

*Sunday* ..... *Monday* ..... *Tuesday* ..... *Wednesday* ..... *Thursday* ..... *Friday* ..... *Saturday* .....

**Breakfast**

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**Lunch**

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ALTERNATIVES

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**Dinner**

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ALTERNATIVES

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**Evening Snack**

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Good nutrition is an essential part of your care in our centre. The menu has been planned with variety and moderation in mind, and to achieve a well balanced diet. Your daily menu may vary slightly due to the special diet ordered by your physician. Please feel free to ask any questions you may have regarding your menu, diet or service. \*Large Portions = 1 1/2 portion Entree, 2 portions Starch, 1 portion Vegetable, 2 slices Bread, 1 portion Dessert.\* For liberal bland diet: Follow Regular Diet, omitting foods that contain red pepper, chili powder, chocolate, caffeine and cocoa. Individual tolerance should be considered.