WESTERN CANADA MENU Fall/winter 2026-2027 — WEEK 2

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						
Veg. Barley soup	Corn Chowder	Turkey Veg. Soup	Creamy Broccoli Rotini Soup	French Canadian pea soup	Garden Veg Soup	Chefs Choice
Mac and cheese	Chicken Salad Sandwich	Pizza casserole	Bologna Sandwich	Tuscan Meatballs	Honey garlic Chicken Bites with Jasmine rice	Sausage, spinach and potato Frittata with a dinner roll
Stewed tomatoes	Asian marinated cucumber salad	Tossed salad	Caesar salad	Lemon Garlic orzo, California mix vegetables	Tomato cucumber salad	Vinaigrette coleslaw
Chilled diced pears	Peaches	Pineapple tidbits	Stewed Rhubarb	Fruit cocktail	Mandarin oranges	Apricotes
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
Double chocolate cookies	Pumpkin muffins or loaf	Thumbprint cookies	oatmeal raisin cookies	sugar cookies	Dad's cookies	Cooks choice baking
Dinner						
Herbed chicken thigh/gravy	Sheperds pie/Gravy	Chicken a la king	Beef stew with mushrooms	English battered Pollock	Italian pork meatloaf	Roast beef
baby roast potatoes		Biscuit	Baked potatoes	mashed potatoes	Roast Potatoes	Mashed potatoes
Broccoli	Corn	Brussel sprouts	Butternut squash with cinnamon	Peas	Sliced carrots	Garlic Green beans
Pumpkin Custard	Strawberry jello/ topping	Butter Tarts	Vanilla Ice Cream	Chocolate cake/topping	Butterscotch pudding	Carrot cake
OR	OR	OR	OR	OR	OR	OR
Salisbury steak	Chicken cutlet	Fish cakes	Turkey Parmigiana	Octoberfest sausage	Spanish beef and rice	Turkey Schnitzel
Nov 2-8	nov 23-29	Dec 14-20	Jan 4-10	Jan 25-Jan 31	Feb 15-21	March 8-14

X
Food Services Manager

X
Administrator

X
Dietitian