

1 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assorted baked goods Assorted cereals Whole fruit Vegetable frittata	Assorted baked goods Assorted cereals Whole fruit Yogurt bar Assorted berries & dried fruits	Assorted baked goods Assorted cereals Whole fruit Eggs to order Peameal bacon	Assorted baked goods Assorted cereals Whole fruit Breakfast burrito's	Assorted baked goods Assorted cereals Whole fruit Ham & cheese omelets		
Assorted nutri grain bars Whole fruit	Cheese/grapes & crackers Whole fruit	Fruit salad & cornmeal mini muffins Whole fruit	Yogurt/berries Assorted bars Whole fruit	Mini pita's with assorted dips Whole fruit	Whole fruit	Whole fruit
Meatball subs Salad rolls Vegetable ball subs Cubed Jell-O	Flax chicken fingers Seasoned Potato Wedges Veggie sticks Soya chicken fingers Seasonal fruit platter	Chicken al forno Garlic loaf Rice krispie Squares	Homemade beef stew in a bread bowl Banana loaf square	Honey marinated salmon Veggie fried rice Roasted vegetables/hummus on pita's Strawberry tarts	See weekend brunch menu	See weekend brunch menu
Homemade trail mix Veggies & dips Whole fruit	Smoothies Mini bagels & cheese Whole fruit	Fresh made Bruschetta Whole fruit	Assorted nutri grain bars Whole fruit	Cheese/grapes & crackers Whole fruit	Whole fruit	Whole fruit
Pasta tossed with spicy sausages, tomato, peppers & onions Spicy marinated tofu	Marinated flank steak Roasted potatoes Vegetable medley	Teriyaki chicken, shrimp or tofu Steamed rice Chilli scented bok choy	Whole roasted chicken Dirty mashed potatoes Corn Eggplant parmesan	Food's of Mexico	Oriental lemon chicken Fried rice Vegetable chicken strips	Roast beef Mashed potatoes Vegetable medley Herb gravy
Cheese & crackers Mini pita's & dips Whole fruit	Cheese & crackers Mini pita's & dips Whole fruit	Cheese & crackers Mini pita's & dips Whole fruit	Cheese & crackers Mini pita's & dips Whole fruit	Cheese crackers Mini pita's & dips Whole fruit	Cheese crackers Mini pita's & dips Whole fruit	Cheese & crackers Mini pita's & dips Whole fruit

We offer the following at every meal period

Two Daily Homemade soup: one meat & one vegetarian with fresh bun
2% milk, 1% chocolate, skim, & soy milk, assorted fruit juices & water

Seasonally fresh salad bar which includes assorted lettuces, homemade salads, fruit, soy products & assorted dressings
For any special requirements please see the food service manager: Peter McSweeney

2 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assorted baked goods Assorted cereals Whole fruit Oatmeal bar - fresh & dried fruit Boiled eggs	Assorted baked goods Assorted cereals Whole fruit Fruit pancakes Pork link sausages	Assorted baked goods Assorted cereals Whole fruit Breakfast wraps	Assorted baked goods Assorted cereals Whole fruit Yogurt & Oatmeal bar	Assorted baked goods Assorted cereals Whole fruit Eggs to order Peameal bacon		
Cheese/grapes & crackers Whole fruit	Warm Naan bread Assorted dips Whole fruit	Soya butter & jam fingers Whole fruit	Mini banana muffins Whole fruit	Yogurt & fresh berries Whole fruit	Whole fruit	Whole fruit
Cheese cannelloni With homemade tomato sauce Mini chocolate mousse tarts	Spaghetti Bolognese Garlic loaf Veggie sticks Stir-fry/tofu/noodles cookies	Fajitas bar With all the fixings Mixed bean casserole Jalapeño cornbread Ice cream	Homemade chicken parmesan with buttered noodles Black bean & avocado burrito Seasonal fruit	Tuna melts Pasta salad Bean & vegetable casserole/w.w. bun Ice cream cups	See weekend brunch menu	See weekend brunch menu
Strawberries Assorted yoptimals Whole fruit	Mini bagels & cheese Whole fruit	Assorted sushi Whole fruit	Cheese/grapes & crackers Whole fruit	Assorted mini cookies Whole fruit	Whole fruit	Whole fruit
Grilled chicken supreme Roasted potatoes wedges Asparagus	Seafood skewers Seasoned rice Broccoli Chef's dessert	Chef's choice	Sweet & sour pork Lo-main Noodles Asian vegetables Fresh fruit cocktail	Food's Of The Caribbean	Baked Pineapple ham Basmati rice Sautéed peppers wedges Chocolate mousse	Carved beef striploin Scalloped potatoes Broccoli cookies
nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit	nutri grain bars Assorted yogurt Whole fruit

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Assorted baked goods Assorted cereals Whole fruit Yogurt bar Assorted berries & dried fruits	Assorted baked goods Assorted cereals Whole fruit Eggs to order bacon	Assorted baked goods Assorted cereals Whole fruit Tex-Mex omelets Cheese omelets sausage	Assorted baked goods Assorted cereals Whole fruit French Toast	Assorted baked goods Assorted cereals Whole fruit Hard boiled eggs Ham Hand cut potato wedges		
Yogurts & fruit Soy butter & jam fingers Whole fruit	Assorted breads with veggies & dips Whole fruit	Mini bagels & cheese Fruit cocktail Whole fruit	Assorted cheese & grapes Whole fruit	Assorted mini muffins Whole fruit	Whole fruit	Whole fruit
Pasta meatball Baked falafels Brown rice & vegetables Assorted cookies	All beef Burger Bar Veggie burger bar Ice cream cups	Tandoori chicken Warn naan bread Rice krispie square	B Y O Potato Bar Fresh fruit cocktail	Multi grain Cornmeal crusted Tilapia Stuffed Zucchini w tofu & rice Jell-O cubes	See weekend brunch menu	See weekend brunch menu
Banana bread square Whole fruit	Assorted Sushi Whole fruit	Assorted cookies Whole fruit	Cheese & crackers Whole fruit	Mini bagels & cheese Whole fruit	Whole fruit	Whole fruit
Chicken on the bone with herbs Boiled potatoes	Baked salmon Lemon scented rice Grilled asparagus Sliced fresh fruit	Trafalgar Pub Night	Kung Pao Beef Exotic fresh fruit	Food's Of Asia	Herb roasted chicken With flavored rice broccoli Crullers/donuts	BBQ pork ribs Mashed potatoes Fresh vegetable medley Cheesecake tarts
Cheese & grapes Whole fruit	Cheese & grapes Whole fruit	Cheese & grapes Whole fruit	Cheese & grapes Whole fruit	Cheese & grapes Whole fruit	Cheese & grapes Whole fruit	Cheese & grapes Whole fruit

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