

October 19 to 25

**WESTERN CANADA MENU SPRING/SUMMER 2020**

**WEEK 3**

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>						
Garden Vegetable Soup	Cream of Broccoli Soup	Minestrone Soup	Barley Beef Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
Sweet-n-Sour Meatballs	Fish 'n Chips	Sausage Patty	Tortellini in Red Pepper Pesto	Hawaiian Chicken Salad	Black Bean Burger	Cod Nuggets
Fluffy Rice	Tartar Sauce	Diced Hashbrown	Mixed Green Italian Salad	Chopped Salad with Balsamic	Chipotle Mayo	Sweet Potato Fries
Tossed Ranch Salad	Rainbow Coleslaw	Greek Salad	Garlic Bread		Spring Mix Lettuce Salad	Caesar Salad
Cantaloupe Chunks	Sliced Strawberries	Honeydew Melon	Fresh Watermelon	Mango	Crushed Pineapple	Mandarin Oranges
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 Cheese & Crackers	Beverage as Requested Oatmeal Raisin Cookie	Beverage as Requested Cherry Turnover Cookie	Beverage as Requested Assorted Muffin	Beverage as Requested Mini Brownie	Beverage as Requested Nutri-Grain Bar	Beverage as Requested Peanut Butter Cookies
<b>Dinner</b>						
Honey Garlic Glazed Chicken	BBQ Pork Drummies	Crunchy Ranch Chicken	Prime Rib w/Gravy	Broiled Salmon w/ Hollandaise Sauce	Pork Roast w/ Orange & Rosemary Sauce	Baked Chicken with Chalet Sauce
Scalloped Potatoes	Whipped Potatoes	Au Gratin Potatoes	Roasted Potatoes	Mashed Potatoes	Boiled Red Potato	Garlic Mashed Potatoes
Buttered Corn	Whole Green Beans	Sunrise Vegetables	Minted Peas	California Vegetables	Broccoli Florets	Italian Mixed Vegetables
Triple Layer Chocolate Cake	French Vanilla Ice Cream	Cherry Cheesecake	Blueberry Tart	Cotton Candy Ice Cream	Rice Krispy Square	Chocolate Cream Mint Pie
OR	OR	OR	OR	OR	OR	OR
Sweet & Spiced Ham	Turkey Stir Fry	Grilled Pollock Fish	Pork Chop with Pepper & Onions	Klondike Chili	Biscuit Topped Turkey Pie	Spaghetti & Meatballs Garlic Bread

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

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

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