

WESTERN CANADA FALL/WINTER 2021-2022

WEEK 2

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						
Beef Fall Vegetable Soup	Split Pea Soup	Chicken Vegetable Noodle Soup	Cream of Cauliflower Soup	Tomato Rice Soup	Beef Vegetable Soup	Lentil Coconut Curry Soup
Crispy Chicken nuggets	Cabbage Rolls	Breaded Haddock/sweet potato fries	Pulled Pork on WW Bun	Perogies w/Bacon/sourcream	Southwestern Turkey Stew	Hot Turkey Sndw on WW w/Gravy
Tator Tots/greek salad	New England Vegetables	Tomato/cucumber salad	Tossed Ranch Salad	Sweet & Sour Cabbage	dinner roll	mixed 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
Apple turnover cookies	Blueberry Super Grains Cookie	Chocolate Chip Cookie	Oatmeal Date Cookie	Fig Newton Cookie	Fresh Fruit	Peanut Butter Cookies
Dinner						
BBQ Pork Ribs	Honey Garlic Chicken	Glazed Ham	Hamburger Steak w/Caramelized Onions	Glazed Salmon	Montreal Spiced Chicken/gravy	Beef Pot Roast
Parisienne Potatoes	Oven-Browned Potatoes	Scalloped Potatoes	Mashed Potatoes/gravy	Rice Pilaf	Roasted Potatoes	Mashed Potatoes/gravy
Whole Green Beans	Brussels Sprouts	Dilled Peas	Green Beans & Mushrooms	Sunrise Vegetables	Fall Medley Vegetables	Asian Vegetables
Brownie	Citrus Orange Cake	Super Oatmeal Chocolate Pudding	Coconut Cream Pie	Vanilla Ice Cream	Tapioca Pudding	Lemon Meringue Pie
OR	OR	OR	OR	OR	OR	OR
Homestyle Herb Brd Fish Fillet	Cheese Stuffed Manicotti w/Tomato Basil Sc	Turkey Rice Casserole	Spaghetti/Bolognese Sauce	Chicken Cutlet/gravy	Veal Scallopini	Sweet & Sour Pork

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian

