

WESTERN CANADA MENU Fall/winter 2022-2023

WEEK 2

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						
Beef Fall Vegetable Soup	Split Pea Soup Vegt	Chicken Vegetable Noodle Soup	Broccoli Cheese Soup	Tomato & Macaroni Soup	Beef Vegetable Barley Soup	Cream of Cauliflower Soup
Crispy Breaded Chicken	Potato & Cheese Perogies with bacon crumble	Beef Tortiere/gravy	Breaded Haddock	Broccoli Cheese Frittata	Shaved Ham Sndw	Chicken burger/lettuce/tomato
Tator Tots	Sour Cream	New England Vegetables	French Fries	Italian Mixed Vegetables	Caesar Salad	Potato salad
Caesar Salad	Sweet & Sour Cabbage		Buttered Corn	Whole Wheat Roll		
Cantaloupe Chunks	Mandarin Oranges	Crushed Pineapple	Blueberries	Fruit Cocktail	Jello	Chilled Diced Peaches
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
Strawberry turnover cookies	ginger snap cookies	pumpkin cookies	oatmeal raisin cookies	sugar cookies	wafer cookies	assorted cookies

Dinner						
BBQ Pork Ribs	Honey Garlic Chicken	Glazed Ham	Hamburger Steak w/Caramelized Onions	Maple Glazed Salmon Loin	Roasted chicken thighs	Beef Pot Roast
rice	Oven-Browned Potatoes	Scalloped Potatoes	Beef Gravy	Rice Pilaf	mushroom sauce	Beef Gravy
Cauliflower with Cheese Sauce	Green Peas	California Vegetables	Mashed Potatoes	pick of the day veg.	Roasted Potatoes	Mashed Potatoes
Buttertart square	lemon tarts	Cherry Crisp	Sunrise Vegetables	Vanilla Ice Cream	Parsley Carrots	Asian Vegetables
			Coconut Cream Pie		Tapioca Pudding	Strawberry cream pie
OR	OR	OR	OR	OR	OR	OR
meatloaf	Baked Sole Fillet	Hearty Turkey Chili	Cheese Stuffed Manicotti w/Tomato Basil Sc	Turkey Meatballs	Meat Sauce/spaghetti	veg. lasagna

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian