

WESTERN CANADA Spring/Summer 2024

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	Beef Vegetable soup	Chicken veg. noodle soup	Veg. Barley soup	Cream of potato & Leek soup	Corn Chowder	Cream of chicken soup
Hamburger on Wheat Bun	macaroni & Cheese	English Style Battered Pollock	Chicken Caesar Salad	Quiche Lorraine	Perogies/Bacon/Sourcream	Tuna Salad sandwiches
Greek Salad	Stewed tomatoes	Tartar Sauce/French fries	Garlic bread	Tossed salad & Italian Dressing	Carrots	tossed Garden salad/balsamic dressing
Fresh watermelon	Honeydew	Coleslaw	Peaches	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Pears
		Fruit cocktail				
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						
Metiterranean chicken breast/Tzatziki sauce	Pork chops with Mushroom sauce	Seasoned Cowboy Steak	Sweet and sour pork	Braised Cod with Tomato & Basil	Baked Chicken Breast	Roast Turkey
Lemon Potatoes	Mashed Potatoes	Brown Gravy	White Rice	Oven-Browned Potatoes	rice pilaf	Turkey, cranberry sauce, Gravy
Broccoli florets	Butternut Squash	Baked Potato/sour cream	Asian Vegetables	Green Peas	California Vegetables	Herbed Potatoes
Butterscotch Ice Cream	Strawberry Shortcake	Whole Green Beans	Red Velvet cake	Neapolitan Ice Cream	Tiramisu Mousse	Sunrise Vegetables
		Maple Chocolate Mania Cake				Peach Pie
OR	OR	OR			OR	OR
Garden Chili	Baked Ham in Pineapple Juice	Turkey Cacciatore	meatloaf	Farmers Sausage	Honey Garlic Ribs	Vegetable Lasagna

may 27-June 2

June 17-23

July 8-14

July 29-aug 4

Aug 19-25

Sept 9-15

Sept 30-Oct6

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian