

WESTERN CANADA MENU FALL/WINTER 2019

WEEK 1

Monday, Jan 27	Tuesday, Jan 28	Wednesday, Jan 29	Thursday, Jan 30	Friday, Jan 31	Saturday, Feb 01	Sunday, Feb 02
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						
Cream of Tomato & Pepper Soup	Split Pea Soup Vegt	Chicken Vegetable Noodle Soup	Cream of Cauliflower Soup	Corn Chowder	Beef Vegetable Barley Soup	Fall Harvest Soup
Grilled Reuben Sandwich	Beef & Macaroni Casserole	Battered Haddock Bites	Perogies w/Bacon & Onions	Pulled Pork Sliders	Cheese Ravioli with Alfredo Sauce	Saucy Turkey Meatball Sub
Tossed Salad & Italian Dressing	Mixed Salad with French Dressing	French Fries & Caesar Salad	Sweet & Sour Cabbage	Tossed Ranch Salad	Green Beans	Grilled Vegetables
Cantaloupe Chunks	Mandarin Oranges	Crushed Pineapple	Blueberries	Fruit Cocktail	Chilled Tropical Fruit	Sliced Strawberries
OR	OR	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
Oatmeal Cookies	Assorted Wafer Cookies	Maxifruit Strawberry Cookie	Assorted Cream Cookie	Peanut Butter Cookies	Chocolate Chip Cookie	Cinnamon Applesauce

Dinner						
Glazed Ham	Honey Garlic Chicken	Apple Cider Pork Chops	Hamburger Steak w/Caramelized Onions	Turkey Cranberry Casserole	Montreal Spiced Chicken	Beef Pot Roast
Scalloped Potatoes	Oven-Browned Potatoes	Parisienne Potatoes	Beef Gravy, Mashed Potatoes	Broccoli Florets	Roasted Potatoes	Mashed Potatoes
Dilled Peas	Diced Squash	Seasoned Green Beans	Zesty Balsamic Carrots	Vanilla Ice Cream	Fall Medley Vegetables	Oriental Vegetables
Brownie	Homemade Butter Tart	Butterscotch Pudding	Coconut Cream Pie		Tapioca Pudding	Lemon Meringue Pie
OR	OR	OR	OR	OR	OR	OR
Crunchy Baked Cod	Zucchini Parmigiana with Garlic Bread	Homestyle Turkey Vegetable Stew	Chili TexMex with Corn Muffin	Baked Salmon Fillet with Boiled Red Potato	Swiss Veal Cutlet	Sweet & Sour Pork

HS SNACK						
Banana Loaf	Peanut Butter Jam Sandwich	Lemon Loaf	Ritz Crackers	Blueberry Loaf	Egg Salad Sandwich	Breton Crackers
Cheddar Cheese Slice		Swiss Cheese Slice	Cheddar Cheese Slice	Creamy Vanilla Yogurt		Swiss Cheese Slice