

October 26 to November 1

**WESTERN CANADA MENU SPRING/SUMMER 2020 WEEK 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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**Breakfast**

RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
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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**

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

**PM SNACK**

Beverage as Requested Diced Peaches	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Shortbread Swirl Cookie	Beverage as Requested Raspberry Turnover Cookie	Beverage as Requested Variety Snack	Beverage as Requested Cheese & Crackers	Beverage as Requested Nutri-Grain Bar
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**Dinner**

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 W/ Peppers & Onions	Farmers Sausage	Veal Roll Italian	Roasted Vegetable Lasagna Garlic Bread

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

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

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