

WESTERN CANADA MENU SPRING/SUMMER 2021

WEEK 3

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						
Garden Vegetable Soup	Beef Vegetable Soup	Chicken Vegetable Noodle Soup	Homemade Vegetable Barley Soup	Cream of Potato & Leek Soup	Hearty Beef Soup with Lentils & Barley	Cream of Chicken Soup
Hamburger on Wheat Bun	Macaroni & Cheese	English Style Battered Pollock	Chicken Caesar Salad	Ham & Cheese Omelet	Perogies Casserole	Weiners & Beans
Greek Salad	Stewed Tomatoes	Fries & Coleslaw	Garlic Cheese Bread	Spring Mix Lettuce Salad	Prince Edward Vegetables	Dinner Roll
Fresh Watermelon	Crushed Pineapple	Fruit Cocktail	Chilled Diced Peaches	Chilled Tropical Fruit	Mandarin Oranges	Chilled Diced Pears

OR		OR		OR		OR	
Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs	Assorted Sandwichs

PM SNACK						
Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested
Banana Super Grains Cookie	Raspberry Turnover Cookie	Shortbread Swirl Cookie	Chocolate Chip Cookie	Maple Cream Cookie	Assorted Wafer Cookies	Nutri-Grain Strawberry Bar

Dinner							
Battered Cod Fillet	Sweet & Sour Chicken	Seasoned Cowboy Steak	Honey Garlic Ribs	Braised Cod with Tomato & Basil	Tandoori Chicken	Roast Turkey	
Mashed Potatoes	Fluffy Rice	Baked Potato	Mashed Potatoes	Oven-Browned Potatoes	Herbed Potatoes	Whipped Potatoes	
Asian Vegetables	Green Peas	Whole Green Beans	Pick of the Day Vegetable Blend	Sunrise Vegetables	California Vegetables	Green Beans	
Boston Cream Pie	Frozen Yogurt	Banana Cream Pie	Apple Crisp	Mango Mousse	Brownie	Homemade Apple Pie	
OR		OR		OR		OR	
Pork Chop & Mushroom Sauce	Baked Ham in Pineapple Juice	Turkey Cacciatore	Spaghetti & Tomato Sauce	Meatloaf	Swiss Veal Cutlet	Meat Lasagna	

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian