

Spring/Summer- 2024

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 Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Boiled Eggs Assorted Muffin Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Cinnamon Oatmeal Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Bacon Pancakes/ 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 | Potato Dill Soup Tuna Salad Sandwich Spring Mix Salad Chocolate Cake | Split Pea Soup Macaroni & Cheese Caesar salad Tropical Fruit | Garden Vegetable Soup Fish & Chips Creamy Coleslaw Vanilla Ice Cream sandwich | Cream of mushroom soup Egg Salad Sandwich Tossed Salad Dice Pears | Tomato Soup Cheese Perogies w/ bacon Sour cream Beet Carrot Salad Mix Berry Blend | Cream of Broccoli Soup Cottage Cheese & Fruit Platter Scones Blueberry Yogurt | Carrot & Ginger Soup Hamburger on Bun Lettuce & Tomato Potato Wedges Fruit Jello |
| Alternate | Shredded Cheese sandwich | Egg sandwiches | Chicken salad Sandwich | Tuna Salad Sandwich | Salmon salad sandwich | Egg salad sandwich | Cheese Sandwich |
| PM | Assorted Beverages Grapes Chocolate Chip Cookie | Assorted Beverages Oranges Blueberry Loaf | Assorted Beverages Cantaloupe Digestive Cookie | Assorted Beverages Strawberries Assorted dessert | Assorted Beverages Diced Melons Wafers | Assorted Beverages Grapes Blueberry Loaf | Assorted Beverages Oranges Social tea biscuit |
| Supper | Parmesan Chicken Breast White Sauce Scalloped Potato Brussel Sprouts Tapioca Pudding | Sweet & Sour Pork Steamed Rice Oriental Mix Vegetables Apricot Crisp | Baked Meatloaf w/ Brown Gravy Mashed Potatoes Brioche Bun Green Beans Cream Puffs | Chicken Souvlaki w/ Tzatziki Sauce Pita Bread California Mix Vegetables Lemon Strudel cake | Pollock Fish in Creamy Basil Sauce Steamed Rice Vegetable pick of the day Assorted Ice Cream | Mushroom Pork chops w/ Mushroom Sauce Garlic Parmesan Penne Pasta Buttered Carrots Tiramisu Mousse Pudding | Roast Turkey w/ Herbed Stuffing & Pan Gravy Mashed Potatoes Roasted Squash Apple Pie |
| Alternate | Crispy Cod Fish | Veg Lasagna | Vegetarian Patty | Salisbury Steak | Roasted Chicken Breast | Hamburger Patty | Battered Fish |
| HS | Assorted Beverages Banana Loaf/Yogurt | Assorted Beverages Shortbread cookie/Yogurt | Assorted Beverages Carrot Loaf/ Yogurt | Assorted Beverages Oatmeal Cookie/Yogurt | Assorted Beverages Carrot Loaf/Yogurt | Assorted Beverages Chocolate chip Cookie/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

| 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 Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Boiled Eggs Apple Danish Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Cinnamon Oatmeal Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Turkey Sausages 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 | Corn Chowder Ham & Cheese Sandwich Caesar Salad Apricot Halves | Vegetable Barley Soup Turkey Pot Pie Focaccia Bread Spinach Salad w/ Honey Mustard dressing Fruit Cocktail | Golden Lentil Soup Creamy chicken Tortellini Pasta Brioche Bun Mix Green Salad Dice Peaches | Cream of Cauliflower Soup Hot Dog on Bun Spring Mix Salad Fruit Salad | Tomato Macaroni Soup Tuna Salad Sandwich Mandarin Spinach Salad Ice cream Sandwich | Cream of Broccoli Soup Grill Chicken Caesar salad Garlic Bread Apricot Halves | Cream of Celery Soup Vegetable Lasagna Tomato & Onion Feta Salad Pineapple Tidbits |
| Alternate | Turkey Salad Sandwich | Cheese sandwiches | Ham Sandwich | Egg Salad Sandwich | Swiss Cheese Sandwich | Tuna Salad sandwich | Sliced Beef Sandwich |
| PM | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Strawberries Chocolate Chip Cookie | Watermelon Cranberry loaf | Grapes Shortbread Cookie | Oranges Wafers | Blueberries Oatmeal Cookie | Diced Melons Banana Loaf | Grapes Peanut Butter Cookie |
| Supper | Herbed Baked Tilapia Roasted Potatoes Italian Vegetable Mix Lemon Bar | Beef Stroganoff Egg Noodles Sliced Carrots Ice Cream | Pork Cutlet Steamed Rice Broccoli & Cauliflower Mix Carrot Cake | Poached Salmon Hollandaise Sauce Barley Pearled Parslied Zucchini Nanaimo Bar | BBQ Chicken Thigh Whipped Potatoes Brussel Sprouts Apple Crisp | Sheppard's Pie w /Brown Gravy Mix 4-way Vegetables. Cream Puffs | Honey Marinated Pork Loin Scalloped Potato Dinner Roll California Mixed Vegetables Blueberry Pie |
| Alternate | Turkey Salad Sandwich | Vegetarian Patty | Egg Salad Sandwich | Ham salad Sandwich | Tuna Sandwich | Herbed Chicken Breast | Sliced Beef Sandwich |
| HS | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Banana Loaf/Yogurt | Shortbread Cookie/Yogurt | Blueberry Loaf/Yogurt | Oatmeal Cookie/Yogurt | Lemon Loaf/Yogurt | Digestive Cookie/Yogurt | Blueberry Loaf/Yogurt |

