

WESTERN CANADA MENU Spring/Summer 2022

WEEK 2

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						
Homestyle Turkey veg. soup	Cream of broccoli soup	Minestrone soup	Beef Barley soup	Cream of tomato soup	Chicken rice soup	Cream of veg. chowder
Sweet & sour meatballs/rice	Fish'n Chips/Tartar sauce	Hotdog/bun	Pulled pork on a bun	Hawaiian chicken salad/roll	Quiche Florentine	Cod nuggets/Sweet potato fries/tartar sauce
Green salad	Rainbow coleslaw	Potato chips	Bean salad	Veggie Penne pasta salad	Spring mix salad	Caesar Salad
Cantaloupe	sliced strawberries	Honeydew	watermelon	mango	pineapple	mandarins
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	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
Banana Super Grains Cookie	Raspberry Turnover Cookie	Shortbread Swirl Cookie	Chocolate Chip Cookie	Maple Cream Cookie	Assorted Wafer Cookies	Nutri-Grain Strawberry Bar
Dinner						
Honey garlic glazed chicken	Pineapple pork	crunchy ranch flavoured chicken	Cowboy steak/beef gravy	Broiled Salmon/Hollandaise Sauce	Pork roast/Orange and Rosemary sauce	Baked chicken/chalet sauce
Scalloped potatoes	Fluffy rice	Roast potatoes	Baked potatoes	Mashed potatoes	Boiled potatoes	Garlic mashed potatoes
California mix veg.	Oriental mix veg	Scandinavian veg.	Peas	Oregano green beans	Broccoli	Italian mix. Veg
Triple layer chocolate cake	Neapolitan Ice cream	Apple crumble square	Van. Caramel swirl cake	Lemon tart	French cream cheesecake	Peach pie
OR	OR	OR	OR	OR	OR	OR
Sweet and spiced ham	Turkey stirfry	Baked cod fillet	Veg. Lasagna	Shepherds pie	Turkey pie	Spaghetti/meatsauce

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian