

## WESTERN CANADA SPRING/SUMMER MENU 2016

## WEEK 2

WESTERN CANADA SPRING/SUMMER MENU 2016							WEEK 2							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3		May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4		May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5		May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6		May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7		May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8		May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9		
<b>BREAKFAST</b>	<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>		<b>RELAXED BREAKFAST</b>	
	Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Sausage Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt		Assorted Pure Juices Oatmeal or Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt	
<b>LUNCH</b>	Mulligatawny Soup  Macaroni and Cheese  Stewed Tomatoes		Herbed Lentil and Barley Soup  Turkey Pot Pie & Gravy  Kernel Corn		Chicken Gumbo Soup  Pizza  Spring Mix Salad		Italian Wedding Soup  Turkey Burger on Bun  Coleslaw with Vinaigrette Dressing		Beef Noodle Soup  Cottage Cheese & Summer Fruit Plate  Muffin		Vegetable Florentine Soup  Hot Dog on a Bun  Cucumber Onion Salad		Cream of Celery Soup  Chicken Strips  Caesar Salad  Whole Wheat Roll	
	Strawberries/Whipped Topping		Frozen Yogurt		Diced Pears		Mandarin Orange Sections		Pudding/Whipped Topping		Fruit Cocktail		Diced Watermelon	
	OR Assorted Sandwiches		OR Assorted Sandwiches		OR Assorted Sandwiches		OR Assorted Sandwiches		OR Assorted Sandwiches		OR Assorted Sandwiches		OR Assorted Sandwiches	
Peanut Butter Cookies Beverage as Requested		Hermit Cookies Beverage as Requested		Baked Assortment Beverage as Requested		Oatmeal Chocolate Chip Cookie Beverage as Requested		Carrot Loaf Cake Beverage as Requested		Turnover Cookies Beverage as Requested		Baked Assortment Beverage as Requested		
<b>DINNER</b>	Salisbury Steak  Fried Onions  Oven Browned Potatoes Mixed Vegetables		Pork Chop in Mushroom Sauce  Mashed Potatoes  French Green Beans		Chicken Breast in Sour Cream Gravy  Steamed Rice  Stir Fried Vegetables		Baked Ham  Scalloped Potatoes  Savory Carrots		Krunchie Perch Filet with Dill Sauce  Grilled Hash Brown Potatoes Sunrise Vegetable Mix		Greek Style Turkey Meatloaf  Lemon Roasted Potatoes  Broccoli		Roast Beef  Mashed Potato  Yorkshire Pudding PEI Vegetable Medley	
	Mousse/Whipped Topping		Impossible Pie		Blueberry Lemon Crisp		Cherry Cheesecake		Cinnamon Apple Cream Tart		Ice Cream/Sundae Topping		Strawberry Rhubarb Pie	
	OR Battered Cod/Tartar Sauce		OR Veal Cutlet		OR Sweet & Sour Meatballs		OR Turkey Schnitzel		OR Tortierre Meat Pie		OR Liver & Onions		OR Pork Ribette	
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	

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