

WESTERN CANADA MENU Fall/winter 2024-2025						WEEK 2
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
South Asian Cultural Day 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						
Country Bean & veg. soup	Cream of Squash soup	Turkey Rice soup	Pepper pot soup	French Canadian pea soup	Tomato Basil Soup	Cabbage & potato soup
BLT sandwich	Vegetable Quiche	Macaroni & cheese	Beef Burger	Tuna melt on Bun	Pancakes/Sausages	Chicken wings/ Green peas
tossed salad	Marinated cucumbers	Baked tomato au gratin	Ceasar salad	Creamy Coleslaw	Syrup/ Strawberry compote	Potato & egg salad
Chilled diced pears	Mandarin oranges	Crushed pineapple	Chilled peaches	Strawberries/topping	Honeydew	Hot spiced apples

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
Strawberry turnover cookies	ginger snap cookies	pumpkin cookies	oatmeal raisin cookies	sugar cookies	wafer cookies	assorted cookies

		Dinner				
Turkey schnitzel/gravy	Swedish meatballs	Butter Chicken/Naan Bread	Pork Tourtiere	Baked Chicken with chalet sauce	Salisbury steak	Roast turkey
Herbed potatoes	Parslied noodles	Rice Pilaf	Mushroom gravy	Boiled potatoes	Roasted potatoes	Mashed Potatoes
Sliced Carrots	Dilled peas	Broccoli	Brussel Sprouts	Fall Medley	Orange Glazed parsnips	Green Beans
Butterscotch Square	Chocolate Tarts	Blondie bars	Vanilla Ice Cream	Lemon Pudding cake	Banana Pudding	Vanilla frosted chocolate cake
OR	OR	OR	OR	OR	OR	OR
Pork Stir fry	Pesce alla marinara	Farmers sausage	Turkey stew	Chili	Baked haddock/dill sauce	Pork loin/mushroom sauce

X  
Food Services Manager

X  
Administrator

X  
Dietitian