

WESTERN CANADA SPRING/SUMMER 2021

WEEK 1

| 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 | | | | | | |
| Chicken Vegetable Barley Soup | Tomato & Macaroni Soup | Cream of Celery Soup | Turkey Rice Soup | Cream of Mushroom Soup | Italian Wedding Soup | Fiesta Chicken Chowder |
| Egg & Cheese Bake | Cottage Cheese Fruit Plate | Crispy Breaded Chicken | Pizza of Choice | Beef Taco Salad | Hot Dog on Wheat Bun | Pancakes |
| Green Peas | | Poutine , coleslaw | Spring Mix Lettuce Salad | | Potato Salad | Fruit Salad |
| Orange Sections | Blueberries | Crushed Pineapple | Fruit Cocktail | Mandarin Oranges | Chilled Diced Peaches | Pudding |
| 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 Fresh Grapes | Beverage as Requested Blueberry Super Grains Cookie | Beverage as Requested Chocolate Chip Cookie | Beverage as Requested Oatmeal Date Cookie | Beverage as Requested Fig Newton Cookie | Beverage as Requested Fresh Fruit | Beverage as Requested Peanut Butter Cookies |
| Dinner | | | | | | |
| Country Style Fried Chicken | Ginger Roast Pork | Salisbury Steak | Creamy Dijon Chicken & Mushrooms | Mediterranean Glazed Haddock | Honey Marinated Pork Loin | Roast Beef |
| Garlic Mashed Potatoes | Fluffy Rice | Paprika Potatoes | Scalloped Potatoes | Mashed Potatoes | Boiled Red Potato | Yorkshire pudding |
| | Mixed Vegetables | Summer Vegetable | Broccoli Florets | Florentine Veg Mix | Sunrise Vegetables | Seasoned Green Beans |
| Cherry Tart | Caramel Cheesecake | Frozen Yogurt | Blueberry Crisp | Triple Chocolate Fudge Cake | Rice Pudding | Cherry Pie |
| OR | OR | OR | OR | OR | OR | OR |
| Swedish Meatballs | Teriyaki Turkey | Sole w/Lemon Pepper | Hawaiian Ham | Farmers Sausage | Baked Chicken Breast | Turkey Schnitzel |

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian