

# WESTERN CANADA MENU FALL/WINTER 2015 - 2016

## WEEK 2

WESTERN CANADA MENU FALL/WINTER 2015 - 2016							WEEK 2
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-26,Nov-16,Dec-7,Dec-28, Jan-18, Feb-8, Feb-29,Mar-21, Apr-11	Oct-27,Nov-17,Dec-8,Dec-29, Jan-19, Feb-9, Mar-1,Mar-22, Apr-12	Oct-28,Nov-18,Dec-9,Dec-30, Jan-20, Feb-10, Mar-2,Mar-23, Apr-13	Oct-29,Nov-19,Dec-10,Dec-31, Jan-21, Feb-11, Mar-3,Mar-24, Apr-14	Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-25, Apr-15	Oct-31,Nov-21,Dec-12,Jan-2, Jan-23, Feb-13, Mar-5,Mar-26, Apr-16	Nov-1,Nov-22,Dec-13,Jan-3, Jan-24, Feb-14, Mar-6,Mar-27, Apr-17
BREAKFAST	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>
	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/Bacon Fruit/Yogurt
LUNCH	Beef Barley Soup  Quiche Lorraine Tossed Green Salad  Pudding/Whipped Topping  OR Assorted Sandwiches	Cream of Mushroom Soup  Roast Beef Sandwich Bean Salad  Fruit Cocktail  OR Assorted Sandwiches	Lasagna Soup  Foccacia Bread Caesar Salad  Diced Peaches  OR Assorted Sandwiches	Country Bean & Vegetable Soup  Pork Sausage Potato Pancakes Sour Cream  Stewed Rhubarb  OR Assorted Sandwiches	Beet Borscht  Beef & Cabbage Casserole Dinner Roll  Blueberries & Cream  OR Assorted Sandwiches	Cream of Broccoli Soup  Open Faced Egg Salad on an Onion Bun Carrot Raisin Salad  Pears  OR Assorted Sandwiches	Vegetable Orzo Soup  Corned Beef on Rye Dill Pickles  Baked Cinnamon Apples  OR Assorted Sandwiches
PM	Zucchini Loaf Beverage as Requested	Ginger Snap Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Peanut Butter Cookie Beverage as Requested	Cinnamon Bun Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Teriyaki Chicken Thigh  Fettuccine Alfredo Broccoli  Date Square  OR Rib O' Pork	Sweet & Sour Pork  Steamed Rice Wax Beans with Red Peppers  Apple Cranberry Crisp  OR Baked Fish	Parmesan Baked Chicken Breast  Roasted Potatoes Montego Blend Vegetables  Chocolate Mousse  OR Liver & Onions	Salisbury Steak with  Fried Onions Garlic Mashed Potatoes Orange/Yellow Carrots  Creamy Rice Pudding  OR Pork Tortierre	Pub Style Battered Cod  French Fries Creamy Coleslaw  Gingerbread with Hot Lemon Sauce  OR Meatloaf	Baked Ham in Pineapple Juice  Scalloped Potatoes Garden Mix Vegetables  Jell-o/Whipped Topping  OR Turkey Schnitzel	Roast Turkey  Dressing/ Cranberry Sauce Mashed Potatoes Green Beans  Assorted Pies  OR Oktoberfest Sausage
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  
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