

WESTERN CANADA Spring/Summer 2023

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						
Garden Vegetable Soup	Potato Leek soup	Vegetable Barley soup	Corn chowder	Chicken Vegetable noodle soup	Beef vegetable soup	Cream of Chicken Soup
Hamburger on Wheat Bun	Reuben Sandwich	English Style Battered Pollock	Chicken Caesar Salad	Quiche Lorraine	Perogies Casserole with bacon crumble	Pork Weiners and Beans
Greek Salad	Black Bean Corn Salad	Tartar Sauce/French fries	Wheat Roll	Spring Mix Lettuce Salad	Carrots	Asian Vegetables
Fresh Watermelon	Fruit cocktail	Coleslaw	Chilled Diced Peaches	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Pears
		Honeydew Melon				
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						
Pork Chop & Mushroom Sauce	Sweet & Sour Chicken	Seasoned Cowboy Steak	Pork Souvlaki	Braised Cod with Tomato & Basil	Baked Chicken Breast	Roast Turkey
Mashed Potatoes	Fluffy Rice	Brown Gravy	White Rice	Oven-Browned Potatoes	Whipped Potatoes	Turkey Gravy
Asian Vegetables	Mixed Vegetables	Baked Potato/sour cream	Pick of the Day Vegetable Blend	Green Peas	California Vegetables	Herbed Potatoes
Butterscotch Ice Cream	Strawberry Shortcake	Whole Green Beans	Pineapple Upside Down Cake	Neapolitan Ice Cream	Tiramisu Mousse	Sunrise Vegetables
		Maple Chocolate Mania Cake				Peach Pie
OR	OR	OR			OR	OR
Thai Sweet Chili Fish	Baked Ham in Pineapple Juice	Turkey Cacciatore	meatloaf	Farmers Sausage	Honey Garlic Ribs	Tuscan Style Vegetable Lasagna

May 1-7

may 22-28

June 12-18

July 3-9

July 24-30

Aug 14-20

Sept 4-10

X
Food Services Manager

X
Administrator

X
Dietitian