

WESTERN CANADA SPRING/SUMMER 2021

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						
Turkey Vegetable Soup	Minestrone Soup	Cream of Broccoli	Barley Beef Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
Sweet-n-Sour Meatballs	Fish 'n Chips	Pasta Tortellini in Tomato Pesto	Sausage Patty	Hawaiian Chicken Salad	Veggie Burger on Bun	Cod Nuggets & sweet potato fries
Fluffy Rice & mixed vegetables	Rainbow Coleslaw	Parslied Cauliflower	Hashbrowns & Corn	Dill Potato Salad	Tomato & Cucumber Salad	4 BEAN SALAD
Cantaloupe Chunks	Sliced Strawberries	Honeydew Melon	Fresh Watermelon	Mango	Crushed Pineapple	Mandarin Oranges

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 Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie	Beverage as Requested Blueberry Super Grains Cookie

Dinner						
Honey Garlic Glazed Chicken	BBQ Pork Drummies	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	Beef Shepherd's Pie	Pork Roast	Baked Chicken with Chalet Sauce
Scalloped Potatoes	Whipped Potatoes	Au Gratin Potatoes	Roasted Potatoes	Mashed Potatoes	Boiled Red Potato	Garlic Bread
Buttered Corn	Whole Green Beans	Sunrise Vegetables	Minted Peas	California Vegetables	Broccoli Florets	Italian Mixed Vegetables
Triple Layer Chocolate Cake	French Vanilla Ice Cream	Vanilla Pudding Pie	Blueberry Tart	Vanilla Ice Cream	Cheesecake	Chocolate Cream Mint Pie

OR	OR	OR	OR	OR	OR	OR
Sweet & Spiced Ham	Turkey Stir Fry	Baked Cod Fillet	Roasted Vegetable Lasagna	Broiled Salmon	Greek Style Chicken Breast	Spaghetti & Meat Sauce