

WESTERN CANADA MENU fall/winter 2021-2022

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices
Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat
Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety
Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
Egg	Egg	Egg	Egg	Egg	Egg	Egg
Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea
Lunch						
Chicken Rice Soup	Butternut Squash Soup	Chicken Florentine Soup	Creamy Vegetable Soup	Minestrone Soup	Italian Wedding Soup	Homemade Vegetable Barley Soup
Tuna & Potato Salad Plate	Pork Fried Rice/spring rolls	Pizza of Choice	Jambalaya	Hot Roast Beef on Bun with Gravy	French Toast	Vegetable Quiche
Whole Wheat Roll	Sunrise Vegetables	Creamy Cucumber & Onions	Buttered Corn	Savory Seasoned Carrots	Sausages	Caesar Salad
Mandarin Oranges	chocolate pudding	Chilled Diced Peaches	Chilled Tropical Fruit	Honeydew Melon	Fruit Cocktail	Chilled Diced Pears
OR	OR	OR	OR	OR	OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs
PM SNACK						
Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
Banana Super Grains Cookie	Raspberry Turnover Cookie	Shortbread Swirl Cookie	Chocolate Chip Cookie	Maple Cream Cookie	Assorted Wafer Cookies	Nutri-Grain Strawberry Bar
Dinner						
Turkey Sausage/gravy	Chicken Supreme	Salisbury Steak/beef gravy	Herb Baked Chicken/gravy	Baked Cod Fillet	Beef Shepherd's Pie	Turkey Schnitzel/gravy
Mashed Potatoes	Rosemary & Garlic Roasted Potato	Mashed Potatoes	Chive Whipped Potatoes	Rosemary Roasted Potatoes	Beef Gravy	Mashed Potatoes
Winter Vegetables	Green Peas	Green & Yellow Beans	New England Vegetables	Mashed Squash	Cocktail Vegetables	Broccoli Florets
Cherry Tart	Apple Crisp	Toffee Pudding Cake	Chocolate Ice Cream	Rice Pudding	Caramel Cheesecake	Pumpkin Pie
OR	OR	OR	OR	OR	OR	OR
Macaroni & Beef Casserole	Herb Baked Fish	Basil Mushroom Turkey Loaf	meatballs	Teriyaki Pork Loin	Chicken Cacciatore	Spaghetti & Meat Sauce

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian