

WESTERN CANADA MENU Spring/Summer 2023

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						
Garden Vegetable Soup	Cream of Broccoli Soup	Minestrone Soup	Barley Beef Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
Sweet-n-Sour Meatballs/springroll	Roast beef, lettuce, tomato sandwich	Sausage Patty	Pasta Tortellini in Tomato Pesto	Hawaiian Chicken Salad bunwich	Egg Salad Sandwich	Cod Nuggets/tartar sauce
Mixed Green Salad	Bread and butter pickles	Potato Hashbrowns	Greek Salad	Chopped Salad with Balsamic	cucumber salad	Sweet Potato Fries
Balsamic Vinaigrette Dressing	Chilled Diced Peaches	Zucchini	Fresh Watermelon	Mango	Crushed Pineapple	Coleslaw
Strawberries	Honeydew Melon		Mango		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 Double chocolate cookies	Beverage as Requested blueberry turnover	Beverage as Requested chocolate chip cookies	Beverage as Requested chef's choice cookies	Beverage as Requested peanutbutter cookies	Beverage as Requested Assorted Wafer Cookies	Beverage as Requested fig newtons

Dinner						
Honey Garlic Glazed Chicken legs	Pork ribs	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	Steamed Salmon/DillSauce	Teriyaki Pork Loin	Baked Chicken with Chalet Sauce
boiled potato	Fluffy Rice	Scalloped Potatoes	Roasted Potatoes	Rice Pilaf	Shanghai Noodle	Garlic Mashed Potatoes
Buttered Corn	Whole Green Beans	Sunrise Vegetables	Peas	California Vegetables	Broccoli Florets	Italian Mixed Vegetables
Apple Crisp	French Vanilla Ice Cream	Cherry Cheesecake	Blueberry Tart	Vanilla Chocolate Ice Cream Bar	buttertart Square	Chocolate Cream Mint Pie
OR	OR	OR	OR	OR	OR	OR
Sweet & Spiced Ham	Turkey Schnitzel	Parmesan Crusted Haddock	Roasted Vegetable Lasagna	Beef Shepherd's Pie	Chicken Pot Pie	Spaghetti & Meat Sauce

may 15-21	June 5-11	June 26-July 2	July 17-23	Aug 7-13	aug 28-Sept 3	Sept 18-24
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X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian