

WESTERN CANADA MENU Spring/Summer 2024

WEEK 3

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						
Garden Vegetable Soup	Cream of Broccoli Soup	Minestrone Soup	Barley Beef Soup	Chicken Rice Soup	Cream of Tomato Soup	Cream of Vegetable Chowder
Boneless chicken wings/honey dill sauce	Roast beef, lettuce, tomato sandwich	Sausage tomato garden Quiche	Cheese Tortellini with Marinara	Salmon and Potatto salad plate/beet and onion salad	Chicken Burger	Cod Nuggets/tartar sauce
Potato bites	Bread and butter pickles	Roasted Root Veg.	Mixed Green Italian salad	Whole wheat bread	Copper pennies	Sweet Potato Fries
salad with Balsamic Vinaigrette Dressing	Chilled Diced Peaches		Fresh Watermelon		Crushed Pineapple	Cesar salad
Cantaloupe chunks	Honeydew Melon			Mango		Mandarin Oranges
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
Double chocolate cookies	blueberry turnover	chocolate chip cookies	chef's choice cookies	peanutbutter cookies	Assorted Wafer Cookies	fig newtons

Dinner						
Shepherd's Pie	Turkey Sitrfry	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	Spaghetti & Meat sauce	Korean Beef short ribs	Pork Roast/gravy
Gravy	Fluffy Rice	Scalloped Potatoes	Roasted Potatoes	Garlic Bread	fluffy rice	Garlic Mashed Potatoes
California vegetables		Sunrise Vegetables	Peas	Green Beans	Broccoli	Italian Mixed Vegetables
Apple crumble square	French Vanilla Ice Cream	Cherry Cheesecake	Blueberry Tart	Vanilla Chocolate Ice Cream Bar	Carrot Cake	Chocolate Cream Mint Pie
OR	OR	OR	OR	OR	OR	OR
Salmon/lemon dill sauce	Pork drummies	Parmesan Crusted Haddock	Roasted Vegetable Lasagna	Fried Chicken	Ham	Veal cutlets

June 10-16 July 1-7 July 22-28 Aug 12-18 Sept 2-8 Sept 23-29 Oct 14-20

X _____
Food Services Manager

X _____
Administrator

X _____
Dietitian