WESTERN CANADA MENU Fall/winter 2026-2027 — WEEK 3

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						
Tomato Herb Florentine	White bean soup	Three sister soup	Beet Borscht	Italian wedding soup	Chefs choice	Vegetable chowder
Pork Ribette, Garlic bread	Cold cut sandwich	Chicken fingers/plum sauce	Perogies/onions/Sourcream	Manicotti with tomato basil sauce	French toast, syrup,	Beef sloppy joe on a bun
PEI veggies	Carrot salad	Tater tots, Creamy Coleslaw	Garlic Sausage, Tossed salad	Caesar salad	breakfast sausage	Peas and carrots
Fruit cocktail	Diced peaches	Fruit cocktail	Diced pears	Mandarin oranges	Apple slices/cinnamon	Apricot halves
or	or	or	or	or	or	or
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
PM SNACK						
Beverage as Requested Double chocolate cookies	Beverage as Requested zucchini muffins/loaf	Beverage as Requested chocolate chip cookies	Beverage as Requested chef's choice cookies	Beverage as Requested peanutbutter cookies	Beverage as Requested Pumpkin cookies	Beverage as Requested Raisin Drop cookies
Dinner						
Tuscan chicken breast with cream sauce	Lemon pepper sole	Dijon glazed ham	Ground beef stroganoff with mushrooms	Turkey Schnitzel	Chicken stew	Pork roast
Orzo	Potato pancakes	scalloped potato	broad noodles	Roast baby potatoes	Dumplings	Mashed sweet potato
peas	Brussel sprouts	green beans	broccoli	Red Cabbage	Italian veggies with Basil	california mix veggies
Grape Jello	Butterscotch ice cream	Strawberry mousse	Gingerbread cake	Cookies	Tapioca pudding	Pumpkin pie/topping
Or	or	or	or	or	or	or
Mushroomy meatballs	Farmers sausage	Fried chicken	Chicken Cacciatore	baked salmon	bacon wrapped pork	Chicken cutlets

Nov 9-15 | Nov 30-Dec 6 | Dec 21-27 | Jan 11-17 | Feb 1-7 | Feb 22-Feb 28 | March 15-21

X
Food Services Manager

X
Administrator

X
Dietitian