

**WESTERN CANADA MENU Fall/winter 2024-2025**

**WEEK 2**

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

<b>Lunch</b>						
Country Bean & veg. soup	Cream of Squash soup	Turkey Rice soup	Pepper pot soup	French Canadian pea soup	Tomato Basil Soup	Cabbage & potato soup
BLT sandwich	Vegetable Quiche	Macaroni & cheese	Beef Burger	Tuna melt on Bun	Pancakes/Sausages	Chicken wings/ Green peas
tossed salad	Marinated cucumbers	Baked tomato au gratin	Cesar salad	Creamy Coleslaw	Syrup/ Strawberry compote	Potato & egg salad
Chilled diced pears	Mandarin oranges	Crushed pineapple	Chilled peaches	Strawberries/topping	Honeydew	Hot spiced apples

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	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

<b>Dinner</b>						
Turkey schnitzel/gravy	Swedish meatballs	Herb baked chicken thigh	Pork Tourtiere	Baked Chicken with chalet sauce	Salisbury steak	Roast turkey
Herbed potatoes	Parslied noodles	Roasted potatoes/sourcream	Mushroom gravy	Rice Pilaf	Roasted potatoes	Mashed Potatoes
Sliced Carrots	Dilled peas	Fall Medley Vegetables	Brussel Sprouts	Broccoli Florets	Orange Glazed parsnips	Green Beans
Butterscotch Square	Chocolate Tarts	Blondie bars	Vanilla Ice Cream	Lemon Pudding cake	Banana Pudding	Vanilla frosted chocolate cake
OR	OR	OR	OR	OR	OR	OR
Pork Stir fry	Pesce alla marinara	Farmers sausage	Turkey stew	Chili	Baked haddock/dill sauce	Pork loin/mushroom sauce

Nov 4-10

nov 25-Dec 1

Dec 16-22

jan 6-12

jan 27-Feb 2

Feb 17-23

March 10-16

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

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

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