



WESTERN CANADA FALL/WINTER 2014 - 2015

WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar-23, Apr-20	Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, Mar-24, Apr-21	Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar-25, Apr-22	Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar-26, Apr-23	Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar-27, Apr-24	Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar-28, Apr-25	Nov-9, Dec-7, Jan-4, Feb-1, Mar-1, Mar-29, Apr-26
BREAKFAST	RELAXED BREAKFAST	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt
	LUNCH	Sweet Potato Bisque Western Omelet Tossed Salad Whole Wheat Dinner Roll Stewed Rhubarb OR Assorted Sandwiches	Vegetable Beef Soup Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples OR Assorted Sandwiches	Heartland Bean Medley Hamburger on Bun Onion Rings Diced Peaches OR Assorted Sandwiches	Chicken Rice Soup Submarine Sandwich 4 Bean Salad Mousse/Whipped Topping OR Assorted Sandwiches	Beef Barley Soup Reuben Casserole Julienne Carrots Diced Pear OR Assorted Sandwiches	Cream of Cauliflower Steak & Mushroom Pie Buttered Corn Jell-O Whip OR Assorted Sandwiches	Winter Vegetable Soup Crab Salad on a Croissant Spring Mix Salad Mango OR Assorted Sandwiches
PM	Chocolate Chip Cookie Beverage as Requested	Date Loaf Beverage as Requested	Baked Assortment Beverage as Requested	Mini Brownie Beverage as Requested	Ginger Snap Cookie Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	DINNER	Turkey Schnitzel Spanish Rice California Mix Vegetables Lemon Tart OR Shepherd's Pie	Onion Crusted Meatloaf Garlic Mashed Potato Buttered Parsnips Nanaimo Bar OR Turkey Sausage	Dijon Chicken with Mushrooms Baked Potato/Sour Cream Scandinavian Mix Vegetables Tripleberry Crumble OR Battered Fish	Braised Veal with Herb Sauce Pasta Alfredo Peas & Pearl Onions Bread Pudding with Hot Butter Sauce OR Meatloaf	Teriyaki Salmon Rice Pilaf Oriental Mixed Vegetables Sherbet OR Sweet & Sour Chicken Balls	Turkey Chili Cornmeal Muffin Broccoli Caramel Swirl Cake OR Liver & Onions	Baked Ham with Pineapple Sauce Scalloped Potatoes Green Beans Banana Cream Pie OR Meat Pie
	HS	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

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

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

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



SILVER GROUP PURCHASING