

WESTERN CANADA MENU Spring/Summer 2023

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
RELAXED BREAKFAST						
Assorted Pure Juices						
Oatmeal/Cream of Wheat						
Cold Cereal Variety						
Toast/Muffin						
Egg						
Fruit/Yogurt Selection						
2% Milk						
Coffee or Tea						

Lunch						
Creamy carrot Ginger Soup	Chicken vegetable Barley soup	Cream of celery soup	Homestyle Turkey vegetable soup	Cream of mushroom Soup	Italian Wedding soup	Fiesta chicken chowder
Swiss & Parmesan cheese Omllette	Cottage cheese fruit salad plate	Chicken strips/plum sauce	Pizza of choice	Beef Taco Salad	Hot Dog on Bun	Pancakes/bacon strips
Chopped salad with Balsamic	Fruit extreme muffin	Mixed salad with French dressing	Spring mix Lettuce salad	Cornbread	Caesar Salad	Syrup
Pineapple Tidbits	Strawberry jello with topping	Pudding	Fruit cocktail	Mandarin oranges	Blueberries with whip topping	Fresh watermelon
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 Strawberry turnover cookies	Beverage as Requested ginger snap cookies	Beverage as Requested pumpkin cookies	Beverage as Requested oatmeal raisin cookies	Beverage as Requested sugar cookies	Beverage as Requested wafer cookies	Beverage as Requested assorted cookies

Dinner						
Country style fried chicken	BBQ pork chops	Salisbury Steak/gravy	Creamy Dijon chicken & Mushrooms	Mediterranean glazed Haddock	Teriyaki turkey	Roast beef/gravy
Garlic mashed potatoes	Herbed Potatoes	Paprika Potatoes	Basmati Rice	Scalloped Potatoes	Fluffy Rice	Mashed Potatoes
Cocktail vegetables	Peas & Pearl onions	Broccoli Florets	Green Beans	Florentine Veg. Mix	Ilalian mixed Vegetables	Mexican mixed vegetables
Chocolate mousse	Icecream Sandwich	Caramel cheesecake	Blueberry crisp	Chocolate brownies	Pudding	Yorkshire pudding
Cherry pie						
OR	OR	OR	OR	OR	OR	OR
Swedish meatballs	Veal Cutlet	Lemon pepper sole	Farmers sausage	Hawaiian ham	Baked chicken breast	Honey marinated pork loin

X
Food Services Manager

X
Administrator

X
Dietitian

May 8-14

May 29-June 4

June 19-25

July 10-16

July 31-Aug 6

Aug 21-27

Sept 11-17