

WESTERN CANADA MENU Fall/winter 2025-2026						WEEK 3
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						
Beef Rice soup	Cream of broccoli	Fall Harvest soup	Italian Wedding soup	Cream of veg soup	Lentil soup	Beef Minestrone soup
Cold cut sandwiches	Chicken burger	Tuna noodle casserole	Chicken fingers/Fries	Ham/cheese sandwich	Pasta primavera	Chicken Fried rice
Beet salad	Vinaigrette coleslaw	Tomato and cucumber salad	Ceasar salad	Lettuce with carrots/italian dressing	Tossed salad	Spring rolls/plum sauce
Chilled peaches	Crushed pineapple	Mandarin oranges	Chilled apricots	Tropical fruit	fruit cocktail	Poached spiced pears
or	or	or	or	or	or	or
Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches	Assorted Sadwiches

PM SNACK						
Beverage as Requested Double chocolate cookies	Beverage as Requested zucchini muffins/loaf	Beverage as Requested chocolate chip cookies	Beverage as Requested chef's choice cookies	Beverage as Requested peanutbutter cookies	Beverage as Requested Pumpkin cookies	Beverage as Requested Raisin Drop cookies

Dinner						
Baked cod fillets	Meatloaf	Mediterranean chicken	Pork Souvlaki	Beef cabbage casserole	Country style fried chicken	Pork roast
Rice Pilaf	Mashed potatoes/gravy	Lemon potatoes	Rice		Mashed potatoes/Gravy	Roast potatoes
Sliced Carrots	Sunrise veg	Mediterranean roasted veg	Oriental mix veg	Beans/red peppers	Corn	Brussel sprouts
Strawberry shortcake	Vanilla Ice cream	Rice pudding	Cheesecake/caramel sauce	Chocolate tarts	Strawberry mousse	Pumpkin pie/whipped topping
Or	or	or	or	or	or	or
Chicken Cacciatore	Veal Cutlets	Turkey Schnitzel	Bangers and mash	Teriyaki chicken thigh	Honey garlic ribs	Spaghetti/meat sauce

Nov 10-16

Dec 1-7

Dec 22-28

Dec 12-18

Feb 2-8

Feb 23-March 1

March 16-22

X
Food Services Manager

X
Administrator

X
Dietitian