

October 12 to 18

WESTERN CANADA MENU SPRING/SUMMER 2020

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						
Tomato & Macaroni Soup	Chicken Vegetable Barley Soup	Cream of Celery Soup	Turkey Rice Soup	Cream of Mushroom Soup	Italian Wedding Soup	Fiesta Chicken Chowder
Egg & Cheese Bake w/Seasoned Crumble	Cottage Cheese Fruit Salad Plate	Chicken Fingers Poutine with Cheese Curd	Pizza of Choice	Beef Taco Casserole	Hot Dog	Pancakes w/ Fruit Compote
Chopped Salad with Balsamic Orange Sections	Fruit Extreme Muffin Blueberry Jello	Mixed Salad w/ French Dressing Crushed Pineapple	Spring Mix Lettuce Salad Fruit Cocktail	Spinach Salad w/Cranberry Drsg Mandarin Oranges	Caesar Salad Chilled Diced Peaches	Vanilla Yogurt Fresh Watermelon
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 Oatmeal Cookie	Beverage as Requested Variety Snack	Beverage as Requested Assorted Turnover Cookie	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Oatmeal Raisin Cookie	Beverage as Requested Fig Newton Cookie	Beverage as Requested Assorted Muffin

Dinner						
Country Style Fried Chicken	Ginger Roast Pork	Salisbury Steak w/ Gravy	Butter Chicken	Rstd Red Pepper Garlic Fish	Honey Marinated Pork Chop	Roast Beef Mashed Potatoes
Garlic Mashed Potatoes	Herbed Potatoes	Paprika Potatoes	Basmati Rice	Scalloped Potatoes	Boiled Red Potato	Yorkshire Pudding
Cocktail Vegetables	Peas & Pearl Onions	Broccoli Florets	Seasoned Green Beans	Florentine Veg Mix	Italian Mixed Vegetables	Mexican Mixed Vegetables
Chocolate Mousse	Ice Cream Sandwich	Caramel Cheesecake	Blueberry Crisp	Brownie	Rice Pudding	Cherry Pie
OR	OR	OR	OR	OR	OR	OR
Swedish Meatballs	Teriyaki Turkey	Sole w/Lemon Pepper	Country Sausage	Hawaiian Ham	Baked Chicken Breast W/ Onion Gravy	Smokey Turkey Chili

X

Food Services Manager

X

Administrator

X

Dietitian