

WESTERN CANADA MENU FALL/WINTER 2020-21

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						
Cream of Tomato Soup	Garden Vegetable Soup	Beef Rice Soup	Country Bean & Vegetable Soup	Hot & Sour Soup	Broccoli Cheese Soup	Cream of Mushroom Soup
Grilled Ham & Cheese Sandwich	Perogies & Cabbage Rolls	Cheese & Mushrooms Calzone	Macaroni & Cheese	Chicken Chow Mein	Pancake & Sausage Links	Fish 'n Chips with Creamy Coleslaw
Red Beet Citrus Salad	Green Peas	Mixed Green Italian Salad	Stewed Tomatoes	Broccoli Florets	Hot Fruit Compote	Fresh Apple Slices
Chilled Diced Pears	Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	Chilled Diced Pears	Sliced Strawberries	Crushed Pineapple
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 Iced Almonette Cookie	Beverage as Requested Oatmeal Date Cookie	Beverage as Requested Shortbread Swirl Cookie	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Assorted Wafer Cookies	Beverage as Requested Nutri-Grain Blueberry Bar	Beverage as Requested Peanut Butter Cookies
Dinner						
Lemon Herb Bkd Chicken Breast w/Onions	BBQ Pork Chops	Country Style Fried Chicken	Braised Beef Stew	Baked Ham in Pineapple Juice	Homemade Turkey Meatloaf	Pork Roast
Mashed Potatoes	Baked Potato	Roasted Potatoes	Whole Green Beans	Scalloped Potatoes	Mashed Potatoes	Herbed Potatoes
Dill Carrot Coins	California Vegetables	Fall Medley Vegetables	Van Caramel Swirl Cake	Cauliflower & Peas	Sunrise Vegetables	Dilled Peas
Date Square	Cherry Cobbler	French Vanilla Ice Cream		Triple Chocolate Fudge Cake	Rice Pudding	Peach Pie
OR	OR	OR	OR	OR	OR	OR
Liver & Onions	Sole w/Lemon Pepper	Veal Scallopini	Turkey Cutlet with Apple Gravy and Boiled Red Potato	Baked Fish & Dill Sauce	Meat Lasagna	Baked Chicken with Chalet Sauce