

SAMPLE

Continental Breakfast

Cream of Wheat
Oatmeal
Cold Cereal
Poached/Scrambled egg
Bacon/Sausage

8:30am



Toast/Bran muffin
Tea/Coffee
Milk / Juice
½ Banana

Night Nourishment

Sugar free juice / Water / Milk / Tea / Coffee
Cookies / Sandwich / Muffin / Cupcake / Sweets / Fruits

Afternoon Nourishment

Sugar free juice / Water / Milk / Tea / Coffee
Cookies / Sandwich / Muffin / Cupcake / Sweets / Fruits

Lunch

12:30pm

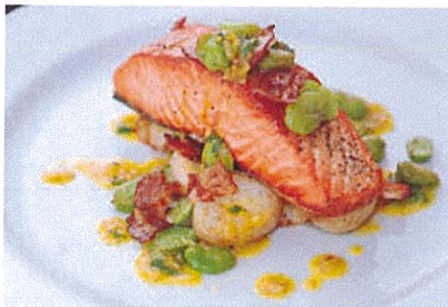
Hot beef sandwich
Potato Wedges
or
Chicken rice soup
Butterscotch pudding



Supper

5:15pm

Pan Fried Salmon
Egg sauce
Boiled Potato
Carrot/Peas
or
Roast beef
Bread Pudding



Snack

Peanut butter
cookies

