

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised May 2006

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3		Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (portion) 2	Jam (portion) 1
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (portion) 1	Ketchup (portion) 2
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (portion) 2	Syrup 42 ml.
	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Milk 8 oz	Milk 8 oz
Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Coffee 8 oz	Coffee 8 oz	
Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	
					Sugar (portion) 1	Sugar (portion) 1	
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Tomato & Rice Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Barley Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	2oz Beef Sausage 2	Grilled Ham & Cheese Sandwich 1.5	Sloppy Joes (as per Specs) 6 oz	Chicken Salad Sandwich 1.5	Pizza Submarine (1.5 oz each) 1	Tuna Salad Sandwich (as per Specs) 1	Chicken Bologna Sandwich (as per specs) 1
	Pirogies (1oz) 4 ea	Ketchup pkg 1		Tossed Salad 3oz WT			
	Sour Cream 1/2 oz	Carrot Sticks 6x3"	Hamburger Bun 1	Dressing (portion) 1	Cabbage Salad 3 oz Wt		
	Veggie Sticks 6x3"		Veggie Sticks 6x3"		Dressing (portion) 1		Mustard Portion 1
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Rotini (cooked) 8 oz	Beef Chow Mein 6 oz	Salisbury Steak 3 oz	Baked Fish 3 oz	Veal Cutlet 3 oz	Meat Balls in BBQ Sauce 3oz 1 oz	Roast Chicken 1/4 1
	Italian Sauce 6 oz		Gravy 2 oz	French Fries 8 oz	Gravy 2 oz	Egg Noodles 8 oz	Steamed Rice 6 oz
	Tossed Salad 3oz WT	Vegetable Fried Rice 6 oz	Boiled Potatoes 8 oz	Green Beans 5 oz	Mashed Potatoes 8 oz	Mixed Vegetables 5 oz	Broccoli Pieces 5 oz
	Dressing (portion) 1	Broccoli pieces 5 oz	Peas 2.5oz	Coleslaw 3oz WT	Carrot Coins 2.5oz		Coleslaw 3 oz WT
	Garlic Toast (slice) 3		Kernel Corn 2.5oz	Ketchup (portion) 1	Cauliflower 2.5oz	Bread (slice) 3	Soya Sauce (portion) 1
	Apple Sauce (canned) 4 oz	Soya Sauce (portion) 1	Bread (slice) 3	Tea Biscuit (3oz) 1	Bread (slice) 3	Margarine (portion) 3	Bread/ Margarine 3 ea
	Milk 8 oz	Bread/ Margarine 3 ea	Margarine (portion) 3	Margarine (portion) 1	Margarine (portion) 3	Seasonal Fresh Fruit 1	Marble Cake 3 oz
	Tea 8 oz	Canned Pineapple 4 oz	Chocolate Pudding 3 oz	Choc. Chip Cookie 3 oz	Caramel Pudding 3 oz	Fruit Drink 8oz	Fruit Drink 8oz
	Creamer (pwrdr) 1	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz
	Sugar (portion) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
		Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1	Creamer (pwrdr) 1
		Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised May 2006

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 1	Scrambled Eggs 2
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast, (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3		Toast, (slice) 2
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Margarine (portion) 2
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (portion) 2	Jam (portion) 1
						Jam (portion) 1	Ketchup (portion) 2
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Ketchup (portion) 2	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Coffee 8 oz	Coffee 8 oz
Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	
Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1	
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4
	Roast Beef Sandwich 1.5	Turkey Salad (Plate) 3 oz	Chicken Hot Dogs/ w Buns 2	Egg Salad Sandwich 1.5	Grilled Cheese Sandwich. 1.5	Bavarian Meat Loaf Sandwich (as per Specs) 1	Ham Sandwich (as per Specs) 1
	Mustard (portion) 1	Pasta Salad 4 oz	French Fries 4 oz	Carrot Sticks 6x3"	French Fries 4 oz		
	Coleslaw 3 oz	Veggie Sticks 6x3"	Mustard (portion) 2		Ketchup 2		
	Fruit Drink 8 oz	Bread (slice) / Marg. 2 ea	Ketchup (portion) 2			Mustard (portion) 1	Mustard (portion) 1
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	
	Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Rotini (cooked) 8 oz	Roast Chicken 1/4 1	Hot Hamburger Sand. on Texas Bread 3 oz	Baked Fish 3 oz	Meat Loaf 5 oz	Chicken & Veg. Stir Steamed Rice 6 oz	Veal Cutlet/ 2oz gravy 3 oz
	Italian Sauce 6 oz	Mashed Potatoes 8 oz	Baked Potato (lge) 8oz	Boston Brown Potato 8 oz	Oven Roast Potatoes 8 oz	Diced Carrot & Turnip 4oz	Boiled Potatoes 8oz
	Marinated Veg. Salad 3oz WT	Cauliflower 2.5oz	Gravy 2 oz	Kernel Corn 2.5oz	Gravy 2oz	Lettuce/Tomato Salad WT	Peas 2.5oz
		Cabbage 2.5oz	Peas 2.5oz	Peas 2.5oz	Carrot Coins 2.5oz	Dressing (portion) 1	Bread (slice) 3
	Garlic Toast (slice) 3	Bread (slice) 3	Sour Cream 1/2 oz	Bread (slice) 3	Green Beans 2.5oz	Bread/ Margarine 3 ea	Margarine (portion) 3
	Seasonal Fresh Fruit 1	Margarine (portion) 3	Bread (slice) 3	Margarine (portion) 3	Bread (slice) 3	Vanilla Pudding 3 oz	Fruited Jell-O 3 oz
	Milk 8 oz	Vanilla Ice Cream 3 oz	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Fruit Drink 8oz	Fruit Drink 8oz
	Tea 8 oz	Milk 8 oz	Seasonal Fresh Fruit 1	White Cake 3 oz	Canned Apple Sauce 4 oz	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Tea 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Tea 8 oz	Tea 8 oz
		Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	Tea 8 oz	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Sugar (portion) 1	Sugar (portion) 1
			Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1		

