beef,Corned<br>Potato,Mashed<br>Cabbage,Calico<br>Bread Pudding,Strawberries and Cream | Chicken,Fricassee<br>Potato,Mashed<br>Broccoli,Cauliflower<br>Cake,Chocolate Iced | Beef,Roast<br>Gravy,Beef<br>Potato,Mashed<br>Brussels Sprouts<br>Dessert,Cherry Supreme |
| CHOICE 2 | Casserole,Turkey A La King<br>Gravy,Poultry<br>Potato,Mashed<br>Asparagus<br>Pear,Diced | Beef,Salisbury Steak<br>Gravy,Beef<br>Potato,Baked with Sour Cream and Chives<br>Cauliflower,Parslied<br>Fruit,Cocktail | Fish,Haddock Grilled<br>Sauce,Parsley<br>Potato,Wedges Spicy OS<br>Peas,Green<br>Mandarin Orange,Sections | Beef,Stir Fry<br>Rice,White<br>Watermelon,Diced | Fish,Tilapia Orange<br>Potato,Paprika Seasoned<br>Carrots,Sliced<br>Peach,Slices | Pork,Pineapple BBQ<br>Pasta,Chow Mein Noodles<br>Zucchini,Grilled<br>Mango,Diced | Biscuit,Tea Cheese OS<br>Lasagna,Beef<br>Fruit,Mixed Berries |
| | **AM SNACK** | | | | | | |
| | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice |
| | **PM SNACK** | | | | | | |
| CHOICE 1 | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS |
| C2 | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh |
| | **EVENING SNACK** | | | | | | |
| | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half |

**Meals Note :** 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

**Snacks Note :** 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

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# VALLEY MANOR 2026 WK 3

SPRING/SUMMER 26 - REGULAR WEEK AT A GLANCE

WEEK 3 : JUNE 15 - JUNE 21

PROPERTY OF COMPLETE PURCHASING SERVICES INC.

