

WESTERN CANADA MENU Spring/Summer 2024

WEEK 2

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						
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 Omlette	Captain burger/tartar sauce	Chicken strips/plum sauce	Pizza of choice	Steak and Mushroom pot pie	Pancakes/bacon strips	Hot Dog on Bun
tossed salad	Rainbow Coleslaw	Poutine gravy/cheese curds	Spring mix Lettuce salad	Roasted mediterranean vegetables	Syrup	Caesar Salad
Mandarin oranges	blueberries with topping	Crushed pineapple	Fruit cocktail	strawberries/topping	fresh fruit salad	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	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested	Beverage as Requested

Dinner						
Country style fried chicken	BBQ pork chops	Salisbury Steak/gravy	Farmers sausage	Mediterranean glazed Haddock	Turkey mashed potato casserole	Roast beef/gravy
Garlic mashed potatoes	Rice	Paprika Potatoes	scalloped potatoes	fluffy rice		Mashed Potatoes
Cocktail vegetables	Peas & Pearl onions	Broccoli Florets	Green Beans	Florentine Veg. Mix	Eurogold vegetables	Prince edward Vegetables
Chocolate mousse	Icecream Sandwich	Caramel cheesecake	Blueberry crisp	Chocolate brownies	Rice Pudding	Maple Avalanche cake

OR	OR	OR	OR	OR	OR	OR
Swedish meatballs	Veal Cutlet	Lemon pepper sole	chicken pot pie	Hawaiian ham	Baked chicken breast	Honey marinated pork loin
June 3-9	June 24-30	July 15-21	Aug 5-11	Aug 26-Sept 1	Sept 16-22	Oct 7-13

X
Food Services Manager

X
Administrator

X
Dietitian