



# WESTERN CANADA FALL/WINTER 2014 - 2015

## WEEK 4

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Nov-17, Dec-15, Jan-12, Feb-9, Mar-9, Apr-6	Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-7	Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-8	Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-9	Nov-21, Dec-19, Jan-16, Feb-13, Mar-13, Apr-10	Nov-22, Dec-20, Jan-17, Feb-14, Mar-14, Apr-11	Nov-23, Dec-21, Jan-18, Feb-15, Mar-15, Apr-12
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	Turkey Vegetable Soup Cabbage Casserole Dinner Roll  Mandarin Oranges  OR Assorted Sandwiches	Cream of Mushroom Soup Chicken Salad on a Ciabatta Bun Sliced Cucumbers  Strawberries  OR Assorted Sandwiches	Minestrone Soup Cod Nuggets French Fries Creamy Coleslaw  Apricot Whip  OR Assorted Sandwiches	Cream of Tomato Soup Roast Beef Sandwich Carrot Raisin Salad  Ice Cream  OR Assorted Sandwiches	Vegetable Barley Soup Vegetable Strata Harvard Beets  Fruit Cocktail  OR Assorted Sandwiches	Chicken Gumbo Chicken A La King Tea Biscuit  Baked Cinnamon Apples  OR Assorted Sandwiches	Potato Leek Soup Sloppy Joe on a Bun Caesar Salad  Jell-O Whip  OR Assorted Sandwiches
PM	Cinnamon Roll Beverage as Requested	Shortbread Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Loaf Cake Beverage as Requested	Chocolate Chip Cookie Beverage as Requested	Apple Spice Muffin Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Baked Ham Slices Au Gratin Potatoes Montego Blend Vegetables  Ice Cream  OR Baked Fish	Beef Stroganoff Buttered Broad Noodles Mixed Vegetables  Chocolate Cream Pie  OR Pork Drummie	Hot Pork Sandwich with Savory Apple Dressing  Romanesco Blend Vegetable  Lemon Buttermilk Cake  OR Sliced Turkey/Gravy	BBQ Chicken Thigh Oven Roasted Potatoes Brown Sugar Glazed Turnips  Apple Crisp  OR Veal Cutlet/Gravy	Krunchie Perch Filet  Fried Rice New England Blend Vegetables  Cranberry Cake with Hot Sauce  OR Meatloaf	Shepherd's Pie  Creamed Corn  Pudding  OR Pork & Cheese Meatballs	Rosemary Pork Loin Roast Oven Baked Potato with Sour Cream Cauliflower with Thyme  Assorted Pies  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



SILVER GROUP PURCHASING