

WESTERN CANADA MENU FALL/WINTER 2016 - 2017

WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-24, Nov-14, Dec-5, Dec-26, Jan-16, Feb-6, Feb-27, Mar-20, Apr-10, May-1	Oct-25, Nov-15, Dec-6, Dec-27, Jan-17, Feb-7, Feb-28, Mar-21, Apr-11, May-2	Oct-26, Nov-16, Dec-7, Dec-28, Jan-18, Feb-8, Feb-29, Mar-22, Apr-12, May-3,	Oct-27, Nov-17, Dec-8, Dec-29, Jan-19, Feb-9, Mar-1, Mar-23, Apr-13, May-4	Oct-28, Nov-18, Dec-9, Dec-30, Jan-20, Feb-10, Mar-2, Mar-24, Apr-14, May-5	Oct-29, Nov-19, Dec-10, Dec-31, Jan-21, Feb-11, Mar-3, Mar-25, Apr-15, May-6	Oct-30, Nov-20, Dec-11, Jan-1, Jan-22, Feb-12, Mar-4, Mar-26, Apr-16, May-7
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 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
LUNCH		Beef Barley Soup Quiche Lorraine Sliced Carrots	Cream of Mushroom Soup Chicken Salad on a Bun Marinated Vegetable Salad	Lasagna Soup Focaccia Bread Caesar Salad	Cream of Broccoli Soup Hamburger 4 Bean Salad	Country Bean & Vegetable Soup Fish 'n' Chips Creamy Coleslaw	Beet Borscht Beefy Cabbage Casserole Dinner Roll	Vegetable Orzo Soup Pizza on a Bun Tossed Salad
		Diced Pear OR Assorted Sandwiches	Berry Mix/Yogurt Topping OR Assorted Sandwiches	Fruit Cocktail OR Assorted Sandwiches	Crushed Pineapple OR Assorted Sandwiches	Diced Peaches OR Assorted Sandwiches	Blueberries & Cream OR Assorted Sandwiches	Honeydew OR Assorted Sandwiches
	PM	Zucchini Loaf Beverage as Requested	Angel Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Iced Pumpkin Cookie Beverage as Requested	Cinnamon Bun Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER		Teriyaki Glazed Chicken Thigh Fettuccine Alfredo Broccoli Florets Date Square OR Sweet & Sour Meatballs	Honey Mustard Glazed Pork Chop Baked Potato Wax Beans Gingerbread with Hot Lemon Sauce OR Oven Baked Fish	Parmesan Baked Chicken Breast Spanish Rice Peas & Pearl Onions Chocolate Mousse OR Liver & Onions	Meatloaf Creamy Mashed Potatoes Orange/Yellow Carrots Creamy Rice Pudding OR Turkey Sausage	Glazed Ham with Pineapple Sauce Scalloped Potatoes California Blend Vegetables Butterscotch Filled Tart/Topping OR Salisbury Steak with Fried Onions/Gravy	Vegetarian Lasagna Italian Mix Vegetables Garlic Toast Rainbow Jell-O/Topping OR Chicken Cutlet/Gravy	Roast Turkey & Cranberry Sauce Mashed Potatoes Dressing Peas & Carrots Cherry Pie OR Farmer Sausage
	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