

WESTERN CANADA Fall/winter 2022/23

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 Asparagus Soup	Creamy Vegetable Soup	Pumpkin & Bacon Harvest Soup	Chicken Florentine Soup	Minestrone Soup	Italian Wedding Soup	Cream of Mushroom Soup
Shrimp Stir Fry with Vegetables	Rib-o-Pork on Bun	Pizza of Choice	Mini Submarine Sandwich	chicken a la king/puff pastry	Vegetable Quiche	cabbage rolls
Fluffy Rice	Creamy Cucumber & Onions	Tossed Salad & Italian Dressing	Rainbow Coleslaw	mix veg	Caesar Salad	florentine veg
Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	Chilled Tropical Fruit	Honeydew Melon	Fruit Cocktail	Chilled Diced Pears
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
Banana Super Grains Cookie	Raspberry Turnover Cookie	Shortbread Swirl Cookie	Chocolate Chip Cookie	Maple Cream Cookie	Assorted Wafer Cookies	Nutri-Grain Strawberry Bar
Dinner						
Turkey Schnitzel	Chicken Supreme	Seasoned Steak	Herb Baked Chicken	Baked Cod Fillet	Beef Shepherd's Pie	Stuffed Chicken breast/gravy
Poultry Gravy	Rice	Au Jus Sauce	Poultry Gravy	Roasted Potatoes	Beef Gravy	Mashed Potatoes
Mashed Potatoes	Green Peas	Baked Potatoes	Chive Whipped Potatoes	Italian Mixed Vegetables	Cocktail Vegetables	Broccoli Florets
Winter Vegetables	Apple Crisp	Green & Yellow Beans	New England Vegetables	Rice Pudding	Caramel Cheesecake	Pumpkin Pie
Naniamo bar		Toffee Pudding Cake	Chocolate Ice Cream			
OR	OR	OR	OR	OR	OR	OR
Macaroni & Beef Casserole	Herb Baked Fish	Ham with pineapple	Veal cutlet	Teriyaki Pork tenderloin	Chicken Cacciatore	Spaghetti & Meatballs

Fluffy Rice

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian