

WESTERN CANADA MENU SPRING/SUMMER 2019

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14	May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20
BREAKFAST	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Sausage</b> Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Bacon</b> Fruit/Yogurt Selection
	French Onion Soup Alfredo Cheese Tortellini Greek Salad Diced Peaches OR Assorted Sandwiches	Chicken Creole Soup Pepper Basil Frittata Julienne Carrots Fruit Cocktail Assorted Sandwiches	Vegetable Soup Chicken Burger Spinach Salad with Raspberry Vinaigrette Honeydew Melon OR Assorted Sandwiches	Cream of Tomato Soup Grilled Cheese Sandwich Bread & Butter Pickles Baked Cinnamon Apples OR Assorted Sandwiches	Scotch Broth Soup Cold Meat Plate Potato Salad Marinated Fusion Salad Diced Pears OR Assorted Sandwiches	Mulligatawny Soup Egg Salad on Marble Rye Dill Pickles Fruit Jell-O Assorted Sandwiches	Chicken Rice Soup Fish and Chips Tartar Sauce Coleslaw Vinaigrette Mandarin Oranges OR Assorted Sandwiches
PM	Amish Sugar Cookie Beverage as Requested	Lemon Loaf Beverage as Requested	Churro Donut Beverage as Requested	Split Second Cookie Beverage as Requested	PB Marshmallow Slice Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Baked Fish Fillet O'Brien Potatoes Buttered Corn Pear Cranberry Crisp OR Liver & Onions	Crunchy Ranch Chicken Mashed Potatoes Kale Vegetable Mix Apple Danish OR Salisbury Steak	Pepper Steak Basmati Rice Montego Blend Vegetable Pudding/Whipped Topping OR Fish	Breaded Herb Pork Chops Mashed Potatoes Wax Beans Fruit Punch Cake OR Vegetable Lasagna	Salmon Boat Rice Pilaf Broccoli & Cauliflower Ice Cream Sandwich OR Turkey Schnitzel	Spaghetti & Meat Sauce Garlic Bread Caesar Salad Rice Pudding OR Tortierre	Honey Mustard Pork Loin Garlic Mashed Potatoes Italian Mixed Vegetables Blueberry Pie OR Veal
	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested
HS	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested

MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS  
 AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG UNLESS NOTED  
 BREAD, MARGARINE AND/OR CRACKERS OFFERED AT LUNCH AND DINNER

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED  
 (SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)