

<u>6:30pm - Friday Dinner</u>	Teriyaki Sauce Meatballs Stir fry Rice Text	Teriyaki Sauce Tofu Stir fry Rice
<u>9pm - Friday Night Snack:</u>	Brownie Scoop of Vanilla Ice Cream	
<u>9am - Saturday Breakfast:</u>	Scrambled Eggs Bacon/Suusage Hashbrowns Toast/jams(Gluten free & white & brown)	
<u>1pm - Saturday Lunch:</u>	Caesar Salad Greek Salad Meat Tray Cheese Tray Vegetable Tray Toppings: Lettuce, Sliced Tomatoes, Sauce (mustard/ mayo) Sub Rolls (Gluten free & other)	
<u>3pm - Saturday Snack:</u>	2 Cookies & a 250ml of milk/ chocolate milk	
<u>6pm - Saturday Dinner:</u>	Roast Beef Rosemary Potatoes Fresh Broccoli Corn	Veg Chili Rosemary Potatoes Fresh Broccoli Corn
<u>8pm - Saturday Night Snack:</u>	Something yummy!	
<u>9am - Sunday Breakfast:</u>	Similiar to Saturday breakfast.	
<u>1pm - Sunday Lunch:</u>	Hard Corn Taco Shells and Flour Soft Shells Tex-Mex Ground Beef Toppings: Shredded Lettuce, Diced Tomatoes, Shredded Cheese Salsa & Sour Cream + Leftovers	
<u>All Weekend:</u>	Fresh fruit (apples, oranges, bananas) Coffee/Tea Dairy/Sugar/Sweetner Juice Crystals	