



WESTERN CANADA MENU FALL/WINTER 2014 - 2015

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13	Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17, Apr-14	Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15	Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16	Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17	Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18	Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19
BREAKFAST	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/ Breakfast Sausage Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/ Bacon Fruit/Yogurt
	Harvest Vegetable Soup Ham & Swiss Cheese on Onion Bun Russian Salad Diced Peaches OR Assorted Sandwiches	Corn Chowder Bacon Mushroom Quiche Peas & Carrots Pineapple Whip OR Assorted Sandwiches	Onion Consommé Spinach and Cheese Cannelloni Caesar Salad Garlic Toast Diced Pears OR Assorted Sandwiches	Carrot Ginger Soup Hot Dog Coleslaw Pudding/Whipped Topping OR Assorted Sandwiches	Beet Borscht Perogies with Sour Cream and Fried Onions Garlic Sausage Mandarin Orange OR Assorted Sandwiches	Cream of Potato Soup Tortierre Meat Pie Peas Jell-o/Whipped Topping OR Assorted Sandwiches	Vegetable Soup Tuna Melt Tomato Slices Fruit Cocktail OR Assorted Sandwiches
	Morning Glory Muffin Beverage as Requested	Oatmeal Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Peanut Butter Cookie Beverage as Requested	Zucchini Loaf Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Lemon Pepper Chicken Breast Pan Roasted Potatoes Pick of the Day Vegetable Blend Cheesecake with Fruit Topping OR Baked Fish/White Sauce	Veal Scaloppini Buttered Noodles Broccoli Butter Tart OR Braised Liver & Onions	Hearty Meatball Stew Tea Biscuit Silk Truffle Bar OR Pork Drummie	Hot Turkey Sandwich Dressing Montego Blend Vegetables Coconut Cream Pie OR Oktoberfest Sausage	Baked Cod Loin with Tomato & Herb Sauce Rice Pilaf Green /Yellow Beans Tapioca Pudding OR Sweet & Sour Meatballs	Honey Ginger Chicken Legs Seasoned Baby Potatoes Garden Blend Mixed Vegetables Iced Carrot Cake OR Veal Cutlet/Gravy	Beef Pot Roast/Gravy Mashed Potatoes Carrot Coins with Dill Pumpkin Pie with Whipped Topping OR Chicken Pie
	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)

1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED

MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS

(AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED



SILVER GROUP PURCHASING