

WESTERN CANADA Fall/Winter 2025-2026						WEEK 1
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						
Butternut Squash soup	Tomato Herb Florentine	Cream of Cauliflower soup	Borscht soup	Chicken vegetable noodle soup	Corn Chowder	Chefs Choice!
Turkey Schnitzel	Fish Burger	Chicken Salad Sandwich	Perogies with Garlic Sausage	Pizza of choice	Pastrami Sandwich	Baked breaded Haddock/tartar sauce
Romain salad with tomato and onion	Vinaigrette coleslaw	Mandarin salad/poppypeed dressing	Sour cream	Tomato and cucumber salad	Tossed garden salad	Crinkle cut fries, Ceasar salad
			cucumber slices			
Apple Slices	Chilled diced peaches	Crushed pineapple	pears	Cantaloupe	Mandarins	fruit cocktail
OR	OR	OR			OR	OR
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs
PM SNACK						
Beverage as Requested Banana loaf or muffins	Beverage as Requested Raspberry Turnover Cookie	Beverage as Requested Shortbread	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Gingersnap cookies	Beverage as Requested Oatmeal raisin cookies	Beverage as Requested Applesauce cookies
Dinner						
Apricot braised chicken	Baked Ham in Pineapple Juice	Hamburger steak w/caramelized onion	Rosemary lemon chicken thighs	Beef shepherd's pie	Sweet and sour pork	Beef Pot roast
Basmati Rice	Scalloped potatoes	Roast potatoes	Lemon Herb Orzo		Steamed rice	Mashed potatoes/Gravy
Sunrise Veg	Winter Veg.	Green peas	Buttered Corn	Broccoli Florets	Green beans	Brussel sprouts
Brownie	Ice cream sandwich	Cherry Poke cake	Strawberry Jello with topping	Butter Tarts	Tapioca pudding	Cinnamon Crumble cake
OR	OR	OR			OR	OR
Herb baked fish	Turkey pot pie/gravy	Teryaki glazed Pork tenderloin	Farmers sausage	Braised fish/tomato basil sauce	Roasted vegetable lasagna	Honey Garlic chicken

Oct 27-Nov 2	Nov 17-23	Dec 8-14	Dec 29-Jan 4	Jan 19-25	Feb 9-15	March 2-8
X		X		X		
Food Services Manager		Administrator		Dietitian		