

WESTERN CANADA MENU fall/winter 2021-2022

WEEK 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|----------------------------------|----------------------------|--------------------------|----------------------------------|------------------------|--------------------------------------|
| 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 | | | | | | |
| Chicken Rice Soup | Butternut Squash Soup | Chicken Florentine Soup | Creamy Vegetable Soup | Minestrone Soup | Italian Wedding Soup | Homemade Vegetable Barley Soup |
| Tuna & Potato Salad Plate | Pork Fried Rice/spring rolls | Pizza of Choice | Jambalaya | Hot Roast Beef on Bun with Gravy | French Toast | Vegetable Quiche |
| Whole Wheat Roll | Sunrise Vegetables | Creamy Cucumber & Onions | Buttered Corn | Savory Seasoned Carrots | Sausages | Caesar Salad |
| Mandarin Oranges | chocolate pudding | Chilled Diced Peaches | Chilled Tropical Fruit | Honeydew Melon | Fruit Cocktail | Chilled Diced Pears |
| 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 | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested |
| Banana Super Grains Cookie | Raspberry Turnover Cookie | Shortbread Swirl Cookie | Chocolate Chip Cookie | Maple Cream Cookie | Assorted Wafer Cookies | Nutri-Grain Strawberry Bar |
| Dinner | | | | | | |
| Turkey Sausage/gravy | Chicken Supreme | Salisbury Steak/beef gravy | Herb Baked Chicken/gravy | Baked Cod Fillet | Beef Shepherd's Pie | Roast Turkey Gravy & Cranberry Sauce |
| Mashed Potatoes | Rosemary & Garlic Roasted Potato | Mashed Potatoes | Chive Whipped Potatoes | Rosemary Roasted Potatoes | Beef Gravy | Mashed Potatoes |
| Winter Vegetables | Green Peas | Green & Yellow Beans | New England Vegetables | Mashed Squash | Cocktail Vegetables | Broccoli Florets |
| Cherry Tart | Apple Crisp | Toffee Pudding Cake | Chocolate Ice Cream | Rice Pudding | Caramel Cheesecake | Pumpkin Pie |
| OR | OR | OR | OR | OR | OR | OR |
| Macaroni & Beef Casserole | Herb Baked Fish | Basil Mushroom Turkey Loaf | meatballs | Teriyaki Pork Loin | Chicken Cacciatore | Spaghetti & Meat Sauce |

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian