

**WESTERN CANADA FALL/WINTER 2021-2022**

**WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
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						
Pinto Bean & Potato Soup	Garden Vegetable Soup	Cream of Tomato Soup	Chicken Soup	Vegetable Coconut Thai Soup	Broccoli Cheese Soup	Cream of Vegetable Chowder
Omelette	Corned beef and swiss on rye	Cod Nuggets & fries	Macaroni & Cheese/stewed tomatoes	Chili Con Carne/Corn bread muffin	Waffles/syrup/hot fruit compote	Chicken Pot Pie
Mixed Green Italian Salad	Broccoli coleslaw	4 BEAN SALAD	Romaine Sld w/Onions	Broccoli Florets	Sausage Links	Cauliflower & Red Peppers
Chilled Diced Pears	Stewed Rhubarb	Mango Whip	Chilled Diced Peaches	Sliced Strawberries	Blueberries	Mandarin Oranges
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 Blueberry Super Grains Cookie	Beverage as Requested Wafer cookies	Beverage as Requested Turnover cookies	Beverage as Requested chocolate chip cookies	Beverage as Requested Banana Super grains cookies	Beverage as Requested Shortbread cookies	Beverage as Requested Assorted snacks
Dinner						
Lemon Herb Baked Chicken Thighs	Pork Tenderloin/onion gravy	Butter chicken	Braised Beef Stew	Baked Fish & Dill Sauce	Turkey with Gravy/Cranberry sauce	Pork Roast/gravy
Mashed Potatoes	Baked Potato	Rice	peas/carrots	Scalloped Potatoes	Mashed Potatoes/Stuffing	Herbed Potatoes
Dill Carrot Coins	California Vegetables	Broccoli	Tea Biscuit	Mexican Mixed Vegetables	Broccoli Florets	New England Vegetables
Banana cake	Bread Pudding	Peppermint Ice cream	Lemon Blueberry Tart	Triple Chocolate Fudge Cake	Christmas Dessert	Carrot Cake
OR	OR	OR	OR	OR	OR	OR
Liver & Onions/gravy	Sole w/Lemon Pepper	Bangers and Mash/gravy	Turkey Cutlet with Apple Gravy	Grilled Ham	Roasted Vegetable Lasagna	Baked Chicken with Chalet Sauce

**HS SNACK**

X \_\_\_\_\_  
Food Services Manager

X \_\_\_\_\_  
Administrator

X \_\_\_\_\_  
Dietitian