

WESTERN CANADA MENU Fall/winter 2024-2025

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Merry Christmas	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						
Lentil soup	French onion soup	Chicken veg. soup	florentine soup	Vegetable soup	Homemade Beef. Barley soup	Beef Minestrone soup
California Chicken salad plate	Hotdog	Cottage cheese fruit plate	Cheese ravioli/Alfredo sauce	Chicken a la king/Puff pastry	Ham & hashbrown bake	Chicken Fried rice
	Vinaigrette coleslaw	Blueberry muffin	Green beans	Sliced carrots	Tossed salad	Spring rolls/plum sauce
Mandarin oranges	Crushed pineapple	Christmas cookies	Chilled peaches	Mandarin oranges	fruit cocktail	Poached spiced pears
or	or	or	or	or	or	or
Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches

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

Dinner						
Beef cabbage casserole	Pork souvlaki	Roast Turkey/Stuffing/Gravy	English Style Battered Pollock	Swiss steak	Country style fried chicken	Pork roast
	Rice	Cranberry sauce	Mashed potatoes	herbed noodles	Mashed potatoes/Gravy	Roast potatoes
Italian mixed veg.	Roasted mediterranean veg.	mashed potatoes	Peas	Butternut squash	Parsley carrots	Brussel sprouts
Chocolate ice cream	Vanilla Caramel cake	California mix veg	Lemon cheese bar	Rice pudding	Strawberry mousse	Pumpkin pie
		Cheesecake/cherry topping				
Or	or	or	or	or	or	or
Baked cod fillet	Turkey Schnitzel	Veal Cutlets	Bangers and mash	Teriyaki chicken thigh	Honey garlic ribs	Spaghetti/meat sauce

Nov 11-17

Dec 2-8

Dec 23-29

Jan 13-19

Feb 3-9

Feb 24-March 2

March 17-23

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian