

		WESTERN CANADA Spring/Summer 2025				WEEK 1
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Breakfast			
RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices	Assorted Pure Juices
Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat
Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety	Cold Cereal Variety
Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
Egg	Egg	Egg	Egg	Egg	Egg	Egg
Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection	Fruit/Yogurt Selection
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea

			Lunch			
Garden Vegetable Soup	Beef veg. soup	Chicken veg. noodle soup	Tomato Basil soup	Italian Potato leek soup	Corn Chowder	Chefs Special soup
Hamburger on Wheat Bun	macaroni & Cheese	English Style Battered Pollock	Chicken Caesar Salad	Cheese Cannelloni with alfredo sauce	Perogies/Bacon/Sourcream	Tuna Salad sandwiches
Greek Salad	Stewed tomatoes	Tartar Sauce/French fries	Garlic bread sticks	California mix veg	Carrots	tossed Garden salad/balsamic dressing
Fruit cocktail	Honeydew	Coleslaw	Peaches	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Pears
		Fresh watermelon				
OR	OR	OR			OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs
			PM SNACK			
Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
thumbprint	Double chocolate	Shortbread	Chocolate Chip Cookie	Chefs choice	Applesauce cookies	Dad's cookies

			Dinner			
Metiterranean chicken breast	Pork loaf with cranberry glaze	Beef Pot Pie	BBQ Asian pork fried rice	Braised Cod with Tomato & Basil	Portuguese spiced chicken legs	Pork Roast/Gravy
Lemon herb orzo	Mashed Potatoes	Brown Gravy	Spring rolls	Oven-Browned Potatoes	Basmati Rice	
Mediterranean roasted veg.	Butternut Squash	Baked Potato/sour cream	Asian Vegetables	Corn	Zucchini Medley	Garlic Mashed potatoes
Butterscotch Ice Cream	Strawberry Shortcake	Veg. mix	Chocolate tarts/whipped topping	Raspberry Sherbet	Strawberry Jello/topping	Sunrise Vegetables
		Coconut cream pudding				Lemon Meringue pie
OR	OR	OR			OR	OR
Garden Chili	Liver and Onions	Turkey Cacciatore	meatloaf	Farmers Sausage	Honey Garlic Ribs	Meat Lasagna

may 26-June 1	June 16-22	July 7-13	July 28-aug 3	Aug 18-24	Sept 8-14	Sept 29-Oct 5
X		X		X		
Food Services Manager		Administrator		Dietitian		