

**WESTERN CANADA Fall/Winter 2023-24**

**WEEK 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
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

<b>Lunch</b>						
Tomato Rice soup	Chicken vegetable noodle soup	Cream of Cauliflower soup	Minestrone soup	Cream of tomato & pepper soup	Split pea soup	Cream of Mushroom soup
Turkey pot pie	Captain burger/bun	Perogies with bacon	Shredded chicken on bun	Grilled cheese sandwich	Greek chicken salad/multigrain bread	Breaded haddock/tartar sauce
Green beans	Vinaigrette coleslaw	Sourcream	Beet & onion salad	Lettuce tomato salad	4 bean salad	Sweet potato fries
Hot spiced apples	Stewed Rhubarb	Tossed salad/italian dressing	Mandarin oranges	Vanilla Ice cream	Tropical fruit	Greek salad
		Crushed pineapple				Strawberries
OR	OR	OR			OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs

<b>PM SNACK</b>						
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

<b>Dinner</b>						
Apricot braised chicken	Honey Glazed ham	Hamburger steak with caramilized onions	BBQ glazed pork ribette	Beef Shepherd's pie	Sweet and sour pork	Beef Pot Roast/gravy
Mashed Potatoes	Potato bites	Mashed potatoes	baked potato/sourcream		Fried rice	Yorkshire pudding
Sunrise veg	Winter blend	Green peas	Buttered corn	Broccoli Floret	Asian vegetables	Mashed potatoes
Brownies	Cherry Crisp	Banana split dessert	Blueberry pie slice	Buttertart Square	Tapioca Pudding	Fall Medley vegetables
						Cinnamon Roll Cake
OR	OR	OR			OR	OR
Herb baked fish	Turkey Schnitzel	Chicken Souvlaki skewers	Turkey Stew	Baked lemon Salmon	Vegetable lasagna	Honey Garlic Chicken

Oct 23-29

Nov 13-19

Dec 4-10

Dec 25-31

Jan 15-21

Feb 5-11

Feb 26-March 3

X \_\_\_\_\_  
Food Services Manager

X \_\_\_\_\_  
Administrator

X \_\_\_\_\_  
Dietitian