



## 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.

<b>Sun</b> <b>12-Nov</b>	<b>Scrambled Eggs</b> with Haven baking, chopped tomatoes	<b>Chicken Wings</b> with potato salad and corn salad	<b>Spagetti with Meat or Veggie sauce</b> with house made foccacia bread, grated cheese, caesar salad and grilled vegetables.
<b>Mon</b> <b>13-Nov</b>	<b>BYO Breakfast Wraps</b> Build Your Own wraps with scrambled eggs, chopped tomatoes and spinach	<b>Sandwiches and Fries</b> with kale salad with seeds and apple, rice cakes	<b>Baked Cod</b> with rice, roasted fennel and peppers, acorn squash. Vegetarian: Curried Quinoa Curried quinoa with apple raisins and toasted cashews.
<b>Tue</b> <b>14-Nov</b>	<b>Bread Pudding</b> with a gluten free option, and scrambled eggs	<b>Burgers</b> with fries, fried onions, mushrooms, cheese, tomato and lettuce. Vegetarian: Veggie Burgers, with fries	<b>Chicken, Southern Baked</b> with rice, Carrots, peppers and corn.. Vegetarian: Tofu steaks yum!
<b>Wed</b> <b>15-Nov</b>	<b>Scrambled Eggs</b> with Haven-baked blueberry muffins	<b>Chicken Wraps</b> with orange and sweet red onion romaine salad, nachos. Vegetarian: Veggie Wraps, yum!	<b>Meat Loaf</b> with mashed potatoes and gravy; peas, carrots and corn; rice. Vegetarian: Polenta Pizza yum!
<b>Thu</b> <b>16-Nov</b>	<b>Eggs Benny</b> made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes, hash browns	<b>BYO Soup</b> Build Your Own, with miso and chicken broth, meatballs, peas, sprouts, seaweed and baby corn, fresh baguette	<b>Roast Chicken</b> with rice, green beans, peppers, roasted yams or potatoes.. Vegetarian: Nut loaf with mashed potatoes and vegetable gravy
<b>Fri</b> <b>17-Nov</b>	<b>omeletts</b> garden-fresh with biscuits	<b>Beef Burritos</b> with corn salsa, cheese, spinach salad with roasted onion dressing	<b>Salmon</b> with acorn squash, greens, carrots and parsnips. Vegetarian: Spinach Pie
<b>Sat</b> <b>18-Nov</b>	<b>Eggs scrambled and Hashbrowns</b> Eggs scrambled and Hashbrowns also Haven Baking	<b>Fish Tacos</b> with cole slaw, rice,. Vegetarian: Veggie Tacos with Tofu, yum!	<b>Mexican Chicken</b> with red bean, corn and rice bake, kale salad and corn bread.. Vegetarian: Tex Mex Beans Delicious slow baked bean dish



### 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.

<b>Sun</b> <b>19-Nov</b>	<b>Scrambled Egg Croissants</b> with ham, tomato and cheese on the side	<b>Chicken Souvlaki or Falafel</b> with greek salad, hummus, tzatziki and pita	<b>Fish Crispy Cod with Vegetable Compte</b> with rice, roasted potatos grilled vegetables, squash on a bed of steamed greens steamed greens. Vegetarian: Polenta Steaks with Veggie Compote
<b>Mon</b> <b>20-Nov</b>	<b>Bagels</b> with variety of cream cheeses and dairy free option, hash browns	<b>Quesadillas</b> Cheese or chicken, with Caesar salad	<b>Moroccan Lamb Stew</b> with lentil moussaka, beet salad and rice
<b>Tue</b> <b>21-Nov</b>	<b>Eggs Benny</b> made with scrambled eggs, English muffins, hollandaise, spinach, tomatoes	<b>Mac and Cheese</b> with pita triangles and caesar salsad	<b>Thai Curry with Chicken and Prawns</b> rice, zucchini, mushrooms and peppers
<b>Wed</b> <b>22-Nov</b>	<b>Ham and Cheese Croissants</b> with Haven oatmeal	<b>Pot Stickers and Triple Pepper Tofu</b> with rice and chow mein	<b>BBQ Ribs</b> with Baked Potato, Peas/Carrots and Greens. Vegetarian: Quinoa Grilled Vegetable Wellington yum!
<b>Thu</b> <b>23-Nov</b>	<b>Eggs scrambled and Hashbrowns</b> Eggs scrambled and Hashbrowns also Haven Baking	<b>Sandwiches</b> with roast beef, ham, and cheese.	<b>Roast Chicken</b> with rice, green beans, peppers, roasted yams or potatoes.. Vegetarian: Nut loaf with mashed potatoes and vegetable gravy
<b>Fri</b> <b>24-Nov</b>	<b>Waffles</b> with fresh fruit, whipped cream and Bacon	<b>Pizza</b> with Caesar salad	<b>Beef Bourguignon</b> with red quinoa and carrot loaf, egg noodles
<b>Sat</b> <b>25-Nov</b>	<b>Mini Frittata</b> with hashbrowns	<b>Chicken Wraps</b> with orange and sweet red onion romaine salad, nachos. Vegetarian: Black Bean Wraps, yum!	<b>Thai Curry with Chicken</b> or curried tofu, with rice, zucchini, mushrooms and peppers



### 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.

<b>Sun</b> <b>26-Nov</b>	<b>Scrambled Eggs</b> fresh scrambled eggs, grilled tomato and cheese, Haven-baked muffins	<b>Quiche</b> ham and cheese, or veggie with broccoli salad, veggie tray and dip	<b>Pork Roast</b> with potatoes, cauliflower, greens and red peppers. Vegetarian: Spinach Pie
<b>Mon</b> <b>27-Nov</b>	<b>BYO Breakfast Wraps</b> Build Your Own wraps with scrambled eggs, chopped tomatoes and spinach	<b>BYO Soup</b> Build Your Own, with miso and chicken broth, meatballs, peas, sprouts, seaweed and baby corn, fresh baguette	<b>Closed to public</b> . Vegetarian: Polenta Steaks with Veggie Compote
<b>Tue</b> <b>28-Nov</b>	<b>Closed to public</b>	<b>Closed to public</b>	<b>Closed to public</b> . Vegetarian: Zucchini millet-stuffed with parsnip wedges, rice, greens and roasted peppers
<b>Wed</b> <b>29-Nov</b>	<b>Closed to public</b>	<b>Closed to public</b> . Vegetarian: Veggie Tacos with Tofu, yum!	<b>Closed to public</b> . Vegetarian: Spinach Pie
<b>Thu</b> <b>30-Nov</b>	<b>Closed to public</b>	<b>Closed to public</b> . Vegetarian: Veggie Chili, with corn bread, potato salad	<b>Closed to public</b> . Vegetarian: Mushroom Walnut Wellington a Haven favourite
<b>Fri</b> <b>1-Dec</b>	<b>Closed to public</b>	<b>Closed to public</b>	<b>Closed to public</b> . Vegetarian: Tofu Artichoke Pie yum!
<b>Sat</b> <b>2-Dec</b>	<b>Closed to public</b>	<b>Closed to public</b> . Vegetarian: Veggie Pot Pie,	<b>Closed to public</b>