

WESTERN CANADA MENU Fall/winter 2024-2025

WEEK 3

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						
Lentil soup	French onion soup	Chicken veg. soup	florentine soup	Vegetable soup	Homemade Beef. Barley soup	Beef Minestrone soup
California Chicken salad plate	Hotdog	Cheese ravioli/Alfredo sauce	Hot Turkey Sandwiches/Gravy	Chicken a la king/Puff pastry	Ham & hashbrown bake	Chicken Fried rice
	Vinaigrette coleslaw	Green beans	Buttered corn	Sliced carrots	Tossed salad	Spring rolls/plum sauce
Mandarin oranges	Crushed pineapple	Chilled peaches	Chilled apricots	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 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

Dinner						
Beef cabbage casserole	Pork souvlaki	Meatloaf/gravy	English Style Battered Pollock	Swiss steak	Country style fried chicken	Pork roast
	Rice	Garlic mashed potatoes	Mashed potatoes	herbed noodles	Mashed potatoes/Gravy	Roast potatoes
Italian mixed veg.	Roasted mediterranean veg.	Sunrise veg.	Peas	Butternut squash	Parsley carrots	Brussel sprouts
Chocolate ice cream	Vanilla Caramel cake	Pudding parfait	Lemon cheese bar	Rice pudding	Strawberry mousse	Pumpkin pie
Or	or	or	or	or	or	or
Baked cod fillet	Veal Cutlets	Turkey Schnitzel	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