

WESTERN CANADA MENU Fall/Winter 2023-2024

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						
Country Beans & Veg soup	Chicken Rice soup	Turkey Veg soup	Root veg. Soup	French canadian pea soup	Cream of broccoli soup	Garden Veg Soup
Cabbage rolls	Veg. Quiche	Macaroni&cheese	Beef burger	Fish'n Chips	Turkey/lettuce sandwich	Boneless chicken wings
Mixed green Italian salad	California veg	Baked tomato au gratin	Caesar salad	Tarter sauce/coleslaw	Romaine/onions	Potato & egg salad
Chilled pears	Tropical fruit	Crushed pineapple	Diced Peaches	Hot fruit compote	Poached spiced pears	Hot spiced apples

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 Strawberry turnover cookies	Beverage as Requested ginger snap cookies	Beverage as Requested pumpkin cookies	Beverage as Requested oatmeal raisin cookies	Beverage as Requested sugar cookies	Beverage as Requested wafer cookies	Beverage as Requested assorted cookies

Dinner						
Turkey sausages/gravy	Beef Stroganoff	Herbed baked chicken breast with onions	Honey mustard pork	Baked chicken with chalet sauce	Salisbury steak/gravy	Roast tukey/gravy/Cranberry sauce
Mashed potatoes	Broad noodles	Roast potatoes	Baked potatoes	mashed potatoes	Fluffy Rice	Mashed Potatoes
Sliced carrots	Dilled peas	Fall medley veg	Diced Squash	Brussels sprouts	Orange glazed parsnips	Green beans
Date square	Crème Caramel	Cherry Cobbler	Vanilla Ice cream	Carrot Cake	Banana Pudding	Boston Cream Cake

OR	OR	OR	OR	OR	OR	OR
Pork Stir Fry	Lemon pepper sole	Farmers Sausage	Turkey cutlet	Chili con carne	Baked haddock/dill sauce	Glazed ham

X
Food Services Manager

X
Administrator

X
Dietitian

oct 30-Nov 5 Nov 20-25 Dec 11-17 Jan 1-7 Jan 22-28 Feb 12-18 March 4-10