

May
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 1 2 3 4 5
 6 7 8 9 10 11 12
 13 14 15 16 17 18 19
 20 21 22 23 24 25 26
 27 28 29 30 31

June 2018

July
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 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
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 22 23 24 25 26 27 28
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					BROCCOLI QUICHE ¹ BREAKFAST POTATO TURKEY SAUSAGE LINKS STRAWBERRIES ORANGE JUICE CEREAL	MILK, FRUIT, ² JUICE COFFEE & WATER & BREAD SERVED AT EVERY MEAL	
3	BAKED SALMON ⁴ ROASTED ASPARAGUS RICE PILAF BLACKBERRIES SUGAR FREE LEMON JELL-O	BEEF/MUSHROOM ⁵ STROGANOFF WHOLE WHEAT NOODLES SAUTEED PEPPERS PINEAPPLE	CHICKEN ⁶ DUMPLING SOUP GRILLED CHEESE BANANA PUDDING	TURKEY ⁷ MEATLOAF GREEN BEANS WHOLE WHEAT ROLLS APPLE CRISP	SCRAMBLED EGGS ⁸ WITH VEGGIES & CHEESE TURKEY SAUSAGE LINKS HASH BROWNS WHEAT TOAST CHUNKY APPLESAUCE	9	
10	CHICKEN SALAD ON ¹¹ WHEAT BREAD SPINACH SALAD CITRUS FRUIT	STUFFED GREEN ¹² PEPPERS LETTUCE SALAD BERRY SALAD	HAMBURGERS ¹³ BRATS COLD SALADS CAKE & ICE CREAM	PULLED PORK ON ¹⁴ WHEAT BUN COLESLAW BAKED BEANS SHREDDED APPLE SALAD	YOGURT PARFAITS ¹⁵ (YOGURT, BERRIES, GRANOLA) HARDBOILED EGGS BANANA BREAD	16	
17	HAPPY ¹⁷ FATHER'S DAY	BAKED PORK CHOPS ¹⁸ BROCCOLI & CAULIFLOWER WHEAT BISCUITS SALAD BAKED PEACHES	BAKED COD WITH DILL ¹⁹ ROASTED BRUSSEL SPROUTS GREEK SALAD TOMATOES, CUCUMBERS, FETA RYE BREAD RHUBARB CRISP	BAKED POTATO SOUP ²⁰ DELI MEAT SANDWICH ON WHEAT LETTUCE, TOMATO VEGGIES WITH HUMUS BROWNIE	SWEDISH ²¹ MEATBALLS/GRAVY MASHED POTATOES MIXED VEGGIES WHEAT ROLL FRUIT SALAD	BLUEBERRY ²² PANCAKES SCRAMBLED EGGS WITH VEGGIES MIXED FRUIT SALAD	23
24	CARIBBEAN CHICKEN ²⁵ BAKED SWEET POTATO BROCCOLI SALAD HAWAIIAN ROLLS PINEAPPLE CAKE	TUNA NOODLE ²⁶ CASSEROLE STEAMED CARROTS MANDARIN ORANGES	MINISTRONE SOUP ²⁷ WHOLE GRAIN READ POTATO SALAD WHOLE FRUIT CHOCOLATE CHIP COOKIE	CHICKEN ²⁸ ENCHILADAS REFRIED BEANS PINEAPPLE SUGAR COOKIE	OATMEAL BAR ²⁹ DRIED FRUIT, NUTS, BROWN SUGAR, COCONUT CANADIAN BACON FRESH FRUIT	MENU ³⁰ SUBJECT TO CHANGE	