

		WESTERN CANADA MENU Spring/Summer 2025				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	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			
Minestrone Soup	Cream of Broccoli Soup	Chicken Rice Soup	Tomato herb Florentine soup	Tomato, red lentil soup	Cream of Cauliflower soup	Chef Special soup
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	Turkey/gravyCranberry sauce
Gravy	Mashed potatoes	Rice with Cilantro and lime	Roasted Potatoes	Scalloped potaoes		Herbed Potatoes
Sliced carrots	Corn	Peas	Sunrise vegetables	Green Beans	Broccoli	Italian Mixed Vegetables
Chocolate Pudding cake/ topping	French Vanilla Ice Cream	Cherry Cheesecake	Butter 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	Cabbage rolls	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