MENU PERSONALIZED BY: VALLEY MANOR NURSING HOME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| | **BREAKFAST** | | | | | | |
| | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh | Choice,Fruit Fresh |
| C1 | Cereal,Oatmeal with Flax<br>Cheese,Cheddar | Cereal,Cream of Wheat<br>Egg,Boiled OS | Cereal,Oatmeal with Flax<br>Egg,Poached | Cereal,Cream of Wheat<br>Yogurt,Greek Vanilla | Cereal,Oatmeal with Flax<br>Egg,Scrambled | Cereal,Cream of Wheat<br>Egg,Poached | Bacon<br>Egg,Scrambled |
| C2 | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual | Choice,Cereal Cold Senior Living<br>Peanut Butter Individual |
| | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind | Bread,English Muffin WW Toasted Buttered<br>Jam,Strawberry Ind | Bread,Whole Wheat Toast Buttered<br>Jam,Strawberry Ind |
| | **LUNCH** | | | | | | |
| | Soup,Lentil Tomato Herb | Soup,Cream of Mushroom OS Canned | Soup,Tomato Macaroni | Choice,Soup | Soup,Barley Vegetable | Soup,Vegetable Vegetarian | Soup,Cream of Spinach |
| CHOICE 1 | Sandwich,BLT<br>Salad,Broccoli<br>Apricot,Halves | Fish,Tuna Burger with Seasoned Mayonnaise<br>Salad,Chef's with Dressing<br>Pear,Diced | Sandwich,Turkey Sloppy Joe<br>Salad,Mixed Greens with Dressing<br>Fruit,Fresh in Season | Wrap,Chicken Dill<br>Beets,Pickled<br>Fruit,Cup OS | Casserole,Macaroni and Three Cheese<br>Salad,Garden with Dressing<br>Mango,Diced | Sandwich,Salmon Salad Croissant EasytoChew<br>Pastry,Vol Au Vent OS<br>Mixed Vegetables-California Blend<br>Banana,Fresh | Chili,Vegetable w/ Cheese<br>Bread,Garlic<br>Melon,Sliced |
| CHOICE 2 | Egg,Frittata Spring<br>Bread,Dinner Roll Whole Wheat<br>Margarine,Individual<br>Salad,Tossed with Dressing<br>Square,Date OS | Beef,Roast Sliced Cold<br>Bread,Dinner Roll Whole Wheat<br>Margarine,Individual<br>Salad,Cucumbers in Sour Cream<br>Dessert,Banana Split Fluff | Sandwich,Grilled Cheddar Cheese WW<br>Ketchup,Bulk 15 mL<br>Salad,Tomato<br>Pudding,Chocolate OS Dry Mix | Egg,Omelet Tex Mex<br>Potato,Wedges OS<br>Salad,Spring Mix with Dressing<br>Ice Cream,Sandwich OS | Sandwich,Mini Sub<br>Salad,Coleslaw Creamy OS<br>Mousse,Cookies and Cream | Cheese,Cottage<br>Muffin,Bran<br>Margarine,Individual<br>Fruit,Fresh Summer Cup<br>Square,Oat Bar | Chicken,Burger Breaded<br>Mayonnaise<br>Salad,Tossed with Dressing<br>Choice,Dessert |
| | **DINNER** | | | | | | |
| CHOICE 1 | Turkey,Thighs Apple Braised<br>Gravy,Poultry<br>Potato,Mashed<br>Brussels Sprouts<br>Cake,Pound OS | Pork,Loin Roast<br>Potato,Mashed<br>Spinach,Steamed<br>Square,Peanut Butter Creamy | Beef,Swiss Steak OS<br>Gravy,Beef<br>Potato,Mashed<br>Asparagus<br>Cake,Cherry | Pork,Schnitzel<br>Gravy,Brown<br>Pasta,al Olio<br>Vegetables,Italian Style Au Gratin<br>Cake,Strawberry Shortcake | Beef,Stew Vegetable<br>Biscuit,Tea Plain Buttered<br>Crisp,Rhubarb | Turkey,Paprikash<br>Potato,Boiled<br>Beans,Green Herbed<br>Bread Pudding,Chocolate Raspberry | Ham,Baked Smoked<br>Potato,Scalloped<br>Carrots,Honey Glazed<br>Cake,Apple Cobbler |
| CHOICE 2 | Beef,Meatballs Primavera<br>Rice,White<br>Beans,Green<br>Fruit,Tropical Salad | Pasta,Chicken Lemon Creamy<br>Peas,Green<br>Cantaloupe,Diced<br>Bread,Whole Wheat<br>Margarine,Individual | Fish,Haddock Baked<br>Bread,Dinner Roll Whole Wheat<br>Margarine,Individual<br>Carrots,Sliced<br>Pineapple | Beef,Moroccan Inspired with Rice<br>Cauliflower,Parslied<br>Watermelon,Wedges | Fish,Baked Zesty<br>Potato,Mashed<br>Mixed Vegetables-Stir Fry Blend<br>Mandarin Orange,Sections | Pork,Loin Sweet and Sour Roasted<br>Potato,Mashed<br>Brussels Sprouts,Seasoned<br>Fruit,Cocktail | Beef,Liver Hunter Style<br>Potato,Mashed<br>Corn,Niblets<br>Peach,Slices |
| | **AM SNACK** | | | | | | |
| | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice | Choice,Juice |
| | **PM SNACK** | | | | | | |
| CHOICE 1 | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS | Coffee/Tea<br>Milkette<br>Sugar,White Granulated Ind<br>Choice,Cookie OS |
| C2 | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh | Milk,1% 125 mL<br>Choice,Fruit Fresh |
| | **EVENING SNACK** | | | | | | |
| | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half | Milk,1% 125 mL<br>Choice,Sandwich Half |

**Meals Note :** 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

**Snacks Note :** 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

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