

# WESTERN CANADA MENU FALL/WINTER 2016 - 2017

## WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-31, Nov-21, Dec-12, Jan-2, Jan-23, Feb-13, Mar-5, Mar-27, Apr-17	Nov-1, Nov-22, Dec-13, Jan-3, Jan-24, Feb-14, Mar-6, Mar-28, Apr-18	Nov-2, Nov-23, Dec-14, Jan-4, Jan-25, Feb-15, Mar-7, Mar-29, Apr-19	Nov-3, Nov-24, Dec-15, Jan-5, Jan-26, Feb-16, Mar-8, Mar-30, Apr-20	Nov-4, Nov-25, Dec-16, Jan-6, Jan-27, Feb-17, Mar-9, Mar-31, Apr-21	Nov-5, Nov-26, Dec-17, Jan-7, Jan-28, Feb-18, Mar-10, Apr-1	Nov-6, Nov-27, Dec-18, Jan-8, Jan-29, Feb-19, Mar-11, Apr-2, Apr-23
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	Cream of Tomato Soup Grilled Cheese Sandwich  Broccoli Salad  Diced Peaches  OR Assorted Sandwiches	Scotch Broth Soup Pork Sausage Potato Pancakes with Sour Cream Orange Slices Fruit Cocktail  OR Assorted Sandwiches	Cream of Carrot Soup Ham Sandwich on Rye Cucumber Dill Salad  Mandarin Oranges  OR Assorted Sandwiches	Italian Wedding Soup Turkey Pot Pie Peas and Carrots  Diced Pears  OR Assorted Sandwiches	Cream of Chicken Soup Philly Beef Sandwich Marinated Vegetable Medley  Baked Apple Slices  OR Assorted Sandwiches	Vegetable Soup Cannelloni with Tomato Sauce Spring Mix Salad  Apricot Whip  OR Assorted Sandwiches	Corn Chowder Chicken Nuggets w/ Plum Sauce Home Fries Coleslaw/Vinaigrette Stewed Rhubarb/Strawberries  OR Assorted Sandwiches
PM	Oatmeal Chocolate Chip Beverage as Requested	Donut Holes Beverage as Requested	Baked Assortment Beverage as Requested	Morning Glory Muffin Beverage as Requested	Loaf Cake Beverage as Requested	Turnover Cookies Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Fish Fillet in Lemon Parmesan Sauce Herb Roasted Potatoes Sunrise Mix Vegetables  Bread Pudding with Sauce  OR Turkey Pot Pie	Spaghetti & Meat sauce Ciabatta Dinner Roll Caesar Salad  Banana Cream Tart  OR Grilled Cod Tail	Sweet & Sour Chicken Balls Fried Rice Stir Fry Vegetables  Frozen Yogurt  OR Pork Ribette	Glazed Ham Scalloped Potatoes Mixed Vegetables  Caramel Swirl Cake  OR Veal Cutlet	Lemon Pepper Cod Oven Browned Potatoes Scandinavian Mix  Cranberry Velvet  OR Liver & Onions	Chicken a la King Buttered Noodles Herbed Green Beans  Chocolate Éclair  OR Tortierre Meat Pie	Rosemary Pork Roast Mashed Potatoes Broccoli Florets  Blueberry Pie  OR Meatballs in 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	