

WESTERN CANADA MENU FALL/WINTER 2019

WEEK 1

| Monday, Mar 30 | Tuesday, Mar 31 | Wednesday, Apr 01 | Thursday, Apr 02 | Friday, Apr 03 | Saturday, Apr 04 | Sunday, Apr 05 |
|------------------------------------------|-------------------------------------------------|------------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|----------------------------------------------|
| 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 | | | | | | |
| Cream of Tomato & Pepper Soup | Split Pea Soup Vegt | Chicken Vegetable Noodle Soup | Cream of Cauliflower Soup | Corn Chowder | Beef Vegetable Barley Soup | Fall Harvest Soup |
| Pastrami Sandwich | Beef & Macaroni Casserole | Battered Haddock Bites | Perogies w/Bacon & Onions | Pulled Pork Sliders | Cheese Ravioli with Alfredo Sauce | Saucy Turkey Meatball Sub |
| Tossed Salad & Italian Dressing | Mixed Salad with French Dressing | French Fries & Caesar Salad | Sweet & Sour Cabbage | Tossed Ranch Salad | Green Beans | Grilled Vegetables |
| Cantaloupe Chunks | Mandarin Oranges | Crushed Pineapple | Blueberries | Fruit Cocktail | Chilled Tropical Fruit | Sliced Strawberries |
| 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 Oatmeal Cookies | Beverage as Requested Assorted Wafer Cookies | Beverage as Requested Maxifruit Strawberry Cookie | Beverage as Requested Assorted Cream Cookie | Beverage as Requested Peanut Butter Cookies | Beverage as Requested Chocolate Chip Cookie | Beverage as Requested Cinnamon Applesauce |
| Dinner | | | | | | |
| Glazed Ham | Honey Garlic Chicken | Apple Cider Pork Chops | Hamburger Steak w/Caramelized Onions | Turkey Cranberry Casserole | Montreal Spiced Chicken | Beef Pot Roast |
| Scalloped Potatoes | Oven-Browned Potatoes | Parisienne Potatoes | Beef Gravy, Mashed Potatoes | Broccoli Florets | Roasted Potatoes | Mashed Potatoes |
| Dilled Peas | Diced Squash | Seasoned Green Beans | Zesty Balsamic Carrots | Vanilla Ice Cream | Fall Medley Vegetables | Oriental Vegetables |
| Brownie | Homemade Butter Tart | Butterscotch Pudding | Coconut Cream Pie | | Tapioca Pudding | Lemon Meringue Pie |
| OR | OR | OR | OR | OR | OR | OR |
| Crunchy Baked Cod | Zucchini Parmigiana with Garlic Bread | Homestyle Turkey Vegetable Stew | Chili TexMex with Corn Muffin | Baked Salmon Fillet with Boiled Red Potato | Swiss Veal Cutlet | Sweet & Sour Pork |