

WESTERN CANADA MENU FALL/WINTER 2015 - 2016

WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Nov-2,Nov-23,Dec-14,Jan-4, Jan-25, Feb-15, Mar-7,Mar-28, Apr-18	Nov-3,Nov-24,Dec-15,Jan-5, Jan-26, Feb-16, Mar-8,Mar-29, Apr-19	Nov-4,Nov-25,Dec-16,Jan-6, Jan-27, Feb-17, Mar-9,Mar-30, Apr-20	Nov-5,Nov-26,Dec-17,Jan-7, Jan-28, Feb-18, Mar-10,Mar-31, Apr-21	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11,Apr-1, Apr-22	Nov-7,Nov-28,Dec-19,Jan-9, Jan-30, Feb-20, Mar-12,Apr-2, Apr-23	Nov-8,Nov-29,Dec-20,Jan-10, Jan-31, Feb-21, Mar-13,Apr-3, Apr-24
		RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
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/Sausage 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
		Beef Rice Soup Ceasar Chicken on a Ciabatta Bun	Chicken Noodle Soup Steak & Mushroom Pie Mixed Vegetables	Cream of Tomato Soup Grilled Cheese Sandwich Dill Pickles	Italian Wedding Soup Hot Turkey Sandwich Peas & Pearl Onions	Creamy Vegetable Soup Cheese Burger with Fried Onions Onion Rings	Cream of Chicken Soup Belgium Waffles Strawberry Compote/Whipped Cream	Corn Chowder Chicken Nuggets w/ Plum Sauce Potato Salad
LUNCH		Berry Mix/Whipped Topping	Mandarin Oranges	Diced Peaches	Jell-o Whip	Fruit Cocktail	Sherbert	Diced Pears
		OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches
PM		Oatmeal Chocolate Chip Cookie Beverage as Requested	Donut Holes Beverage as Requested	Baked Assortment Beverage as Requested	Zucchini Muffin Beverage as Requested	Loaf Cake Beverage as Requested	Turnover Cookies Beverage as Requested	Baked Assortment Beverage as Requested
DINNER		Pork Souvlaki Lemon Potatoes Greek Salad	Hearty Chicken Stew Ciabatta Dinner Roll	Spaghetti & Meatsauce Italian Mix Vegetables	Braised Pork Chop with Applesauce Parsley Boiled Potato Julienne Carrots	Breaded Lemon Sole Oven Browned Potatoes Scandinavian Blend Vegetables	Chicken Kiev O'Brien Potatoes Garden Mix Vegetables	Rosemary Pork Roast Mashed Potatoes Broccoli Florets
		Frozen Yogurt	Macaroon Madness Slice	Banana Cake	Butter Tart	Tapioca Pudding	Mousse	Blueberry Pie
	OR Swedish Meatballs	OR Baked Fish	OR Rib O' Pork	OR Salisbury Steak	OR Tortierre	OR Veal Cutlet	OR Steak & Mushroom Pie	
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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