

| WESTERN CANADA MENU Spring/Summer 2025 | | | | | | |
|--|------------------------|------------------------|------------------------|------------------------------|------------------------|------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 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 | Cream of Wheat | Oatmeal/Cream of Wheat | Oatmeal/Cream of Wheat |
| Cold Cereal Variety | Cold Cereal Variety | Cold Cereal Variety | Cold Cereal Variety | Puree Egg | Cold Cereal Variety | Cold Cereal Variety |
| Toast/Muffin | Toast/Muffin | Toast/Muffin | Toast/Muffin | | Toast/Muffin | Toast/Muffin |
| Egg | Egg | Egg | Egg | | Egg | Egg |
| Fruit/Yogurt Selection | Fruit/Yogurt Selection | Fruit/Yogurt Selection | Fruit/Yogurt Selection | Puree 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 | | | | | | |
|---|-------------------------------------|------------------------------|---------------------------------|--|---------------------------|----------------------------|
| Tomato herb Florentine soup | Cream of Broccoli Soup | Minestrone Soup | Chicken rice soup | Tomato, red lentil soup | Cream of Cauliflower soup | Cream of Vegetable Chowder |
| Boneless chicken wings/honey dill sauce | Roast beef,lettuce, tomato sandwich | Sausage tomato garden Quiche | Cheese Tortellini with Marinara | salmon and potato salad plate/beet and onion salad | Salami/cheese sandwich | Fish sticks/tartar sauce |
| potato bites | bread and butter pickles | Roasted Root Veg. | Mixed green Italian salad | whole wheat bread | Copper pennies | sweet potato fries |
| salad with balsamic vinaigrette | Cantaloupe chunks | | Fresh Watermelon | | Crushed Pineapple | Caesar salad |
| Chilled Diced Peaches | | Honeydew Melon | | Mango | | Mandarin Oranges |
| 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 | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested | Beverage as Requested |
| Double chocolate cookies | Honey drop cookies | Ranger cookies | chef's choice cookies | peanutbutter cookies | Raisin drop cookies | Angel Cookies |

| Dinner | | | | | | |
|-------------------------|---------------------------|-----------------------------|----------------------------|---------------------------------|-----------------------------|----------------------------|
| Shepherd's Pie | Pork chops with bbq sauce | Chinese chicken stew | Swiss steak/mushroom sauce | Herb chicken thigh | Spaghetti and meatballs | Pork Roast/gravy |
| Gravy | Mashed potatoes | Rice with Cilantro and lime | Roasted Potatoes | Scalloped potaoes | | Garlic Mashed Potatoes |
| Sliced carrots | Corn | Sunrise vegetables | Peas | Green Beans | Broccoli | Italian Mixed Vegetables |
| Chocolate Pudding cake | French Vanilla Ice Cream | Cherry Cheesecake | Blueberry Tart | Vanilla Chocolate Ice Cream bar | Bread pudding/Custard sauce | Apple Cake/whipped topping |
| Or | or | or | or | or | or | or |
| Salmon/lemon dill sauce | Turkey stirfry | Parmesan Crusted Haddock | turkey schnitzel | Meatballs | Turkey pot pie | Veal Cutlet |

June 9-15

June 30-July 6

July 21-27

Aug 11-17

Sept 1-7

Sept 22-28

Oct 13-19

X
Food Services Manager

X
Administrator

X
Dietitian