Menu subject to change without notice

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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 Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Boiled Eggs Assorted Muffin Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Cinnamon Poached Eggs Raisin Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Bacon Pancakes 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 Salmon salad sandwich Mandarin Spinach Salad Dice Pears | Cream of Celery Soup Vegetarian Lasagna Garlic Bread Caesar Salad Assorted Yogurt | Cream of Broccoli Soup Tuscan Chicken Bow tie Pasta Garlic Bread Carrot and Raisin Salad Ice Cream | Bean & Vegetable Soup Fish Burger w/ Sweet potato fries Tartar Sauce Spring Mix Salad Apricot Halves | Carrot & Ginger Soup Egg Salad Sandwich Mixed Green Salad Mango Whip | Cream of Tomato Soup Broccoli & Cheese Quiche Tossed Romaine Salad Date Square | Cream of Mushroom Soup Chicken Strips w\ Plum Sauce Potato Wedges Caesar Salad Fruit Salad |
| Alternate | Cheese Sandwich | Assorted sandwiches | Ham Sandwich | Chicken Salad Sandwich | Turkey Salad Sandwich | Egg Salad Sandwich | Swiss Cheese Sandwich |
| PM | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Watermelon Carrot Loaf | Strawberries Oatmeal Cookie | Oranges Chocolate Chip Cookie | Diced Melon Banana Loaf | Apple Slices Oatmeal Cookie | Cantaloupe Lemon Loaf | Grapes Shortbread Cookie |
| Supper | Rosemary Garlic Chicken Rice Sunrise Vegetables Chocolate Cake | Salisbury Steak w/ Gravy Mashed Potatoes Brussel Sprouts Butter Tart Bar | Pork Chope w/ Gravy Scalloped Potatoes Buttered Corn Vanilla Pudding | Korean Style Beef Rice Teriyaki Sauce California Mix Veg Cream Puffs | Herb Baked Salmon Roasted Potatoes Roasted Squash Vanilla Ice Cream sandwich | Turkey a La King Steamed Rice Broccoli & Cauliflower Mix Chocolate Mousse | Roast Beef w/ Brown Gravy Yorkshire Pudding Brussel Sprouts Mashed Potatoes Apple Pie |
| Alternate | Cheeses sandwich | Assorted sandwiches | Vegetarian Lasagna | Chicken Salad Sandwich | Roasted Chicken Breast | Egg Salad Sandwich | Swiss Cheese Sandwich |
| HS | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Assorted Cookies/Yogurt | Blueberry Loaf/Yogurt | Blueberry Loaf/Yogurt | Shortbread Cookie/Yogurt | Carrot Loaf/Yogurt | Peanut Butter Cookie/Yogurt | Lemon Loaf/Yogurt |

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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 Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Cinnamon oatmeal Boil Egg Apple Danish Peanut Butter/Assorted Jam Banana | Assorted Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana | Assorted Juice Oatmeal Turkey Sausages Waffles w/ 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 | Tomato Basil Soup Turkey & Swiss cheese Sandwich Mixed Green Salad Diced Peaches | Vegetable Soup Crispy Chicken Fillet w/ Plum Sauce Crispy Fries Caesar salad Fruit Cocktail | Cream of Broccoli Soup Greek Style pizza Tomato and Cucumber salad. Mandarin Oranges | Split Pea Soup Hot Dog on Bun Spring Mix Salad Pineapple Tidbits | Cream of Potato Soup Salmon Salad Croissant Tomato Cucumber Salad Ice- Cream | Chicken Noodle Soup Veggie Burger Condiments Spring Mix Salad Diced Pears | Cream of Mushroom Soup Fish & Chips Caesar Salad Fresh Fruit salad |
| Alternate | Beef salad Sandwich | Egg Salad sandwiches | Ham Sandwich | Chicken Salad Sandwich | Cheese Sandwich | Turkey Salad Sandwich | Swiss Cheese Sandwich |
| PM | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Apple Slices Chocolate Chip Cookie | Watermelon Wafers | Oranges Oatmeal Cookie | Blueberry Lemon Loaf | Diced Melon Peanut Butter Cookie | Grapes Banana Loaf | Cantaloupe Shortbread Cookie |
| Supper | Basa fillet w/ Coconut Red Curry Sauce Jasmine Rice Green Peas Nanaimo Bar | Honey Pork Chops Mashed Potatoes Brioche Bun Brussel Sprouts Peaches & cream | Salisbury Steak Egg Noodles Squash Ice cream Sandwich. | Creamy Mushroom Chicken Steamed Broccoli Penne Pasta Date Square | Baked Ham Scalloped Potatoes Italian Mix Vegetables Chocolate Brownie | Beef Cabbage Roll Mashed Potatoes Cheese Biscuit Green Beans Butter Tart Bar | Pork Loin Roasted Red Potatoes Whole Wheat Dinner Roll Glazed Carrots Lemon Pie |
| Alternate | Crispy Chicken | Egg Salad Sandwich | Plant Based Veg Patty | Crispy Fish | Crispy Chicken | Turkey Salad Sandwich | Herbed Chicken Breast |
| HS | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages | Assorted Beverages |
| | Banana Loaf/Yogurt | Shortbread cookie/Yogurt | Blueberry Loaf/Yogurt | Assorted Cookies/Yogurt | Carrot Loaf/Yogurt | Chocolate Chip Cookie/Yogurt | Blueberry Loaf/Yogurt |

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