



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 01-Jul	Pancakes with bacon with boiled eggs and fresh fruit.	Chicken Strips Baked with dipping sauce, kale salad and fries.	Spagetti with Meat or Veggie sauce with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Mon 02-Jul	Bagels with variety of cream cheeses and dairy free option, hash browns.	Beef Burritos with corn salsa, cheese, spinach salad with roasted onion dressing. Glazed Black Bean Burritos, with cheese, corn salsa.	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Vegetarian Three Bean Stew , an aromatic medley with vegetables and herbs
Tue 03-Jul	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes.	Burgers beef and millet with roasted potato wedges, fried onions, mushrooms, cheese, tomato and lettuce and warm beet feta salad.	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Polenta Pizza, yum!
Wed 04-Jul	Ham and Cheese Croissants with Haven oatmeal.	Chicken and Veggie Wraps with nachos, rice, rice cakes and fillings.	Baked Ham with scallop potatoes . Quinoa Grilled Vegetable Wellington, yum!
Thu 05-Jul	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 06-Jul	Waffles with fresh fruit, whipped cream, scrambled eggs.	Hot Dogs and Fries with spinach salad (sweet roasted nuts, red onion and apple).	Spagetti with Meat or Veggie sauce with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Sat 07-Jul	BYO Breakfast Wraps with ham pieces Build Your Own wraps with scrambled eggs, chopped tomatoes and spinach.	Mac and Cheese with pita triangles and caesar salsad.	Honey Mustard Chicken with butternut squash, carrots, rice and beets.



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Sun 08-Jul	Scrambled Eggs fresh scrambled eggs, grilled tomato and cheese, Haven-baked muffins.	Chicken Strips Baked with dipping sauce, kale salad and fries. Tofu Stir Fry, yum!.	Pork Roast with potatoes, cauliflower, greens and red peppers. Spinach Pie, .
Mon 09-Jul	French Toast with Fruit Compote and Sausage.	Burgers beef and millet with roasted potato wedges, fried onions, mushrooms, cheese, tomato and lettuce and warm beet feta salad.	Thai Curry with Chicken or curried tofu, with rice, zucchini, mushrooms and peppers. Polenta Steaks, with Veggie Compote.
Tue 10-Jul	Scrambled Eggs with Haven-baked scones, oatmeal.	Beef Chili with tomato basil salad and biscuits. Veggie Chili, with corn bread, potato salad.	Honey Mustard Chicken with butternut squash, carrots, rice and beets. Zucchini millet-stuffed, with parsnip wedges, rice, greens and roasted peppers.
Wed 11-Jul	Eggs Benny made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes.	Pulled Pork Buns with greek bean salad, fried onions, rice cakes. Veggie Tacos with Tofu, yum!.	Spagetti with Meat or Veggie sauce with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
Thu 12-Jul	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.	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Mushroom Walnut Wellington, a Haven favourite.
Fri 13-Jul	Eggs scrambled and Hashbrowns Eggs scrambled and Hashbrowns also Haven Baking.	Chicken Souvlaki or Falafel with greek salad, hummus, tzatziki and pita. Falafel, yum!.	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Tofu Bake with grilled veg, yum!.
Sat 14-Jul	Bagels with variety of cream cheeses and dairy free option, hash browns.	Beef Burritos with corn salsa, cheese, spinach salad with roasted onion dressing. Glazed Black Bean Burritos, with cheese, corn salsa.	Lasagna meat or veggie, with caesar salad, Fresh Focaccia and saute kale with peppers.



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Sun 15-Jul	Scrambled Eggs with Haven baking, chopped tomatoes.	Burgers with fries, fried onions, mushrooms, cheese, tomato and lettuce. Falafel, yum!.	Roast Beef with mashed potato, yorkshire pudding and gravy. Polenta Pizza, yum!.
Mon 16-Jul	Pancakes with bacon with boiled eggs and fresh fruit.	BYO Soup Build Your Own, with miso and chicken broth, meatballs, peas, sprouts, seaweed and baby corn, fresh baguette.	Butter Chicken with coconut curry lentil stew.
Tue 17-Jul	Egg Frittata and Sausage With Haven Baking and Boiled Eggs.	Beef Dips with Veggie melts Veggie plate cheese, spinach salad with roasted onion dressing.	Baked Ham with scallop potatoes . Nut loaf, with mashed potatoes and vegetable gravy.
Wed 18-Jul	French Toast with berries and whipped cream.	Perogies and Garlic Sausage with orange romaine salad.	Chicken, Southern Baked with rice, Carrots, peppers and corn.. Tex Mex Beans, Delicious slow baked bean dish
Thu 19-Jul	Scrambled Egg Croissants with ham, tomato and cheese on the side.	Chicken Strips Baked with dipping sauce, kale salad and fries.	Pork Roast with potatoes, cauliflower, greens and red peppers. Spinach Pie, .
Fri 20-Jul	Poached Eggs with Parmesan English Muffins with Poached with Parmesan-toasted English muffins, Sliced tomatoes, Oatmeal.	Mac and Cheese with pita triangles and caesar salsad.	Spagetti with Meat or Veggie sauce with house made foccacia bread, grated cheese, caesar salad and grilled vegetables. Millet-stuffed Peppers, with yam wedges, rice, greens and asparagus.
Sat 21-Jul	Waffles with fresh fruit, whipped cream and Bacon.	Hot Dogs and Fries with spinach salad (sweet roasted nuts, red onion and apple).	BBQ Ribs with Baked Potato, Peas/Carrots and Greens. Tex Mex Beans, Delicious slow baked bean dish