

WESTERN CANADA Spring/Summer menu 2022

WEEK 1

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						
Beef Vegetable soup	Chicken, vegetable barley soup	Cream of Cauliflower soup	Turkey Rice soup	Cream of mushroom soup	Italian Wedding Soup	Chicken Tortilla soup
Cheese Omelet	Cottage cheese fruit plate	Chicken Fingers/plum sauce	Pizza	Beef Taco Salad	Pancakes/Strawberry rhubarb compote	Four cheese Penne pasta Casserole
Hashbrowns	Carrot muffin	Fries, Mixed salad/french dressing	Spring mix salad	Corn bread muffin	Sausages/Syrup	Cesar salad
Mandarin oranges	blueberry Jello	Pineapple	Fruit cocktail	Pears	peaches	watermelon
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 Banana Super Grains Cookie	Beverage as Requested Raspberry Turnover Cookie	Beverage as Requested Shortbread Swirl Cookie	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Maple Cream Cookie	Beverage as Requested Assorted Wafer Cookies	Beverage as Requested Nutri-Grain Strawberry Bar
Dinner						
Country style fried chicken	Honey BBQ pork chop	Beef stew	Creamy dijon chicken/mushrooms	Mediterranean glazed Haddock	Honey marinated pork Loin	Roast beef/gravy/Yorkshire pudding
Mashed Potatoes	Fluffy rice	Tea biscuit	Rice Pilaf	Mashed potatoes	Boiled potatoes	Whipped potatoes
corn	Florentine veg	Sunrise Vegetables	Lemony green beans	Sauteed peppers/onions	Sunrise vegetables	Squash
Date square	Caramel cheesecake	Banana Split Mousse	Blueberry Crisp	Brownies	Rice pudding	Cherry pie
OR	OR	OR	OR	OR	OR	OR
Swedish Meatballs	Teriyaki Turkey	Lemon pepper sole	Hawaiian ham	Oktoberfest sausages	Lemon pepper chicken	Turkey pot pie

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian