

WESTERN CANADA MENU SPRING/SUMMER 2020

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5	May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6	May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7	May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11
BREAKFAST	Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Apple Juice Cinnamon Oatmeal Boiled eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Orange Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Nature Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Apple Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese	Orange Juice Cinnamon Oatmeal Poached Egg W/Hollandaise sauce Breakfast Sausage Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut butter or Yogurt Sliced Cheese
AM	Cranberry Juice	Apple Juice Scones	Orange Juice	Cranberry Juice / Muffin	Apple Juice	Orange Juice	Cranberry Juice
LUNCH	Cream of Leek Soup Mini Submarine sandwich Pickles & Pickled beets Fruit Cocktail substitute Egg Salad Sandwich	Mushroom Soup Macaroni & Cheese Stewed Tomato Fresh watermelon substitute Roast beef sandwich Sliced Dill Pickle	Home Made Vegetable Barley Soup Hawaiian Chicken Salad Dinner Roll Tropical Fruit Salad substitute Roast Pork Sandwich	Tomato Juice BBQ Rib of Pork on Bun Cucumber & Onion Salad Diced Peaches substitute Ham Sandwich	Hearty Beef vegetable Soup Buttermilk Pancakes Strawberry Topping Bacon strips Cherry Jell-O substitute Turkey Sandwich	Cream of chicken Soup Sliced eggs & Potato Salad cold plate Pickles Beets Mandarin Orange Sections substitute Egg Salad Sandwich	Cranberry Juice Weiner's & Beans Coleslaw Diced Pear substitute Tuna Salad Sandwich
PM	Apple Juice Date Turnover Cookie	Orange Juice Fig Newton Cookie	Cranberry Juice Shortbread Swirl Cookie	Apple Juice Oatmeal Cookie	Orange Juice Maple Cream Cookie	Cranberry Juice Assorted Wafer Cookies	Apple Juice Nutri-Grain Bar
DINNER	Baked Sausage Mashed Potato Diced carrots Strawberry Short Cake substitute Baked Chicken	Honey Garlic Ribs with Sauce Oven Roast Potato Pick of the Day Vegetable Peach Yogurt ice Cream Sunday substitute Pork Roasted & Gravy	Seasoned Steak Baked Potato with Sour Cream Sunrise mix vegetable Maple Chocolate Mania Cake substitute Baked Sausage	Turkey Schnitzel W/Gravy Mashed Potatoes Green Bean Tiramisu Mousse substitute Garlic Ribs	Cod Nuggets W/ Tarter sauce Season Potato Wedges Pick of the Day vegetable Neapolitan Ice Cream substitute Meatball W/ Gravy	Sweet & Sour Chicken Ball Jasmine Rice California Vegetable Mix German Chocolate Cake substitute Honey Garlic Ribs	Baked Ham in Pineapple Juice Scalloped Potatoes Sunrise Mix Vegetables Peach Pie substitute Beef Rib
HS	Banana Loaf & Cheese Milk 2%	Peanut Butter Snack Sandwich Milk 2%	Cranberry Loaf & Cream Cheese Milk 2%	Egg Salad Snack Sandwich Milk 2%	Pumpkin Loaf & Cream Cheese Milk 2%	Assorted Sandwich Milk 2%	Carrot Loaf & Peanut Butter Milk 2%

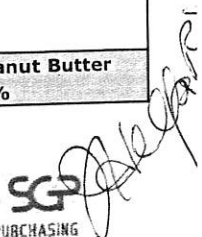
MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS

AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG UNLESS NOTED

BREAD, MARGARINE AND/OR CRACKERS OFFERED AT LUNCH AND DINNER

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED

(SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)



