

WESTERN CANADA MENU FALL/WINTER 2020-21

WEEK 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| 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 | Minestrone | Beef Vegetable Barley Soup | Fall Harvest Soup |
| Pastrami Sandwich | Beef & Macaroni Casserole | Battered Haddock Bites | Perogies w/Bacon & Onions | French Toast Garlic Sausage | 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 | | Green Beans | Grilled Vegetables |
| Cantaloupe Chunks | Mandarin Oranges | Crushed Pineapple | Blueberry Jello | Fruit Salad | 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 Schintzel | Montreal Spiced Chicken | Beef Pot Roast |
| Scalloped Potatoes | Oven-Browned Potatoes | Parisienne Potatoes | Beef Gravy, Mashed Potatoes | Winter Veg | 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 |