

WESTERN CANADA MENU Fall/Winter 2023-2024						WEEK 2
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Breakfast	Good friday	Happy easter	
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	Egg salad sandwiches	Macaroni&cheese	Beef burger	Vegetable quiche	Turkey/lettuce sandwich	Boneless chicken wings
Mixed green Italian salad	Coleslaw	Baked tomato au gratin	Caesar salad	California mix veg	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	Fish'n Chips	Salisbury steak/gravy	Roast Ham
Mashed potatoes	Broad noodles	Roast potatoes	Baked potatoes	Tarter sauce	Fluffy Rice	Scalloped 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	
						Cherry pie
OR	OR	OR	OR	OR	OR	OR
Pork Stir Fry	Lemon pepper sole	Farmers Sausage	Turkey cutlet	Chili con carne	Baked haddock/dill sauce	Turkey Schnitzel
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