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised May 2006

WEEK	Revised May 2006													
THREE	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Breakfast	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz	Orange Juice	6 oz	Apple Juice	6 oz
	Oatmeal Cooked with Bran	1 cup	Corn Flakes	1 cup	Cr. Of Wheat	1 cup	Raisin Bran	1 cup	Oatmeal Cooked with Bran	1 cup	Fried Eggs	1	Scrambled Eggs	2
	Toast, (slice)	3	Toast, (slice)	3	Brown Toast, (slice)	3	Toast, (slice)	3	Toast, (slice)	3	Bacon (strip)	2	Breakfast Sausages	2
	Muffin (4oz)	1	Bran Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Muffin (4oz)	1	Hash Browns	5 oz	Pancakes (4")	2
	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3	Margarine (portion)	3			Toast, (slice)	2
	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Jam (portion)	2	Toast, (slice)	2	Margarine (portion)	2
	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Peanut Butter (ptn)	1	Margarine (portion)	2	Jam (portion)	1
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Jam (portion)	1	Ketchup (portion)	2
	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Ketchup (portion)	2	Syrup	42 ml.
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Milk	8 oz	Milk	8 oz
	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Sugar (portion)	2	Sugar (portion)	1	Coffee	8 oz	Coffee	8 oz
	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Brown Sugar (ptn)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
										Sugar (portion)	1	Sugar (portion)	1	
Beverage Break	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz	Coffee	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Lunch	Tomato & Rice Soup	8 oz	Cream of Veg Soup	8 oz	Green Pea Soup	8 oz	Barley Soup	8 oz	Lentil Soup	8 oz	Soup D'Jour	8 oz	Navy Bean Soup	8 oz
	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4	Crackers (each)	4
	Pizza -one Meat (1.5 oz), one Vegetable (1 oz) & one cheese (1.5 oz).	6oz	Hot Beef Sandwich on Texas Bread	3 oz	Egg & Cheese (Plate)	1	Hamburger & Bun with lettuce, tomato.	3 oz	Sub. Sandwich (1) with cold cuts & cheese (3oz) served with lettuce & tomato	3 oz	Tuna Salad Sandwich (as per Specs)	1	Chicken Bologna Sandwich (as per Specs)	1
	Celery Sticks	6x3"	Mashed Potatoes	4 oz	Bread (slice)	2	Mustard/Ketchup (ptn)	1 ea	Coleslaw	3 oz			Mustard (portion)	1
	Fruit Drink	8 oz	Cooked Carrots	4 oz	Margarine (portion)	2			Mustard (portion)	1			Mustard (portion)	1
	Seasonal Fresh Fruit	1	Bread/ Margarine	1 ea	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz	Fruit Drink	8 oz
			Fruit Drink	8 oz	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1	Seasonal Fresh Fruit	1
Beverage Break	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1
Dinner	Southern Baked 1/4 Chicken	1	Lasagna	8 oz	Baked Fish	3 oz	Beef/Pepper Stir Fry	6 oz	French Meat Pie	6 oz	Beef Sausages	4 oz	Roast Turkey	3 oz
	Oven Roast Potatoes	8 oz	Italian Mixed Veg	5 oz	Mashed Potato	8 oz	Steamed Rice	6 oz	Mashed Potatoes	8 oz	Boiled Potatoes	8 oz	Sage Dressing	2 oz
	Green Beans	5 oz	Garlic Toast (slice)	3	Kernel Corn	2.5 oz	Broccoli Pieces	5 oz	Gravy	2 oz	Peas & Corn Mix	5 oz	Mashed Potatoes	8 oz
	Raisin Coleslaw	3 oz			Peas	2.5oz	Tossed Salad	3 oz	Boiled Cabbage	5 oz	Mustard (portion)	1	Gravy	2 oz
	Bread (slice)	3			Bread (slice)	3	Dressing (portion)	1			Bread (slice)	3	Carrot Coins	5 oz
	Margarine (portion)	3			Margarine (portion)	3	Soya Sauce (portion)	1	Bread (slice)	3	Margarine (portion)	3	Bread/ Margarine	3 ea
	Chocolate Pudding	4 oz	Canned Pineapple	3 oz	Spice Cake	3 oz	Bread / Margarine	3 ea	Margarine (portion)	3	White cake	3 oz	Canned Apple Sauce	4 oz
	Milk	8 oz	Milk	8 oz	Milk	8 oz	Ice Cream	3 oz	O'meal Raisin Cookie	3 oz	Fruit Drink	8oz	Fruit Drink	8oz
	Tea	8 oz	Tea	8 oz	Tea	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz
	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Tea	8 oz	Tea	8 oz	Tea	8 oz	Tea	8 oz
	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1	Creamer (pwdr)	1
							Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1	Sugar (portion)	1

