

WESTERN CANADA MENU FALL/WINTER 2019

WEEK 3

Monday, Jan 20	Tuesday, Jan 21	Wednesday, Jan 22	Thursday, Jan 23	Friday, Jan 24	Saturday, Jan 25	Sunday, Jan 26
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						
Italian Wedding Soup	Creamy Vegetable Soup	Beef Rice	Cream of Tomato Soup	Minestrone Soup	Carrot Ginger Lentil Soup	Vegetable Barley Soup
Chili Con Carne with WW Roll	Chicken Burger	Pizza of Choice	Honey Garlic Pork Bites	Meatballs & Mushroom Sauce	Spinach and Feta Quiche	Beef Shepherd's Pie
Winter Vegetables	Coleslaw	Creamy Cucumber & Onions	Fried Rice and Tossed Salad	Fluffy Rice & Tossed Ranch Salad	Caesar Salad	Coleslaw
Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	Chilled Tropical Fruit	Sliced Strawberries	Fruit Cocktail	Chilled Tropical Fruit
OR	OR	OR	OR	OR	OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs

PM SNACK						
Beverage as Requested Shortbread Swirl Cookie	Beverage as Requested Oatmeal Cookies	Beverage as Requested Fig Newton Cookie	Beverage as Requested Iced Almonette Cookie	Beverage as Requested Nutri-Grain Apple Cinnamon Bar	Beverage as Requested Chocolate Pudding	Beverage as Requested Peanut Butter Cookies

Dinner						
BBQ Farmers Sausage	Teriyaki Pork Loin	Salisbury Steak	Herb Baked Chicken	Baked Cod Fillet	Rst Pepper & Balsamic Pork Chop	Roast Turkey Gravy & Cranberry Sauce
Mashed Potatoes	Fluffy Rice	Mashed Potatoes	Chive Whipped Potatoes	Scalloped Potatoes	Boiled Red Potato	Mashed Potatoes
Sauteed Red Peppers, Mushrooms & Onions	Oriental Vegetables	Broccoli Florets	Cauliflower & Red Peppers	Italian Mixed Vegetables	Green Peas	Fall Medley Vegetables
Frosted Mocha Cake	Oreo & Vanilla Pudding Dessert	Apple Crisp	Chocolate Ice Cream	Cherry Poke Cake	Caramel Cheesecake	Pumpkin Pie
OR	OR	OR	OR	OR	OR	OR
Cheese Cannelloni w/ Alfredo Sauce	Herb Baked Fish	Turkey a la King	Meatless Burger Parmesan	Sweet & Spiced Ham	Chicken Cacciatore	Spaghetti & Meat Sauce

HS SNACK						
Peanut Butter Sandwich	Cheese Sandwich	Maple Loaf Swiss Cheese Slice	Lemon Loaf Marble Cheese Slice	Egg Salad Sandwich	Blueberry Loaf Cheddar Cheese Slice	Ritz Crackers Creamy Strawberry Yogurt