Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7	Saturday 10/8	Sunday 10/9
Scrambled eggs Veggie sausage Pancakes Sausage patties Potatoes Fresh fruit pastry and bagels coffee, tea assorted juices assorted cereals	Scrambled eggs Veggie sausage French toast bake Potatoes Fresh fruit pastry and bagels coffee, tea assorted juices assorted cereals	Scrambled eggs Veggie sausage Cornmeal pancakes Potatoes Fresh fruit pastry and bagels coffee, tea assorted juices assorted cereals	Scrambled eggs Veggie sausage Waffle French toast Potatoes Fresh fruit pastry and bagels coffee, tea assorted juices assorted cereals	Scrambled eggs Veggie sausage Baked oats Potatoes Fresh fruit pastry and bagels coffee, tea assorted juices assorted cereals	**Brunch** Scrambled eggs Fried eggs Veggie sausage Choc chip pancakes Sausage links Potatoes Fresh fruit Pastry & bagels Coffee, tea Assorted juices Assorted cereal	**Brunch** Scrambled egg Boiled eggs Veggie sausage Strawberry bread pudding Sausage patties Potatoes Fresh fruit Pastry & bagels Coffee, tea Assorted juices Assorted cereal
Baked haddock Egg salad sandwich Chickpea tomato skillet Vegetable Salad bar Fruit	Pizza Chicken salad plate Vegetable Salad bar Fruit	Grilled cheese and tomato Italian sub Vegetable Salad bar Fruit	Roast beef sub Veggie burgers Fries Vegetable Salad bar Fruit	Hot dogs veggie hotdogs fruit salad with cottage cheese Vegetable Salad bar Fruit		
Roast beef & gravy Cheese ravioli Vegetable Pizza Pasta bar Rice Salad bar desserts	Pork carnitas burrito Baked Bean and rice Burrito Vegetable Pizza Pasta bar Rice Salad bar desserts	Chicken wings Tofu stir fry Vegetable Pizza Pasta bar Rice Salad bar desserts	calzones chili Mac and cheese Vegetable Pizza Pasta bar Rice Salad bar desserts	Batter Fried haddock Tempeh & Veggie fried rice Vegetable Pizza Pasta bar Rice Salad bar desserts	Meat lasagna Veggie lasagna Vegetable Pizza Pasta bar Rice Salad bar desserts	Herb roast chicken Baked tofu Lin and broccoli Vegetable Pizza Pasta bar Rice Salad bar desserts

Week 7