

**WESTERN CANADA MENU Fall/winter 2024-2025**

**WEEK 3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
RELAXED BREAKFAST						
Assorted Pure Juices						
Oatmeal/Cream of Wheat						
Cold Cereal Variety						
Toast/Muffin						
Egg						
Fruit/Yogurt Selection						
2% Milk						
Coffee or Tea						

<b>Lunch</b>						
Lentil soup	French onion soup	Chicken veg. soup	florentine soup	Vegetable soup	Homemade Beef. Barley soup	Beef Minestrone soup
California Chicken salad plate	Hotdog	Cheese ravioli/Alfredo sauce	Hot Turkey Sandwiches/Gravy	Chicken a la king/Puff pastry	Ham & hashbrown bake	Chicken Fried rice
	Vinaigrette coleslaw	Green beans	Buttered corn	Sliced carrots	Tossed salad	Spring rolls/plum sauce
Mandarin oranges	Crushed pineapple	Chilled peaches	Chilled apricots	Mandarin oranges	fruit cocktail	Poached spiced pears
or	or	or	or	or	or	or
Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches

<b>PM SNACK</b>						
Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
Double chocolate cookies	blueberry turnover	chocolate chip cookies	chef's choice cookies	peanutbutter cookies	Assorted Wafer Cookies	fig newtons

<b>Dinner</b>						
Beef cabbage casserole	Pork souvlaki	Meatloaf/gravy	English Style Battered Pollock	Swiss steak	Country style fried chicken	Pork roast
	Rice	Garlic mashed potatoes	Mashed potatoes	herbed noodles	Mashed potatoes/Gravy	Roast potatoes
Italian mixed veg.	Roasted mediterranean veg.	Sunrise veg.	Peas	Butternut squash	Parsley carrots	Brussel sprouts
Chocolate ice cream	Vanilla Caramel cake	Pudding parfait	Lemon cheese bar	Rice pudding	Strawberry mousse	Pumpkin pie
Or	or	or	or	or	or	or
Baked cod fillet	Veal Cutlets	Turkey Schnitzel	Bangers and mash	Teriyaki chicken thigh	Honey garlic ribs	Spaghetti/meat sauce

X \_\_\_\_\_  
Food Services Manager

X \_\_\_\_\_  
Administrator

X \_\_\_\_\_  
Dietitian