

Fall/Winter MENU - 2021/2022

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Blueberry Muffin Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Garden Vegetable Soup Fish & Chips Creamy Coleslaw Diced Peaches	Split Pea Soup Macaroni & Cheese Roasted Broccoli & Peppers Pears	Potato Dill Soup Egg Salad Sandwich Spring Mix Salad Chocolate Cake	Cream of Broccoli Soup Cottage Cheese & Fruit Platter Bran Muffin Vanilla Ice Cream	Tomato Soup Vegetable Quiche Italian Mix Vegetables Sticky Toffee Pudding	Cream of mushroom soup Grilled Cheese Sandwich Tossed Salad Cocktail Frui Salad	Carrot & Ginger Soup Hamburger on Bun Lettuce & Tomato/Potato Wedge Mandarin Orange
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Seasoned Chicken Breast Rice Brussel Sprouts Coconut Cream Pie	Sweet & Sour Pork Steamed Rice Oriental Mix Vegetables Apricot Crisp	Roast Turkey w/ Herbed Stuffing & Pan Gravy Mashed Potatoes Roasted Squash Fresh Fruit Cup	Pasta & Meatballs Caesar salad Garlic bread Diced Pears	Braised Cod Fish Oven Browned Potatoes Glazed Carrots Diced Pineapple	Roasted Pork Loin Scalloped Potatoes Green Peas Chocolate Brownie	Perogies Casserole Sauteed Pepper & Onions Tripleberry Crumble Cake
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Roasted Chicken Breast	Turkey Salad Sandwich	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

Menu subject to change without notice

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Breakfast: 250 ml of milk and 125 ml of juice are offered daily.
 Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
 AM/PM/HS: Assorted Beverages (125 ml juices/milk/tea/coffee).
 HS: Assorted sandwich is also available upon request



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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8	9	10	11	12	13	14
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Raisin Bread Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Breakfast Sausage French Toast & Syrup Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Vegetable Barley Soup Chicken Pot Pie Broccoli Slaw DCD Pineapple	Corn Chowder Grilled Ham & Cheese Sandwich Milanese Green Beans Vanilla Ice Cream	Chef's Choice Fresh Fruit Cup	Cream of Broccoli Soup Cheese Cannelloni Mixed Green Salad Butter Tart Bar	Tomato Macaroni Soup Tuna Salad Sandwich Spinach Salad Mandarin Orange	Cream of Cauliflower Soup Hot Dog on Bun Tossed Salad Apricots	Cream of Celery Soup Vegetable Lasagna Tomato & Onion Feta Salad Carrot Cake
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Herbed Baked Tilapia Roasted Potatoes Italian Vegetable Mix Citrus Cake	Oven Baked Meatloaf w/ Gravy Mashed Potatoes Roasted Squash Blueberry Pie	Creamy Chicken Breast Egg noodles Green & Wax Beans Strawberry Crumble	Pork Cutlet Roasted Potatoes Broccoli & Cauliflower Mix Fruit Salad	BBQ Chicken Thigh Whipped Potatoes Brussel Sprouts Apple Crisp	Roast Beef Mashed Potatoes Peas & Carrots Lemon Pie	Honey Marinated Pork Loin Dinner Roll California Mixed Vegetables Diced Peaches
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Herbed Chicken Breast	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Assorted Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	15	16	17	18	19	20	21
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Bran Muffin Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Split Pea Soup Cod Nuggets w/ Tartar Sauce Potato Wedges/Rainbow Coleslaw Pears	Carrot & Ginger Soup Egg Salad Sandwich Mixed Green Salad Vanilla Cake	Cream of Vegetable Soup Cottage Cheese & Fruit Platter Cheese Biscuit Blueberry Pie	Cream of Tomato Soup Broccoli & Cheese Quiche Tossed Romaine Salad Peaches & Pears	Bean & Vegetable Soup Beef Ribette on a Bun Spring Mix Salad Apricots	Cream of Mushroom Soup Pasta Tortellini in Tomato Sauce Caesar Salad Maple Cake	Minestrone Soup Sausage Patty & Hashbrown Spinach & Mandarin Salad Lemon Pie
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Rosemary Garlic Chicken Rice Sunrise Vegetables Chocolate Cake	Salisbury Steak w/ Gravy Mashed Potatoes Brussel Sprouts Rhubarb Crisp	Pork Roast w/ Gravy Scalloped Potatoes Buttered Corn Mandarin Orange	Butter Chicken Basmati Rice Green Beans & Mixed Peppers Coconut Cream Pie	Herb Baked Salmon Roasted Potatoes California Mix Vegetables Butter Tart Bar	Turkey a La King Steamed Rice Broccoli & Cauliflower Mix Fruit Salad	Swedish Meatballs Mashed Potatoes Red & Green Cabbage Apple Crisp
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Roasted Chicken Breast	Turkey Salad Sandwich	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

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 HS: Assorted sandwich is also available upon request

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	22	23	24	25	26	27	28
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Raisin Bread Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs & Bacon Pancake w/ Syrup Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Chicken Noodle Soup Veggie Burger Condiments Spring Mix Salad Diced Pears	Vegetable Soup Crispy Chicken Chunks w/ Plum Sauce Potato Wedge Carrot & Raisin Coleslaw Nanaimo Bar	Chef's Choice Peaches	Split Pea Soup Three Cheese Perogies w/ Bacon Crumbs Sour Cream Triple Bean Salad Apple Pie	Cream of Vegetable Soup Tuna Salad Plate Whole Wheat Dinner Roll Lettuce & Tomato Wedges Honeydew	Tomato Basil Soup Grilled Cheese & Turkey Sandwich Mixed Green Salad Blueberry Cheesecake	Cream of Lentil Soup Pepperoni or Cheese Pizza Cucumber Salad Apricots
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Basa fillet w/ Coconut Red Curry Sauce Jasmine Rice Peas Peach Cobbler	Honey Pork Chop Mashed Potatoes Brussel Sprouts Fruit Cocktail	Roast Beef w/ Gravy Roasted Potatoes Roasted Carrots & Cauliflower Coconut Cream Pie	Creamy Chicken & Mushroom Egg noodles Steamed Broccoli Crushed Pineapple	Baked Ham Scalloped Potatoes Italian Mix Vegetables Strawberry Crisp	Cabbage Roll Casserole Cheese Biscuit Green Beans Fresh Fruit Salad	Vegetable Lasagna Whole Wheat Dinner Roll Glazed Carrots Lemon Pie
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Herbed Chicken Breast
HS	Assorted Beverages Assorted Fruits/Yogurt	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Assorted Fruits/Yogurt

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 HS: Assorted sandwich is also available upon request