

**WESTERN CANADA MENU Spring/Summer 2022**

**WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
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

<b>Lunch</b>						
French Canadian Pea soup	Beef Veg. soup	Chicken veg. noodle soup	Veg. Barley soup	Cream of potato & Leek soup	Borscht	Cream of chicken soup
Hamburger/bun	Turkey salad/roll	English style battered pollock	Roast beef sandwich	Ham & cheese quiche	Potato/cheese perogies, onion	Weiners and beans
potato salad	Iceberg & carrot salad	Fries, Coleslaw	Chopped salad with balsamic	Harvard beets	PEI Veg.	Dinner roll
watermelon	pineapple	fruit cocktail	peaches	tropical fruit	mandarin	pears

OR	OR	OR	OR	OR	OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs

<b>PM SNACK</b>						
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

<b>Dinner</b>						
Pork chops/mushroom sauce	Sweet and sour chicken	Spaghetti/meatballs	Honey garlic ribs	Crunchy baked cod	Sour cream chicken & Rice	Roast turkey/gravy
Boiled potatoes	Fluffy rice	Garlic bread	Mashed potatoes	oven browned potatoes		whipped potatoes
squash	Oriental mix vegetables	Broccoli	Cauliflower	Peas	California mix veg	Green beans
Butterscotch ice cream	Strawberry shortcake	Maple chocolate mania	Strawberry mousse	Sorbet	Donuts	Apple pie

OR	OR	OR	OR	OR	OR	OR
Crunchy Italian fish/lemon wedge	Baked ham/pineapple juice	Chicken balls	Turkey schnitzel	Meatloaf/gravy	Pork soublaki	Beef lasagna

X \_\_\_\_\_  
Food Services Manager

X \_\_\_\_\_  
Administrator

X \_\_\_\_\_  
Dietitian