

WESTERN CANADA MENU Fall/Winter 2022-2023

WEEK 3

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 Potato & Leek Soup	Garden Vegetable Soup	French Onion Soup	Cream of Chicken Soup	Cream of Tomato Soup	Chicken Noodle Soup	Homemade Vegetable Barley Soup
Chili Con Carne	tortellini with marinara sauce	Ham Baked Beans	Macaroni & Cheese	Chicken Pot Pie	Waffles	Fish 'n Chips
Broccoli Florets		Grilled Zucchini	Stewed Tomatoes	Jullienne carrots	Sausage Links	Creamy Coleslaw
Corn Muffin	Caesar salad	Cornbread			Hot Fruit Compote	
Chilled Diced Pears	Stewed Rhubarb	Honeydew Melon	Fresh Apple Slices	Sliced Strawberries	blueberries	Chilled Diced Peaches
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
Double chocolate cookies	blueberry turnover	chocolate chip cookies	chef's choice cookies	peanutbutter cookies	Assorted Wafer Cookies	fig newtons

Dinner						
Lemon Baked Chicken Thighs	Pork chops with mushroom gravy	Country Style Fried Chicken	italian Herb Beef Stew	Lemon breaded Pollock	Chicken Alfredo Penne	Pork Roast
Roasted Potatoes	Baked Potato	Mashed Potatoes	Whole Green Beans	Lemon Rice	Broccoli Florets	Pork Gravy
Dill Carrot Coins	California Vegetables	Fall Medley Vegetables	Tea Biscuit	Asparagus	Garlic Bread	Herbed Potatoes
Ice Cream Sandwich						Diced Squash
	Bread Pudding	French Vanilla Ice Cream	Van Caramel Swirl Cake	Triple Chocolate Fudge Cake	Date square	Apple Pie Slice
OR	OR	OR	OR	OR	OR	OR
Sausage Bangers & Mash	Sole w/Lemon Pepper	Liver & Onions	Breaded Turkey Cutlet	Beef Lasagna	Pork Schnitzel	Baked Chicken with Chalet Sauce

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian