WESTERN CANADA Fall/Winter 2026-2027 — 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						
Butternut Squash soup	Vegetable noodle soup	Beef Barley and lentil soup	Italian Pasta fagioli soup	Fall Harvest soup	cream of cauliflower soup	Chefs Choice!
Fish fingers/tarter sauce	Grilled ham and cheese sandwich	Pasta with Turkey Bolognese	Broccoli cheddar quiche	Gnocchi with beef and mushroom cream sauce	Turkey and cheese sandwich	Oktoberfest sausage on a bun with Sauerkraut
Fries, Creamy Coleslaw	Spinach salad/dressing	Ceasar salad	4 bean salad	PEI veg	Beet and onion salad	Lettuce salad with fresh veggies
Apple Slices	Chilled diced peaches	pineapple tidbits	Pears	Fruit cocktail	Mandarins	Apricotes
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 Banana loaf or muffins	Beverage as Requested Raspberry Turnover Cookie	Beverage as Requested Shortbread	Beverage as Requested Chocolate Chip Cookie	Beverage as Requested Gingersnap cookies	Beverage as Requested Oatmeal raisin cookies	Beverage as Requested Applesauce cookies
Dinner						
Chicken pot pie	Beef Ragout	Maple glazed pork chops	Meatballs/gravy	Breaded pollock	Breaded veal cutlet/mushroom gravy	Roast Turkey
Garlic whipped potato	Rice Pilaf	Tater tots	Mashed potatoes	Jasmine Rice	Broad noodles	Mashed potatoes/Gravy
Balsamic glazed sliced carrots	Green Beans	Green peas	Italian mix veg with basil	Asian mix veggies	Mixed Veggies	Brussel sprouts
Mini cupcakes	Ice cream sandwich	Bread pudding/caramel sauce	Banana Pudding	Lemon pudding cake	Pineapple Cheesecake	Vanilla Caramel cake
OR	OR	OR			OR	OR
Meatloaf	Montreal seasoned baked chicken thigh	Baked Salmon	Chicken wings	Pork tenderloin	Honey garlic chicken	Cheese tortellini/sauce

Oct 26-Nov1 Nov 16-22 Dec 7-13 Dec 28-Jan 3 Jan 18-24 Feb 8-14 March 1-7

X
Food Services Manager

X
Administrator

X
Dietitian