



Breakfast 8-9am

Includes make-your-own smoothie, fresh fruit, boiled eggs, yogurt, hot/dry cereal, dairy milk, almond/rice milk, toast.

Lunch 12-1pm

Includes salad bar, soup, vegetables of the day, fresh fruit, coffee/tea.

Dinner 6-7pm

Includes salad bar, vegetables of the day, rice, desert or fresh fruit, coffee/tea.

Sun 14-Oct	Eggs scrambled and Sausages with baking with scrambled eggs, sausages, Haven oatmeal.	Beef Chili with tomato basil salad and biscuits.	Thai Curry with Chicken or curried tofu, with rice, zucchini, mushrooms and peppers.
Mon 15-Oct	BYO Breakfast Wraps with ham pieces Build Your Own wraps with scrambled eggs, chopped tomatoes and spinach.	Sandwiches Egg salad, ham salad with fries, tomato and cucumber, pasta salad.	Moroccan Lamb Stew with lentil moussaka, beet salad and rice.
Tue 16-Oct	Bread Pudding with a gluten free option, and scrambled eggs.	Burgers with fries, fried onions, mushrooms, cheese, tomato and lettuce.	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Tofu steaks, yum!.
Wed 17-Oct	Scrambled Eggs with Haven-baked blueberry muffins.	Chicken Wraps with orange and sweet red onion romaine salad, nachos. Veggie Wraps, yum!.	Meat Loaf with mashed potatoes and gravy; peas, carrots and corn; rice. Polenta Pizza, yum!.
Thu 18-Oct	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes, hash browns.	BYO Soup Build Your Own, with miso and chicken broth, meatballs, peas, sprouts, seaweed and baby corn, fresh baguette.	Pork Roast with potatoes, cauliflower, greens and red peppers. Nut loaf, with mashed potatoes and vegetable gravy.
Fri 19-Oct	Pancakes with bacon with boiled eggs and fresh fruit.	Beef Burritos with corn salsa, cheese, spinach salad with roasted onion dressing.	Salmon with acorn squash, greens, carrots and parsnips. Spinach Pie, .
Sat 20-Oct	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking.	Fish Tacos with cole slaw, rice. Veggie Tacos with Tofu, yum!.	Mexican Chicken with red bean, corn and rice bake, kale salad and corn bread. Tex Mex Beans, Delicious slow baked bean dish



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Sun 21-Oct	Pancakes with bacon with boiled eggs and fresh fruit.	Quiche ham and cheese, or veggie with broccoli salad, veggie tray and dip.	Fish Crispy Cod with Vegetable Compte with rice, roasted potatoes, grilled vegetables, squash on a bed of steamed greens, steamed greens.
Mon 22-Oct	Bagels with variety of cream cheeses and dairy free option, hash browns.	Quesadillas Cheese or chicken, with Caesar salad.	Moroccan Lamb Stew with lentil moussaka, beet salad and rice.
Tue 23-Oct	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes.	Pot Stickers and Triple Pepper Tofu with rice and chow mein.	Thai Curry with Chicken and Prawns rice, zucchini, mushrooms and peppers.
Wed 24-Oct	Ham and Cheese Croissants with Haven oatmeal.	Mac and Cheese with pita triangles and caesar salad.	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Quinoa Grilled Vegetable Wellington, yum!
Thu 25-Oct	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking.	Sandwiches with roast beef, ham, and cheese..	Roast Chicken with rice, green beans, peppers, roasted yams or potatoes. Nut loaf, with mashed potatoes and vegetable gravy.
Fri 26-Oct	Waffles with fresh fruit, whipped cream, scrambled eggs.	Pizza with Caesar salad.	Beef Bourguignon with red quinoa and carrot loaf, egg noodles.
Sat 27-Oct	BYO Breakfast Wraps with ham pieces Build Your Own wraps with scrambled eggs, chopped tomatoes and spinach.	Chicken Wraps with orange and sweet red onion romaine salad, nachos.	Thai Curry with Chicken or curried tofu, with rice, zucchini, mushrooms and peppers.



