

WESTERN CANADA MENU SPRING/SUMMER 2017

WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14	May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15
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/Bacon Fruit/Yogurt
	LUNCH	French Onion Soup Turkey Reuben Sandwich Carrot Raisin Salad Strawberries OR Assorted Sandwiches	Cream of Tomato Soup Sausage Links French Toast/Syrup Jellied Fruit OR Assorted Sandwiches	Sweet Potato Bisque Roast Beef Sandwich Bread & Butter Pickles Fruit Cocktail OR Assorted Sandwiches	Cream of Mushroom Soup Deli Meat Plate with Pasta Salad Sliced Tomato/Cucumber Focaccia Bread Mandarin Oranges OR Assorted Sandwiches	Minestrone Soup Mushroom Strata Harvard Beets Dinner Roll Blueberries & Yogurt OR Assorted Sandwiches	Scotch Broth Soup Sloppy Joe Parslied Cauliflower Diced Cantalope OR Assorted Sandwiches	Chicken Noodle Soup Fish & Chips Tartar Sauce Creamy Coleslaw Apricot Whip OR Assorted Sandwiches
PM	Hermit Cookie Beverage as Requested	Scone Beverage as Requested	Baked Assortment Beverage as Requested	Carrot Loaf Beverage as Requested	Mini Donut Rounds Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Cheddar Crumb Pollock Potato Nuggets Mixed Vegetables Apple Crisp OR Sliced Ham	Spaghetti & Meatsauce Scandinavian Vegetables Frozen Yogurt OR Turkey Pie	Sweet & Sour Pork Jasmine Rice Oriental Vegetable Mix Chocolate Cream Pie OR Turkey Cutlet/Gravy	Homemade Shepherds Pie California Mix Vegetables Blueberry Jello/Whipped Topping OR Oktoberfest Sausage	Country Style Fried Chicken Roasted Potatoes Sunrise Vegetable Mix Lemon Buttermilk Cake OR Veal/Mushroom Gravy	Pork & Cheese Meatballs in Creole Sauce Buttered Broad Noodles Julienne Carrots Ice Cream Sandwich OR Baked Fish	Oven Roasted Turkey Dressing/Cranberry Sauce Mashed Potatoes Bistro Blend Vegetables Assorted Pies OR Salisbury Steak with Fried Onions/Gravy	
	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

