



# WESTERN CANADA FALL/WINTER 2014 - 2015

## WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Nov-10, Dec-8, Jan-5, Feb-2, Mar-2, Mar-30, Apr-27	Nov-11, Dec-9, Jan-6, Feb-3, Mar-3, Mar-31, Apr-28	Nov-12, Dec-10, Jan-7, Feb-4, Mar-4, Apr-1, Apr-29	Nov-13, Dec-11, Jan-8, Feb-5, Mar-5, Apr-2, Apr-30	Nov-14, Dec-12, Jan-9, Feb-6, Mar-6, Apr-3, May-1	Nov-15, Dec-13, Jan-10, Feb-7, Mar-7, Apr-4, May-2	Nov-16, Dec-14, Jan-11, Feb-8, Mar-8 Apr-5, May-3
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/Sausage 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/Bacon Fruit/Yogurt
	LUNCH	Tomato Basil Soup Grilled Cheese Sandwich Bread & Butter Pickles  Diced Peaches  OR Assorted Sandwiches	Homestyle Minestrone Soup Pubhouse Battered Cod Sweet Potato Fries Creamy Coleslaw  Blueberries/Whipped Toppina  OR Assorted Sandwiches	Cream of Vegetable Soup French Toast/Syrup Fruit Compote  Cubed Jello/Whipped Toppina  OR Assorted Sandwiches	Italian Bean & Orzo Soup Pizza Tossed Salad  Diced Pears  OR Assorted Sandwiches	Cream of Broccoli Soup Chicken Dippers with Plum Sauce Homestyle Potato Salad  Berry Mix/Topping  OR Assorted Sandwiches	Chicken Noodle Soup Weiners & Beans Toast Wedges  Pudding/Whipped Topping  OR Assorted Sandwiches	Scotch Broth Soup Dijon Ham Sandwich on Rye Dill Pickles  Fruit Cocktail  OR Assorted Sandwiches
PM	Zucchini Loaf Beverage as Requested	Hermit Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Carrot Muffin Beverage as Requested	Double Chocolate Chip Cookie Beverage as Requested	Loaf Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Lasagna Caesar Salad Dinner Roll Rice Pudding  OR Turkey Sausage	Honey Mustard Pork Chop O'Brien Potatoes Bistro Blend Vegetables German Chocolate Cake  OR Swiss Steak	Baked Chicken in Sour Cream Gravy Parsley Boiled Potatoes Sunrise Vegetable Mix Coconut Crème Pudding  OR Swedish Meatballs	Salisbury Steak Mashed Potatoes Brussel Sprouts Cherry Tart  OR Shepherd's Pie	Fabulous Fish Filet Pan Roasted Potatoes Broccoli Florets Frozen Yogurt  OR Oktoberfest Sausage	Barbequed Pork Ribette Grilled Hash Brown Potatoes Orange & Yellow Carrots Date Bar  OR Veal Cutlet/Gravy	Oven Roast Turkey with Dressing and Cranberry Sauce Mashed Potato Californian Mixed Vegetable Apple 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

(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