

**WESTERN CANADA MENU SPRING/SUMMER 2020**

**WEEK 1**

| 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>                    |                     |                                |                                |                             |                           |                                    |
|---------------------------------|---------------------|--------------------------------|--------------------------------|-----------------------------|---------------------------|------------------------------------|
| Homestyle Turkey Vegetable Soup | Beef Vegetable Soup | Chicken Vegetable Noodle Soup  | Homemade Vegetable Barley Soup | Cream of Potato & Leek Soup | Corn Chowder              | Creamy Dijon Chicken Mushroom Soup |
| Cheeseburger                    | Macaroni & Cheese   | Battered English Style Pollock | Grilled Chicken Caesar Salad   | Vegetable Quiche            | Polish Perogies Casserole | Weiners & Beans                    |
| Tossed Ranch Salad              | Stewed Tomatoes     | French Fries & Coleslaw        | Garlic Bread                   | Spring Mix Lettuce Salad    | Sauteed Pepper & Onion    | Whole Wheat Bread                  |
| Fresh Watermelon                | Cantaloupe Chunks   | Fruit Cocktail                 | Chilled Diced Peaches          | Chilled Tropical Fruit      | Mandarin Oranges          | Chilled Diced 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<br>Diced Peaches | Beverage as Requested<br>Chocolate Chip Cookie | Beverage as Requested<br>Shortbread Swirl Cookie | Beverage as Requested<br>Raspberry Turnover Cookie | Beverage as Requested<br>Variety Snack | Beverage as Requested<br>Cheese & Crackers | Beverage as Requested<br>Nutri-Grain Bar |

| <b>Dinner</b>                |                            |                              |  |                                 |                            |   |
|------------------------------|----------------------------|------------------------------|--|---------------------------------|----------------------------|---|
| Baked Ham in Pineapple Juice | Sweet & Sour Chicken       | Seasoned Cowboy Steak, Gravy | Honey Garlic Ribs                      | Braised Cod with Tomato & Basil | Greek Style Chicken Breast | Roast Turkey with gravy                   |
| Scalloped Potatoes           | Fluffy Rice                | Baked Potato, Green Beans    | Mashed Potatoes                        | Oven-Browned Potatoes           | Whipped Potatoes           | Herbed Potatoes                           |
| Green Peas                   | Oriental Vegetables        | Sour Cream                   | Pick of the Day Vegetable Blend        | Green Peas                      | California Vegetables      | Green Beans                               |
| Butterscotch Ice Cream       | Strawberry Shortcake       | Maple Chocolate Mania Cake   | Pineapple Upside Down Cake             | Neapolitan Ice Cream            | Tiramisu Mousse            | Peach Pie                                 |
| OR                           | OR                         | OR                           | OR                                     | OR                              | OR                         | OR  |
| Parmesan and Herb Baked Fish | Pork Chop & Mushroom Sauce | Beyond Meat Burger           | Salisbury Steak<br>W/ Peppers & Onions | Farmers Sausage                 | Veal Roll Italian          | Roasted Vegetable Lasagna<br>Garlic Bread |

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

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

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