BC CORRECTIONS MALE MODERATE ACTIVITY MENU

Revised May 2006

WEEK	Revised May 2006							
FOUR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Orange Juice 6 oz	Apple Juice 6 oz	Apple Juice 6 oz
	Oatmeal Cooked with Bran 1 cup	Corn Flakes 1 cup	Cr. Of Wheat 1 cup	Raisin Bran 1 cup	Oatmeal Cooked with Bran 1 cup	Fried Eggs 1	Scrambled Eggs 2	
	Toast, (slice) 3	Toast, (slice) 3	Brown Toast (slice) 3	Toast, (slice) 3	Toast, (slice) 3	Bacon (strip) 2	Breakfast Sausages 2	
	Muffin (4oz) 1	Bran Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Muffin (4oz) 1	Hash Browns 5 oz	Pancakes (4") 2	
	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Toast, (slice) 2	Margarine (portion) 2	
	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Jam (portion) 2	Toast, (slice) 2	Jam (portion) 1	
	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Peanut Butter (ptn) 1	Margarine (ptn) 2	Ketchup (portion) 2	
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Jam (ptn) 1	Ketchup (ptn) 2	Syrup 42 ml.
	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Ketchup (ptn) 2	Milk 8 oz	Milk 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Milk 8 oz	Coffee 8 oz	Coffee 8 oz
Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Sugar (portion) 2	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	
Brown Sugar (ptn) 1		Brown Sugar (ptn) 1		Brown Sugar (ptn) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	
Beverage Break	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz	Coffee 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Lunch	Barley Soup 8 oz	Cream of Veg Soup 8 oz	Green Pea Soup 8 oz	Tomato & Rice Soup 8 oz	Lentil Soup 8 oz	Soup D'Jour 8 oz	Navy Bean Soup 8 oz	
	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	Crackers (each) 4	
	Salami & Cheese sandwich 1.5	Macaroni & Cheese Casserole 6 oz	Cold Turkey Sand. 1.5	Cold Meat Plate 3 oz	Tuna Salad Sand. 1.5	Turkey Loaf Sandwich (as per Specs) 4		
	Coleslaw 3 oz	Green Peas 4 oz	Pasta Salad 4 oz	Potato Salad 4 oz	Cabbage Salad 3 oz		Salami Sandwich 1	
		Bread slice 2	Veggie Sticks 6x3"	Tossed Salad 3 oz	Veggie Sticks 6x3"	Mustard (portion) 1	Mustard (portion) 1	
		Margarine portion 2		Dressing (portion) 1	Bread/ Margarine 2 ea			
	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz	Fruit Drink 8 oz
Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1		Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	Seasonal Fresh Fruit 1	
Beverage Break	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1
Dinner	Beef Stew (3 oz Meat) 6 oz	Veal Cutlets 3 oz	Chili 6 oz	Chicken Cacciatore with 2oz sauce 1/4	Meatballs 3oz	Oven Baked Chicken 1/4	Salisbury Steak 3 oz	
	Mashed Potatoes 8 oz	Mushroom Sauce 2 oz	Oven Baked Potatoes 8 oz	Egg Noodles 8 oz	Sweet & Sour Sauce 3oz	Mashed Potatoes 8oz	Scalloped Potatoes 8 oz	
		Steamed Rice 6 oz	Diced Carrots 2.5oz	Mixed Vegetables 2.5oz	Rice (cooked) 6oz	Green Beans 2.5oz	Cauliflower 2.5oz	
	Tea Biscuits (3oz) 2	Kernel Corn 5 oz	Green Beans 2.5oz	Broccoli Pieces 2.5oz	Oriental Mixed Veg 5 oz	Carrot Coins 2.5oz	Brussel Sprouts 2.5oz	
	Margarine (portion) 2	Carrot Raisin Salad 3 oz	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	Bread (slice) 3	
		Bread/ Margarine 3 ea	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	Margarine (portion) 3	
	Lemon Pudding 3 oz	Canned Apple Sauce 4 oz	Canned Pineapple 3 oz	Caramel Pudding 3 oz	Ice Cream 3 oz	Chocolate Pudding 3 oz	Spice Cake 3 oz	
	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Milk 8 oz	Fruit Drink 8oz	Fruit Drink 8oz	
	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Tea 8 oz	Milk 8 oz	Milk 8 oz	
	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	Tea 8 oz	Tea 8 oz	
	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Sugar (portion) 1	Creamer (pwdr) 1	Creamer (pwdr) 1	
						Sugar (portion) 1	Sugar (portion) 1	