

Western Canada SS 2018 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange Juice Strawberries Oatmeal Hard Boiled Egg Raisin Toast Brown Sugar 2% Milk Coffee or Tea ----- Assorted Cold Cereal Peanut Butter Whole Wheat Toast Jelly/Jam Margarine	Cranberry Juice Banana Half Cream of Wheat Poached Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Vanilla Yogurt Fruit Extreme Muffin	Apple Juice Mandarin Oranges Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Peanut Butter	Orange Juice Blueberries Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Vanilla Yogurt French Toast Syrup	Cranberry Juice Honeydew Melon Oatmeal Poached Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Peanut Butter	Apple Juice Banana Half Cream of Wheat Hard Boiled Egg Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Peanut Butter Bran Muffin	Orange Juice Cantaloupe Chunks Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine 2% Milk Coffee or Tea ----- Assorted Cold Cereal Peanut Butter Toasted English Muffin
L U N C H	Cream of Asparagus Soup Unsalted Soda Crackers Cheeseburger on Wheat Bun Mixed Green Italian Salad Ketchup Mustard Fresh Watermelon 2% Milk Coffee or Tea ----- Turkey Salad on Wheat	Beef Vegetable Soup Unsalted Soda Crackers Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Cantaloupe Chunks 2% Milk Coffee or Tea ----- Pastrami Sndw on Rye Sliced Dill Pickle Tossed Ranch Salad	Lentil & Vegetable Soup Unsalted Soda Crackers Whole Grains Breaded Fish Sticks Tartar Sauce Tator Tots Creamy Coleslaw Whole Wheat Bread Margarine Fruit Cocktail 2% Milk Coffee or Tea ----- Egg Salad Sndw on Wheat	Homemade Vegetable Barley Soup Unsalted Soda Crackers Chicken Caesar Salad - Wheat Roll Margarine Chilled Diced Peaches 2% Milk Coffee or Tea ----- Cheddar on Wheat Tomato Arugula Lettuce Salad	Cream of Potato & Leek Soup Unsalted Soda Crackers Sliced Egg & Salad Plate - Mini Croissant Chilled Tropical Fruit 2% Milk Coffee or Tea ----- Corned Beef on Wheat Tossed Salad & Italian Dressing	Country Bean & Vegetable Soup Unsalted Soda Crackers Perogies Onion Casserole Braised Red Cabbage & Bacon Whole Wheat Bread Margarine Mandarin Oranges 2% Milk Coffee or Tea ----- Mini Submarine Sandwich Spring Mix Lettuce Salad	Chicken Vegetable Noodle Soup Unsalted Soda Crackers Country Sausage Pancakes Strawberries & Rhubarb Compote Syrup Sliced Pears with Caramel Sauce 2% Milk Coffee or Tea ----- Tuna Salad Sandwich WW Greek Salad
D I N N E R	Baked Ham in Pineapple Juice Scalloped Potatoes Green Peas Whole Wheat Bread Margarine Brownie 2% Milk Coffee or Tea ----- Parmesan and Herb Baked Fish Lemon Wedge Garden Salad	Sweet & Sour Chicken Fluffy Rice Oriental Vegetables Whole Wheat Bread Margarine Citrus Orange Cake 2% Milk Coffee or Tea ----- San Francisco Pork Chops Mashed Potatoes Garden Salad	Seasoned Cowboy Steak Beef Gravy Baked Potato Sour Cream Parslied Cauliflower Whole Wheat Bread Margarine Creme Caramel 2% Milk Coffee or Tea ----- Turkey Divan Tea Biscuit Garden Salad	Marmalade Pork Loin Mashed Potatoes Broccoli Florets Whole Wheat Bread Margarine Lemonicious Bar 2% Milk Coffee or Tea ----- Veal with Mushroom Sauce Buttered Egg Noodles Garden Salad	Lemon Herb Panko Pollock Oven-Browned Potatoes Whole Green Beans Whole Wheat Bread Margarine Neapolitan Ice Cream 2% Milk Coffee or Tea ----- Meatloaf Beef Gravy Garden Salad	Greek Style Chicken Breast Whipped Potatoes California Vegetables Whole Wheat Bread Margarine Triple Berry Crumble 2% Milk Coffee or Tea ----- Honey Garlic Ribs Honey Garlic Sauce Garden Salad	Roast Turkey Turkey Gravy Herbed Potatoes Sunrise Vegetables Whole Wheat Bread Margarine Apple Pie Slice 2% Milk Coffee or Tea ----- Roasted Vegetable Lasagna Garden Salad Garlic Bread