

**WESTERN CANADA MENU Fall/Winter 2022-2023**

**WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						<b>Merry Christmas</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

<b>Lunch</b>						
Garden Vegetable Soup	cream of potato and leek soup	French Onion Soup	Chicken noodle Soup	Cream of Tomato Soup	Cream of chicken Soup	Homemade Vegetable Barley Soup
Chili Con Carne	tortellini with marinara sauce	Ham Baked Beans	Macaroni & Cheese	Chicken Pot Pie	Waffles	Cottage cheese fruit plate
Broccoli Florets		Grilled Zucchini	Stewed Tomatoes	Jullienne carrots	Sausage Links	Blueberry muffin/ 3 layer jelly salad
Corn Muffin	Caesar salad	Cornbread			Hot Fruit Compote	
Chilled Diced Pears	Stewed Rhubarb	Honeydew Melon	Fresh Apple Slices	Sliced Strawberries	blueberries	ice cream
OR	OR	OR	OR	OR	OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs

<b>PM SNACK</b>						
Beverage as Requested Double chocolate cookies	Beverage as Requested blueberry turnover	Beverage as Requested chocolate chip cookies	Beverage as Requested chef's choice cookies	Beverage as Requested peanutbutter cookies	Beverage as Requested Assorted Wafer Cookies	Beverage as Requested fig newtons

<b>Dinner</b>						
Country Style Fried Chicken	Pork chops with mushroom gravy	Lemon Baked Chicken Thighs	italian Herb Beef Stew	Lemon breaded Pollock	Chicken Alfredo Penne	Roast Turkey/cranberry sauce/stuffing
Mashed Potatoes	Baked Potato	Roasted Potatoes	Whole Green Beans	Lemon Rice	Broccoli Florets	Gravy
Fall Medley Vegetables	California Vegetables	Dill Carrot Coins	Tea Biscuit	Asparagus	Garlic Bread	Mashed potatoes
Ice Cream Sandwich						PEI Vegetables
	Bread Pudding	French Vanilla Ice Cream	Van Caramel Swirl Cake	Triple Chocolate Fudge Cake	Date square	Festive Tuxedo Cake
OR	OR	OR	OR	OR	OR	OR
Sausage Bangers & Mash	Sole w/Lemon Pepper	Liver & Onions	Breaded Turkey Cutlet	Beef Lasagna	Pork Schnitzel	Baked Chicken with Chalet Sauce

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

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

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

nov 28-Dec 4

Dec 19-25

Jan 9-15

Jan 30-Feb 5

Feb 20-26

March 13-19

April 3-9