

WESTERN CANADA Spring/Summer 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WEEK 1 Sunday
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						
Thai Squash and spinach soup	Beef veg. soup	Chicken veg. noodle soup	Potato leek soup	Split pea soup	Potato Cabbage soup	Tomato coconut curry soup
Hamburger on Wheat Bun	macaroni & Cheese	English Style Battered Pollock	Chicken Caesar Salad	Italian Frittata with mushrooms	Cottage cheese fruit plate	Salami and cheese sandwich
Greek Salad	Stewed tomatoes	Tartar Sauce/French fries	Garlic bread	Mandarin spinach salad with balsamic dressing	Bran Muffin	pickles
Mango	Honeydew	Coleslaw	Peaches	Fruit cocktail	Jello	Chilled Diced Pears
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
thumbprint	Double chocolate	Shortbread	Chocolate Chip Cookie	Chefs choice	Applesauce cookies	Dad's cookies

Dinner						
Italian chicken thighs	Pork loaf with cranberry glaze	Spaghetti with meat sauce	BBQ Asian pork fried rice	Braised Cod with Tomato & Basil	Portuguese spiced chicken legs	Roast turkey
Portuguese basmati rice	Mashed Potatoes	Brussel sprouts	Spring rolls	Boiled potatoes	Basmati Rice	
Corn	Mixed veggies		Asian Vegetables	Green Beans	Mediterranean roasted veggies	Mashed potatoes
Butterscotch Ice Cream	Cookies and cream dessert	Stawberry shortcake	Butterscotch tarts/whipped topping	Bread Pudding	Vanilla Ice Cream	Sunrise Vegetables
OR	OR	OR			OR	Mix berry cheesecake mousse
Baked Sole Fillet	Veal cutlet	Turkey cutlet	meatloaf	Farmers Sausage	Honey Garlic Ribs	Meat Lasagna

May 4-10

May 25-31

June 15-21

July 6-12

July 27-Aug 2

Aug 17-23

Sept 7-13

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian