Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk
Bagged Lunch	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)
	Example of Sandwich Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad	**Example of Sandwich** Turkey and Swiss cheese Ham and American cheese Chicken salad Club (ham, turkey, roast beef) Tuna Mayonnaise Continental Meats & Salad
	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls	Sandwiches will be served on a selection of white, whole wheat, high bran & honey bread as well as dinner and crusty rolls
	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest	Soup and Sanwich served to in house guest
Dinner	Green Pea Soup	Leek & Potato Soup	Tomato & Noodles Soup	French Onion Soup	Beef Veg's Soup	Minestrone Soup	Cream Of Broccoli Soup
	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer
	Barbi Q Spare Ribs N Sauce	Grilled Chicken and Lemon Sauce	Savory Cottage Pie and Baked Beans	Roast Pork Loin n Apple Sauce	Beef Stroganoff and Boiled Rice	Grilled Sirloin Steaks n Pepper Sauce	Tandoori Chicken N Pitta Bread
	Sirloin Steak n Mushroom Sauce	Spaghetti Bolognaise N Garlic Bread	Turkey Escalope's and Melted Cheese	Pan Fried Prawns and Dirty Rice	Cheese and Mushroom Pizzas	Deep fried Chicken N Chili Dip	Grilled Pork Steaks n Apple Sauce
	Spicy Potato Wedges	Paprika Baked Potato	Creamed Potato	Oven Baked Potato	French Fries	Gourmet Potato	Cheesy Baked Potato
	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk
Bagged Lunch	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)
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Dinner	Cream Of Cauliflower	Vegetable Soup	Leek and Potatoes	Chicken Noodle	Cream of Tomato	French Onion	Vegetable Broth
	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer
	Grilled Sirloin Steak and Pepper Sauce	Grilled Pork Chop n Tomato	Spaghetti Bolognaise	Stir Fried Shrimp	Grilled T Bone Steak n Mushrooms	Sautéed Beef Burginonine	Four Cheese Calzone Pizza
	Roast Pork Loin n Apple Sauce	Cheese n Ham Pizza	Poached Fish n Tomato Sauce	Grilled Gammon Steak	Chicken and Noodle Stir Fry	Chicken Piri Piri	Honey n Lemon Chicken
	Potato Croquets	Saboise Potato	Pommes William	Oven Baked Potato	Spicy Potato Wedges	Gourmet Potato	Mashed Potato
	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk
Bagged Lunch	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)	Sandwich Chips Fresh Fruit Cake or Cookie Candy Bar Drink (Water or Soft drink)
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Dinner	Beef N Macaroni Soup	Clear Of Veg Soup	Sweet corn Cream Soup	Tomato Soup	Chicken & Vermicelli Soup	French Onion Soup	Chicken & Noodle Soup
	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer	Salad bar/ Appetizer
	Tenderloin Steak	Grilled Sirloin/ Mushroom Sauce	Wellington Beef	Braised Steak w/Gravy	Buttered Shrimp	Stir Fried Beef W/Mushrooms	Roasted Tenderloin/Pepper Sauce
	Sweet & Sour Fish	Spaghetti Bolognese	Sweet & Sour Pork with Fried Rice	Roasted Turkey w/pineapples	Roast Turkey on Buttered Toasts	Grilled Fish & Tomato Sauce	Grilled Pork Steaks apple Sauce
	Spicy Potato Wedges	Paprika Baked Potato	Creamed Potato	Oven Baked Potato	French Fries	Gourmet Potato	Cheesy Baked Potato
	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk	Assorted Yogurts Assorted Cereals Fresh Fruit Salad Hot Oatmeal / Grits Cold meats & Cheeses Eggs Bacon or Sausages Hash Browns French Toast or Pancakes or Waffles Croissants Fresh Bread, Toast Asst. Jams & Condiments Milk
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Dinner	Navy Bean Soup	Cream Of Celery Soup	Turkey Broth Soup	Mushroom Soup	Cream Of Potato Soup	Goulash Soup	Chicken Macaroni Soup
	Salad bar! Appetizer	Salad bar! Appetizer	Salad bar! Appetizer	Salad bar! Appetizer	Salad bar! Appetizer	Salad bar! Appetizer	Salad bar! Appetizer
	Braised Beef & Olives	Pork Spare Ribs with BBQ Sauce	Braised Beef & Pan Gravy	Veal Schnitzel Parmigianino	Grilled Fillets of Fish Portuguese	Lemon Roasted Turkey	Stir Fried Prawns & Vegetables
	Roast Seasoned Chicken & Pan Gravy	Pork Schnitzel	Spanish Baked Fish	Roast Seasoned Turkey Buff with Cranberry Sauce	Beef Stroganoff with tomatoes & Mushrooms	Roast Seasoned Beef Horseradish Sauce pan Gravy	Meatloaf & Brown Sauce
	Potato Croquets	Saboise Potato	Pommes William	Oven Baked Potato	Spicy Potato Wedges	Gourmet Potato	Mashed Potato
	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters	Vegetables in Season Assorted Salads, Desserts, Breads Cheese & Fruit Platters