

| | | WESTERN CANADA Spring/Summer 2025 | | | | 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 | | | |
|------------------------|-----------------------|--------------------------------|-----------------------|--------------------------------------|--------------------------|---------------------------------------|-----------------------|
| Garden Vegetable Soup | Beef veg. soup | Chicken veg. noodle soup | Tomato Basil soup | Italian Potato leek soup | Corn Chowder | Chefs Special soup | |
| Hamburger on Wheat Bun | macaroni & Cheese | English Style Battered Pollock | Chicken Caesar Salad | Cheese Cannelloni with alfredo sauce | Perogies/Bacon/Sourcream | Tuna Salad sandwiches | |
| Greek Salad | Stewed tomatoes | Tartar Sauce/French fries | Garlic bread sticks | California mix veg | Carrots | tossed Garden salad/balsamic dressing | |
| Fruit cocktail | Honeydew | Coleslaw | Peaches | Chilled Tropical Fruit | Mandarin Oranges | Chilled Diced Pears | |
| | | Fresh watermelon | | | | | |
| OR | OR | OR | | | OR | OR | |
| 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 | Beverage as Requested |
| thumbprint | Double chocolate | Shortbread | Chocolate Chip Cookie | Chefs choice | Applesauce cookies | Dad's cookies | |

| | | | | Dinner | | | |
|------------------------------|--------------------------------|-------------------------|---------------------------------|---------------------------------|--------------------------------|------------------------|--|
| Metiterranean chicken breast | Pork loaf with cranberry glaze | Beef Pot Pie | BBQ Asian pork fried rice | Braised Cod with Tomato & Basil | Portuguese spiced chicken legs | Pork Roast/Gravy | |
| Lemon herb orzo | Mashed Potatoes | Brown Gravy | Spring rolls | Oven-Browned Potatoes | Basmati Rice | | |
| Mediterranean roasted veg. | Butternut Squash | Baked Potato/sour cream | Asian Vegetables | Corn | Zucchini Medley | Garlic Mashed potatoes | |
| Butterscotch Ice Cream | Strawberry Shortcake | Veg. mix | Chocolate tarts/whipped topping | Raspberry Sherbet | Strawberry Jello/topping | Sunrise Vegetables | |
| | | Coconut cream pudding | | | | Lemon Meringue pie | |
| OR | OR | OR | | | OR | OR | |
| Garden Chili | Liver and Onions | Turkey Cacciatore | meatloaf | Farmers Sausage | Honey Garlic Ribs | Meat Lasagna | |

may 26-June 1

June 16-22

July 7-13

July 28-aug 3

Aug 18-24

Sept 8-14

Sept 29-Oct 5

X
Food Services Manager

X
Administrator

X
Dietitian