

**WESTERN CANADA Spring/Summer menu 2022**

**WEEK 1**

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>						
Beef Vegetable soup	Chicken, vegetable barley soup	Cream of Cauliflower soup	Turkey Rice soup	Cream of mushroom soup	Italian Wedding Soup	Chicken Tortilla soup
Cheese Omelet	Cottage cheese fruit plate	Chicken Fingers/plum sauce	Pizza	Beef Taco Salad	Pancakes/Strawberry rhubarb compote	Four cheese Penne pasta Casserole
Hashbrowns	Carrot muffin	Fries, Mixed salad/french dressing	Spring mix salad	Corn bread muffin	Sausages/Syrup	Cesar salad
Mandarin oranges	blueberry Jello	Pineapple	Fruit cocktail	Pears	peaches	watermelon
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	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
<b>Dinner</b>						
Country style fried chicken	Honey BBQ pork chop	Salisbury Steak/beef gravy	Creamy dijon chicken/mushrooms	Mediterranean glazed Haddock	Honey marinated pork Loin	Roast beef/gravy/Yorkshire pudding
Mashed Potatoes	Fluffy rice	Paprika potatoes	Rice Pilaf	Mashed potatoes	Boiled potatoes	Whipped potatoes
corn	Florentine veg	Scandinavian veg	Lemony green beans	Sauteed peppers/onions	Sunrise vegetables	Squash
Date square	Caramel cheesecake	Banana Split Mousse	Blueberry Crisp	Brownies	Rice pudding	Cherry pie
OR	OR	OR	OR	OR	OR	OR
Swedish Meatballs	Teriyaki Turkey	Lemon pepper sole	Hawaiian ham	Oktoberfest sausages	Lemon pepper chicken	Turkey pot pie

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

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

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