

WESTERN CANADA MENU FALL/WINTER 2015 - 2016

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-19, Nov-9, Nov-30, Dec-21, Jan-11, Feb-1, Feb-22, Mar-14, Apr-4, Apr-25	Oct-20, Nov-10, Dec-1, Dec-22, Jan-12, Feb-2, Feb-23, Mar-15, Apr-5, Apr-26	Oct-21, Nov-11, Dec-2, Dec-23, Jan-13, Feb-3, Feb-24, Mar-16, Apr-6, Apr-27	Oct-22, Nov-12, Dec-3, Dec-24, Jan-14, Feb-4, Feb-25, Mar-17, Apr-7, Apr-28	Oct-23, Nov-13, Dec-4, Dec-25, Jan-15, Feb-5, Feb-26, Mar-18, Apr-8, Apr-29	Oct-24, Nov-14, Dec-5, Dec-26, Jan-16, Feb-6, Feb-27, Mar-19, Apr-9, Apr-30	Oct-25, Nov-15, Dec-6, Dec-27, Jan-17, Feb-7, Feb-28, Mar-20, Apr-10, May-1
BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt
LUNCH	Butternut Squash Soup Salmon Salad Sandwich Bread & Butter Pickles	Cabbage Bacon Soup Pierogies with Sour Cream Polish Sausage	Cream of Celery Soup Chicken Burger Fries	Vegetable Soup Macaroni & Cheese Peas	Split Pea Soup Sausage Links French Toast/Syrup	Mulligatawny Soup Turkey Pot Pie Green Beans	Cream of Potato Soup Captain Burger Creamy Coleslaw
	Diced Peaches	Fruit Cocktail	Mango	Pineapple Coconut Whip	Mandarin Oranges	Pears	Strawberries
	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches
PM	Chocolate Chip Cookie Beverage as Requested	Muffin Beverage as Requested	Baked Assortment Beverage as Requested	Apple Turnover Beverage as Requested	Loaf Cake Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Beef Vegetable Stew Dumplings	Sesame Ginger Chicken Breast Rice Pilaf Oriental Mix Vegetables	Beef Shepherd's Pie Buttered Corn	Turkey Fricassee served with Tea Biscuit Pick of the Day Vegetables	Cheddar Crusted Cod Potatoes Au Gratin Sunrise Variety Vegetables	Oktoberfest Sausage served with Sauerkraut Boiled Potato Winter Vegetables	Beef Pot Roast Mashed Potatoes Buttered Parsnips/Carrots
	Pudding OR Turkey Schnitzel	Banana Cream Pie OR Grilled Breaded Fish	German Chocolate Cake OR Sliced Ham	Ice Cream OR Pork Tortierre	Cherry Crisp OR Sweet & Sour Meatballs	Buttertart OR Veal	Apple Pie OR Chicken
HS	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)
 1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER (AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
 MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS (AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED

