

**WESTERN CANADA MENU Fall/winter 2023-2024**

**WEEK 3**

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>						
Veg. Barley soup	Cream of tomato soup	Beef & rice soup	Italian Wedding soup	Creamy vegetable soup	Lentil & veg. soup	French onion soup
Pulled beef on a bun	Turkey burger	Cheese tortellini & marinara	Hot Turkey sandwich	Oktoberfest sausage	Chicken salad Croissant	Chicken strips/plum sauce
Carrot raisin salad	vinaigrette coleslaw	Caesar salad	Corn	Hot potato salad	Greek salad	Fries
Mandarins	Crushed pineapple	Peaches	Spiced apples	Strawberries/Topping	Fruit cocktail	Beet & onion salad
						Poached spiced pears
OR	OR	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 Double chocolate cookies	Beverage as Requested blueberry turnover	Beverage as Requested chocolate chip cookies	Beverage as Requested chef's choice cookies	Beverage as Requested peanutbutter cookies	Beverage as Requested Assorted Wafer Cookies	Beverage as Requested fig newtons

<b>Dinner</b>						
Baked cod fillet	Beef & veg. stew	Butter chicken	Dijon maple glazed salmon	Seasoned cowboy steak/gravy	Turkey a la king	Pork roast/Gravy
Mashed potatoes	tea biscuit	fluffy rice	Scalloped potatoes	Oven browned potatoes	Buttered egg noodles	Roast potatoes
Broccoli	Sunrise veg	Asian veg	Peas	Italian mix veg	Savory seasoned carrots	Broccoli florets
Donuts	Pudding parfait	Strawberry mousse	Lemon pound cake/topping	Chocolate ice cream	Rice pudding	Pumpkin pie
OR	OR	OR	OR	OR	OR	OR
Fried chicken	pork bacon wrapped medallion	meatloaf	sweet & spiced ham	Chicken cacciatore	Veal schnitzel	Spaghetti/meat sauce

nov 6-12      Nov 27-Cec 3      Dec 18-24      Jan 8-14      Jan 29-Feb 4      Feb 19-25      March 11-17

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

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

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