

WESTERN CANADA MENU SPRING/SUMMER 2017

WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2	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
BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Sausage Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt
LUNCH	Beef Barley Soup	Mulligatawny Soup	Cream of Celery Soup	Chicken Noodle Soup	Italian Wedding Soup	Vegetable Florentine Soup	V8 Juice	
	Macaroni and Cheese	Pizza	Turkey Pot Pie & Gravy	Cottage Cheese & Summer Fruit Plate	Hot Dog on a Bun	Sliced Ham Sandwich	BBQ Chicken Strips	
	Stewed Tomatoes	Spring Mix Salad with Raspberry Dressing	Green Beans	Muffin	Potato Salad	Mixed Green Salad	Caesar Salad	
	Diced Pear	Blueberries & Cream	Stewed Rhubarb	Jell-O/Whipped Topping	Diced Peaches	Pineapple Coconut Whip	Diced Watermelon	
	OR	OR	OR	OR	OR	OR	OR	
	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	
PM	Peanut Butter Cookie Beverage as Requested	Lemon Poppyseed Muffin Beverage as Requested	Cinnamon Bun Beverage as Requested	Shortbread Cookie Beverage as Requested	Double Chocolate Cookie Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Oriental Pepper Steak	Pork Chop in Mushroom Sauce	Slow Roasted Butter Chicken	Flat Iron Steak	Salmon in Dill Sauce	Turkey Meatloaf	Roast Beef/Gravy	
	Steamed Rice	Boiled Red Potatoes	Rice Pilaf	Baked Potato	Roasted Potatoes	Whipped Potatoes	Mashed Potato	
	Asian Blend Vegetables	Peas and Carrots	Broccoli Florets	Montego Blend Vegetables	Honey Dill Carrots	Italian Mixed Vegetables	PEI Vegetable Medley	
	Tapioca Pudding	Butter Tart Slice	Apple Crisp	Cheesecake/Topping	Ice Cream	Banana Cake	Lemon Meringue Pie	
	OR	OR	OR	OR	OR	OR	OR	
	Baked Lemon Pepper Fish	Veal Cutlet	Sweet & Sour Meatballs	Turkey Cutlet	Pork Ribette	Liver & Onions	Tortierre 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