


WESTERN CANADA Fall/Winter 2024-2025

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						
Cream of tomato soup	Creamy Carrot Dill soup	Three sisters Soup	Borscht soup	Chicken vegetable noodle soup	Split pea soup	Potato dill soup
Grilled cheese sandwich	Bologna Sandwich	Vegetable & cheese omelette	Perogies with Garlic Sausage	Pizza of choice	Chicken strips/plum sauce	Baked breaded Haddock/tartar sauce
Romain salad with tomato and onion	Vinaigrette coleslaw	Multigrain bread	Sour cream	Tomato and cucumber salad	Tossed garden salad	Crinkle cut fries, Ceasar salad
Strawberries	Chilled diced peaches	Beet & onion salad	Brussel sprouts	Strawberry Jello/whipped topping	Chilled Diced peaches	fruit cocktail
		Crushed pineapple	Mandarin oranges			
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
Banana Super Grains Cookie	Raspberry Turnover Cookie	Shortbread Swirl Cookie	Chocolate Chip Cookie	Maple Cream Cookie	Assorted Wafer Cookies	Nutri-Grain Strawberry Bar
Ethnic Day Supper, Black history month						
Dinner						
Apricot braised chicken	Baked Ham in Pineapple Juice	Hamburger steak w/caramelized onion	Peanut butter stew (chicken)	Beef shepherd's pie	Sweet and sour pork	Beef Pot roast
Mashed potatoes	Scalloped potatoes	Roast potatoes	Rice		Vegetable fried rice	Mashed potatoes/Gravy
Sunrise Veg	Winter Veg.	Green peas	Buttered Corn	Broccoli Florets	Parsley Carrots	Fall Medley Veg.
Brownie	Caramel cheesecake	Cherry Poke cake	Peach Cobbler	Strawberry Shortcake	Tapioca pudding	Cinnamon Crumble cake
						
OR	OR	OR			OR	OR
Herb baked fish	Turkey pot pie/gravy	Cheese tortellini/marinara	Farmers sausage	Braised fish/tomato basil sauce	Roasted vegetable lasagna	Honey Garlic chicken