

WESTERN CANADA MENU Fall/winter 2025-2026						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 Bean & veg. soup	Potato Dill soup	Tomato soup	Seven Sisters Soup	French Canadian pea soup	Cream of chicken soup	Cabbage & potato soup
BLT sandwich	Vegetable Quiche	Grilled Cheese sandwich	Beef Burger	Macaroni and cheese Casserole	French toast/Sausages	Chicken a la king/biscuit
tossed salad	Marinated cucumbers	Pickles	Ceasar salad	Greek salad	Syrup/Fruit salad	spinach mandarin salad/balsamic
Chilled diced pears	Crushed pineapple	Mandarin oranges	Chilled peaches	Fruit cocktail	lemon Mousse	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	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
Double chocolate cookies	Pumpkin muffins or loaf	Thumbprint cookies	oatmeal raisin cookies	sugar cookies	Dad's cookies	Cooks choice baking
Dinner						
Farmers sausage	Beef stroganoff	Pollock fillets with mushroom sauce	BBQ pork ribs	Butter Chicken	Salisbury steak	Roast turkey
Roast Potatoes	Fussili noodles	Rice	Mashed potatoes	Basmati Rice	Parslied egg noodles	Mashed Potatoes
California Mix veg	Dilled peas	Mixed Vegetables	Corn	Broccoli	Orange Glazed parsnips	Green Beans
Blondie Bars	Strawberry jello/whipped topping	Pumpkin custard	Vanilla Ice Cream	Lemon Pudding cake	Banana Pudding	Rainbow sherbet
OR	OR	OR	OR	OR	OR	OR
Chicken cutlets	Turkey parmigiana	Pork stirfry	Turkey stew	Liver and onions	Baked haddock/dill sauce	Pork loin/mushroom sauce
Nov 3-9	nov 24-30	Dec 15-21	Jan 5-11	Jan 26-Feb 1	Feb 16-22	March 9-15

X
Food Services Manager

X
Administrator

X
Dietitian