SGP
SILVER GROUP PURCHASING

WESTERN CANADA MENU SPRING/SUMMER 2020

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14	May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18
BREAKFAST	Cranberry Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Apple Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Orange Juice Cream of Wheat Poached Eggs Whole Wheat Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Cranberry Juice Cinnamon Oatmeal Scrambled Egg Raisin Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Apple Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Orange Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Natural laxative OR Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese	Cranberry Juice Cream of Wheat Cheese Omelet Potato Triangle Whole Wheat toast Variety of Cold Cereals Peanut butter or Yogurt or Slice Cheese
AM	Apple Juice	Orange Juice / Muffins	Cranberry Juice	Apple Juice / Raisin Bread	butter	Cranberry Juice	Apple Juice
LUNCH	Tomato Tortellini Salami Sandwich Mixed Green Salad Diced Apple substitute Ham Sandwich on Rye	Bean Medley Soup Hot Dog on a Bun Coleslaw Blueberries substitute Egg Sandwich	Tomato Juice Crispy Breaded Chicken Plum Sauce French Fries with Poutine Gravy Crushed Pineapple substitute Salami Sandwich	Mushroom Soup Smorgasbord Dinner roll Fruit Cocktail substitute Tuna Salad Sandwich	Cranberry Juice Beef Taco Casserole Tossed Salad Garlic bread Diced Peaches substitute Turkey Sandwich	Italian Wedding Soup Waffle W/Blueberries Bacon Cantaloupe substitute Swiss Cheese Sandwich	Broccoli Soup Cottage Cheese & Fruit Plate Fruit Extreme Muffin Chocolate Mousse substitute Egg Salad Sandwich
PM	Orange Juice Cherry turnover Cookie	Cranberry Juice Fig Newton Cookie	Apple Juice Assorted Cream Cookie	Orange Juice Chocolate Chip Cookie	Cranberry Juice Peanutbutter Oatmeal Cookie	Apple Juice Nutrigrain Bar	Orange Juice Maple Cookie
DINNER	Chicken Parmesan Spaghetti Carrots Carrot Cake substitute Turkey Schnitzel	Meat Loaf W/Gravy O'Brien Potato Butter Corn Strawberry Ice Cream Sunday substitute Bake Ham	Pork Lion Tomato & Basil Mashed Potatoes Winter Blend Caramel Cheesecake substitute Cod Nuggets	Steak & Mushroom Pie Beef Gravy New England Farm blend Banana Pudding substitute Baked chicken	Baked Fish with Dill Sauce Season Potato Wedges Diced Carrots Orange Citrus Cake substitute Swedish Meatball	BBQ Pull Pork Oven Brown Potato Winter blend Rainbow Ice Cream substitute Pork Lion tomato & Basil	Braised Beef Beef Gravy Mashed Potatoes New England Farm Blend Coconut Crème Pie substitute Lemon Pepper Fish
HS	Scone with Peanut butter & Jam Milk 2%	Banana Loaf & Cheese Milk 2%	Peanut Butter Jam Snack Sandwich Milk 2%	Crackers & Cheese Milk 2%	Carrot Loaf & Peanut Butter Milk 2%	Cheese Tea Biscuit Milk 2%	Pumpkin Loaf & Cheese Milk 2%

MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED

AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG UNLESS NOTED

(SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)

BREAD, MARGARINE AND/OR CRACKERS OFFERED AT LUNCH AND DINNER

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SGP
SILVER GROUP PURCHASING

WESTERN CANADA MENU SPRING/SUMMER 2020

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21	May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1, Oct-22	May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2, Oct-23	May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3, Oct-24	May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4, Oct-25
BREAKFAST	Apple Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Orange Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Cranberry Juice Oatmeal Cereal Poached Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Cranberry Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese	Apple Juice Cream of Wheat French toast Bacon Diced Peaches OR Variety of Cold Cereals Peanut Butter or Yogurt or Slice Cheese
	AM	Orange Juice	Cranberry Juice / Muffin	Apple Juice	Orange Juice / Raisin Bread	Cranberry Juice	Apple Juice
	Chicken Gumbo Soup Assorted Sandwich Pickles & Tomato Slice Tropical fruit substitute Cheese Sandwich on WW	Golden Lentil Soup Cheese & Onion Quiche Tossed Salad Lemon Pudding substitute Roast Beef Sandwich	Tomato Juice Malibu Burger Marinated Vegetable salad Honeydew Melon substitute Tuna Salad Sandwich	Cream of Celery Soup Grill Chicken Caesar Salad Dinner Roll Peaches substitute Turkey Sandwich on Bun	Cranberry Juice Sloppy Joe on Bun Coleslaw Mango substitute Ham Sandwich	Garden Vegetable Country Soup Cheese Tortellini in Alfredo sauce Green Beans Crushed Pineapple substitute Egg Salad Sandwich	Chicken Corn Chowder Sausage Patty Potato Triangle Greek Salad Diced Apple substitute Assorted Sandwich
PM	Cranberry Juice Fig Newton Cookie	Apple Juice Chocolate Chip Cookie	Orange Juice Cherry Turnover Cookie	Cranberry Juice Assorted Cream cookie	Apple Juice Date Turnover Cookie	Orange Juice Nutri-Grain Bar	Cranberry Juice Peanut Butter Oatmeal Cookie
DINNER	Meat Lasagna Green Beans Date Square substitute Meatball / Gravy	Pineapple Curry Chicken Fried Rice Butter carrot Vanilla Ice Cream Sunday substitute Braised Beef	Pork Cutlet W/Gravy Boiled Potatoes Pick of The Day Vegetable Cherry Cheesecake substitute Lasagna	BBQ Beef Ribette Roasted Potatoes California Vegetable Blueberry Tart substitute Baked Chicken	Lemon Pepper fish W Tarter sauce French Fries Minted Green Peas Cotton Candy Ice Cream substitute Pork Cutlet W/ Gravy	Swedish Meatball W/Gravy Mashed Potatoes Pick of the day vegetable Lemon Cake substitute Steak & Mushroom Pie	Country Style chicken Au Gratin Potatoes Kennels Corn Chocolate Cream Pie substitute Steak & Mushroom Pie Garlic Bread
HS	Banana Loaf & Cheese Milk 2%	Peanut Butter Snack Sandwich Milk 2%	Blueberry Loaf & Cheese Milk 2%	Nutri-Grain Bar Milk 2%	Carrot Loaf & Peanut Butter Milk 2%	Crackers & Cheese Milk 2%	Peanut Butter & Jam Sandwich Milk 2%

MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS
AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG UNLESS NOTED
BREAD, MARGARINE AND/OR CRACKERS OFFERED AT LUNCH AND DINNER

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
(SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)

