

	November 26	November 27	November 28	November 29	November 30		
Name	Sunday	Monday	Tuesday	Wednesday	Tuesday		
JUICE or SOUP	<div style="border: 1px solid black; padding: 10px;"> <p>Sunday Brunch is from 11:00 am to 2:00 pm</p> </div>	Juice or Cheesy Hamburger Soup	Juice or Chicken Lemon Rice	Buffet Night Borscht & Wonton Soup	Juice or Tomato Orzo Soup		
SALAD		Bread and spinach dip or Tomato and Onion Salad	Greek Salad or Coleslaw	Salad Bar	Greek Salad or Coleslaw		
ENTRÉE		Chili and Garlic Toast or Lemon Chicken	Cheeseburger or ♥Beef Stroganoff	Chinese Food Pizza and 4 to 5 other Hot Food Selections (Chef's Choice)	Roast Beef or ♥Baked Salmon		
POTATO		Rice Pilaf OR Macaroni and Cheese	Cheesy Mashed Potatoes OR Egg Noodles and Butter	Chef's Choice	Baked Potato OR Spanish Rice		
VEGETABLE		Broccoli or Beets	Asparagus or Honey Dill Carrots	Chef's Choice	Asparagus or Cabbage Rolls		
DESSERT		Carrot Cake Reduced Sugar or Celiac	Boston Cream Pie Reduced Sugar or Celiac	Baker's Choice Reduced Sugar or Celiac	Lemon Tarts Reduced Sugar or Celiac		
							Complete FW WK#5

**What can I do to help keep my food safe?**

Canada has one of the safer food supplies in the world. Still, sometimes the food we eat can make us sick.

Food borne illness, also known as “food poisoning”, occurs if we eat food that has been contaminated by pathogens that can make us ill. Pathogens include bacteria, viruses and parasites which can produce symptoms ranging from upset stomach, to vomiting and diarrhea. People who are most likely to get sick from food borne illness are infants and young children, seniors, pregnant women or people with a weakened-immune system due to chronic illness or other illnesses.

The good news is, you can reduce the risk of foodborne illness by using safe food handling practices when shopping for, storing, and cooking food. Some important practices are:

**Safe Shopping:**

Buy refrigerated or frozen food LAST and get it home quickly to your fridge or freezer.

Put raw meat, fish and poultry in individual plastic bags and keep them away from other foods, such as fresh vegetables and fruits, in your grocery cart.

Buy food in good condition; cans should be free of dents, cracks or bulging sides or lids; seals on packages should not be broken; frozen foods should be solid; refrigerated food should feel cool to the touch.

Buy fresh fruits and vegetables that are free of bruises or blemishes and not wilted.

Label reusable bags or bins with the type of food you carry in it. Keep a specific bin or bag just for raw meat, poultry, fish and seafood. [Wash reusable bags and bins](#) often.

**Safe Food Storage:**

Freeze or refrigerate foods that are not shelf-stable as soon as you arrive home from your shopping trip. Shelf-stable foods are dried or in a can or container not requiring refrigeration for safety. If a large package of chilled meat or poultry needs to be separated and packed in smaller containers prior to freezing, do so quickly. Wash your hands well before and after, and clean all cutting boards, knives and work surfaces thoroughly.

Be sure your refrigerator and freezer are working properly. The refrigerator should keep food at 4C (40F) or lower, but not so cold that milk or vegetables freeze. The freezer should be kept at -18C (0F).

Place packages of raw meat or poultry in a container on the bottom of the refrigerator so the juices do not drip and contaminate other foods.

Refrigerate [leftover foods](#) promptly in uncovered, shallow containers. When the food is at refrigeration temperature, cover.

Throw away any cooked food that has been left at room temperature for more than two hours. CONTIUED ON NEXT PAGE...