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Sun 28-Oct	Scrambled Eggs fresh scrambled eggs, grilled tomato and cheese, Haven-baked muffins.	Quiche ham and cheese, or veggie with broccoli salad, veggie tray and dip.	Closed to public . Spinach Pie, .
Mon 29-Oct	Closed to public .	Closed to public .	Turkey Dinner with Mashed Potatoes with mashed potatoes, stuffing, cranberries and gravy. Polenta Steaks, with Veggie Compote.
Tue 30-Oct	Scrambled Eggs with Haven-baked scones, oatmeal.	Pulled Pork Buns with greek bean salad, fried onions, rice cakes. Brushetta , yum!.	Honey Mustard Chicken with butternut squash, carrots, rice and beets. Zucchini millet-stuffed, with parsnip wedges, rice, greens and roasted peppers.
Wed 31-Oct	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes.	Fish Tacos with cole slaw, rice. Veggie Tacos with Tofu, yum!.	Baked Ham with scallop potatoes .
Thu 1-Nov	Waffles with fresh fruit, whipped cream and Bacon.	Sandwiches Build Your Own with chicken salad, egg salad, with kale salad with seeds and apple, rice cakes.	Salmon with acorn squash, greens, carrots and parsnips. Mushroom Walnut Wellington, a Haven favourite.
Fri 2-Nov	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking.	Beef Chili with tomato basil salad and biscuits. Veggie Chili, with corn bread, potato salad.	Baked Cod with rice, roasted fennel and peppers, acorn squash. Tofu Bake with grilled veg, yum!.
Sat 3-Nov	Bagels with variety of cream cheeses and dairy free option, hash browns.	Chicken Pot Pie with tomato basil salad and biscuits. Veggie Pot Pie, .	Lasagna meat or veggie, with caesar salad, Fresh Focaccia and saute kale with peppers.



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Sun 4-Nov	Scrambled Eggs with Haven baking, chopped tomatoes.	Chicken Souvlaki or Falafel with greek salad, hummus, tzatziki and pita. Falafel, yum!	Roast Beef with mashed potato, yorkshire pudding and gravy. Polenta Pizza, yum!
Mon 5-Nov	Pancakes with bacon with boiled eggs and fresh fruit.	Quesadillas Cheese or chicken, with Caesar salad.	Butter Chicken with coconut curry lentil stew.
Tue 6-Nov	Egg Frittata and Sausage With Haven Baking and Boiled Eggs.	Sweet and Sour Meatballs with chow mein, fried rice, spring rolls.	Seafood Linguini with Salmon, Cod and Shrimp. Fresh Bread and garden salad. Nut loaf, with mashed potatoes and vegetable gravy.
Wed 7-Nov	French Toast with berries and whipped cream.	Burgers with fries, fried onions, mushrooms, cheese, tomato and lettuce.	Roasted Lamb with baked yams, acorn squash. Tex Mex Beans, Delicious slow baked bean dish
Thu 8-Nov	Scrambled Egg Croissants with ham, tomato and cheese on the side.	Beef Dips with Veggie melts Veggie plate cheese, spinach salad with roasted onion dressing.	Pork Roast with potatoes, cauliflower, greens and red peppers. Spinach Pie, .
Fri 9-Nov	Poached Eggs with Parmesan English Muffins with Ham Poached with Parmesan-toasted English muffins, Sliced tomatoes, Oatmeal.	Pad Thai with peanut sauce, tofu, Asian coleslaw, rice noodles.	Fish Cod with Mediterranean salsa with rice, roasted potatoes and peppers, acorn squash and steamed greens. Millet-stuffed Peppers, with yam wedges, rice, greens and asparagus.
Sat 10-Nov	Waffles with fresh fruit, whipped cream and Bacon.	Pizza with Caesar salad.	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Tex Mex Beans, Delicious slow baked bean dish