



Menu May 17- 23

Thursday 17		
Breakfast	Ham, poached eggs, english muffins, hollandaise, hard boiled eggs, oats	60
Lunch	Chili, chickpea chili, corn bread, carrot and raisin slaw	70
Dinner	Roast lamb, lentil moussaka, roasted lemon potatoes, steamed spaghetti squash, greek salad, wild/white rice pilaf, assorted desserts	65
Friday 18		
Breakfast	Bacon, pancakes, fruit compote, hard boiled eggs, oats	60
Lunch	Grilled ham and cheese, grilled cheese, parsley tabbouleh	55
Dinner	Roast pork, quinoa stuffed peppers, steamed greens, roasted butternut, gravies, apples, herbed rice, choconut pie	48
Saturday 19		
Breakfast	Turkey sausage, poached eggs, hard boiled eggs, peach and mango muffins, oats	45
Lunch	Chicken tostadas, black bean tostadas, guacamole, salsa, sliced tomatoes, shredded lettuce, grated cheese, sour cream, rice salad with fresh cilantro	54
Dinner	Salmon, red flake tofu steak, dilled carrots, broccoli, lemon parsley rice, banana caramel cheesecake	48
Sunday 20		
Breakfast	Bacon, orange french toast, hard boiled eggs, oats, breakfast quinoa	45
Lunch	Beef pot pies, nut wellington, mandarin heritage salad with candied walnuts	54
Dinner	Roast Ham, lentil and chickpea stew, scalloped potatoes, mashed yams, roasted cauliflower and onions, brown/white herbed rice, pecan tart	48
Monday 21		
Breakfast	Sausage and scrambled egg wrap, plain scrambled, sliced tomatoes, hard boiled eggs, oats	45
Lunch	Chicken strips, perogies, mac and cheese, broccoli salad	54
Dinner	Meat loaf, quinoa loaf, mushroom gravy, carrots and peas, herbed brown rice, fruit crisp	30?
Tuesday 22		
Breakfast	Bacon, custard, strawberry scones, hard boiled eggs, oats	28?
Lunch	BBQ beef burgers, veggie burgers, fries, wheat berry salad with dried cherries and apricots	37?
Dinner	Chipotle chicken, fedjore beans, hand cut tortillas chips, fresh salsa, roasted peppers and zucchini, salsa rice, gluten free brownie	31?
Wednesday 23		
Breakfast	Ham, hard boiled eggs/soft boiled eggs, mini croissants, oats	28
Lunch	Chicken greek salad, chickpea and feta salad with fresh mint and black olives, pita, hummus	37
Dinner	Meat balls in sauce, sunflower and tofu marinara, spaghetti noodles, caesar salad, spaghetti squash, garlic toast, grated parmesan, assorted desserts	31



Menu May 24 - 30

Thursday 24		
Breakfast	Lamb sausage, scrambled eggs, bagels and cream cheese, hard boiled eggs, oats	28
Lunch	Rueben sandwiches, mediterranean artichoke salad, fruit kabobs with minted sugar	37
Dinner	Roast beef, lentil loaf, mashed potatoes, yorkshire pudding, roasted acorn squash, broccoli, brown/white rice pilaf, gravies, apple pie	31
Friday 25		
Breakfast	Bacon, waffles, fresh strawberries, whip cream, hard boiled eggs, oats	28
Lunch	Chicken wraps, bean and rice wraps with cheese and fresh cilantro, natcho's with cheese and green onions and fresh salsa, guacamole, sour cream	37
Dinner	Hoisin pork, teriyaki tofu, stir fry veggies, rice noodle and bean sprout chowmein, koko rice, almond square	48
Saturday 26		
Breakfast	Ham, pumpkin banana muffins, custard, hard boiled eggs, oats	45
Lunch	BBQ chicken dogs, bbq veggie dogs, potato salad, brown rice salad	54
Dinner	Poached cod with peppers and onions, spinach feta loaf, baked potato with fixings, corn, steamed greens, brown herbed rice, chocolate cake	48
Sunday 27 phase day off starts 12:00		
Breakfast	Skiers sausage, pancakes, hard boiled eggs, oats	45
Lunch	Pepperoni and mushroom thin crust pizza, veggie pizza, cauliflower and grape salad with poppy seed dressing	54?
Dinner	Turkey, chick pea casserole, mashed potatoes, stuffing, carrots and peas, cranberry white/wild rice, gravies, homemade cranberry sauce, fruit crisp	49?
Monday 28 phase day off ends 7:30		
Breakfast	Bacon, make your own breakfast wraps, hard boiled eggs, oats	46?
Lunch	Pork souvlaki, falafel balls, tatziki, caramelized onions, cubed tomatoes, pita, greek salad	55?
Dinner	Chicken curry, lentil curry, papadams, roasted sesame yams, spinach salad with fruit, biryani rice, yogurt, chutney, butter tarts	40?
Tuesday 29		
Breakfast	Turkey sausage, hard boiled eggs/soft boiled eggs, raisin scones, oats	36
Lunch	Ham asparagus and swiss cheese quiche, asparagus and swiss cheese quiche, waldorf salad	45
Dinner	BBQ steak, bbq tofu steak, baked potatoes with fixings, corn with diced red peppers, broccoli, herbed brown/white rice, assorted desserts	40
Wednesday 30		
Breakfast	Ham, poached eggs, steamed spinach, hollandaise, english muffins, hard boiled eggs, oats	36
Lunch	Broth, rice noodle, green peas, meatballs, steamed baguette, egg salad, tuna salad, rice cakes, sliced tomato and cucumber, sprouts, mandarin and fresh strawberry platter	45
Dinner	Chicken with feta and raisin, artichoke and chickpea stew, green beans red onions and feta, steamed spaghetti squash with parmesan and butter, herbed brown rice with basil, oregano and garlic, carrot cake	40