


WESTERN CANADA MENU FALL/WINTER 2020 - 2021

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-26,Nov-16,Dec-7,Dec-28, Jan-18, Feb-8, Feb-29,Mar-22, Apr-12,May-3,	Oct-27,Nov-17,Dec-8,Dec-29, Jan-19, Feb-9, Mar-1,Mar-23, Apr-13,May-4	Oct-28,Nov-18,Dec-9,Dec-30, Jan-20, Feb-10, Mar-2,Mar-24, Apr-14,May-5	Oct-29,Nov-19,Dec-10,Dec-31, Jan-21, Feb-11, Mar-3,Mar-25, Apr-15	Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-26, Apr-16	Oct-31,Nov-21,Dec-12,Jan-2, Jan-23, Feb-13, Mar-5,Mar-27, Apr-17	Nov-1,Nov-22,Dec-13,Jan-3, Jan-24, Feb-14, Mar-6,Mar-28, Apr-18
BREAKFAST	Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative	Apple Juice Cinnamon Oatmeal Boiled egg Whole Wheat Toast Natural Laxative	Orange Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative	Apple Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative
	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese
AM	Cranberry Juice	Apple Juice & Raisin Bread	Orange Juice	Cranberry Juice & Muffins	Apple Juice	Orange Juice	Cranberry Juice
LUNCH	Chicken Noodle soup Pulled Pork on Wheat Bun Rainbow Coleslaw Mango	Cream of Cauliflower & Cheese Sausage Links Buttermilk Pancake with Strawberry Topping Mandarin Oranges	Split Pea Soup Open Face Hot Turkey Sandwich Gravy Pick of The Day Vegetable Lemon Pudding	Tomato Rice Soup Perogies With Onion & Sour Cream Garlic Sausage Sauerkraut Vanilla Ice cream	Minestrone Soup Corn beef Sandwich Pickles	Cream of Potato Soup Chicken Pot Pie Sunrise Vegetable Tropical Fruit	Hearty Beef Vegetable Soup Cheese Omelette Potato Hashbrown Diced Hollandaise Sauce Strawberries
	substitute Beef Roast Sandwich	substitute Tuna Salad Sandwich	substitute Ham Sandwich	substitute Egg Salad Sandwich Tossed Salad	substitute Chicken Salad Sandwich Lettuce Tomato Salad	substitute Pastrami on Rye Garden Salad with Dressing	substitute Cheese Sandwich
PM	Apple Juice Ginger Snap Cookie	Orange Juice Strawberry Turnover Cookie	Cranberry Juice Shortbread Cookie Hmd	Apple Juice Date Turnover Cookie	Orange Juice Fig Newton Cookie	Cranberry Juice Chocolate Chip Cookie	Apple Juice Digestive Cookie
DINNER	Spaghetti & Meat Sauce Green Bean	Lemon Chicken Season Potato Wedges Peas	Beef Stew Mashed Potatoes	Pork Cutlet W/ Gravy Garlic Mashed Potatoes Pick of The Day Vegetable Banana Cream Pie	Beef Shepherd's Pie with Gravy Winter Blend	Sweet & sour Pork Fried Rice Butter Corn Tangerine Mousse	Beef Pot Roast W/ Yorkshire pudding Gravy Mashed Potatoes Carrots Lemon Meringue Pie
	substitute Chicken Dipper Mashed Potatoes	substitute Roast Pork With Gravy	substitute Pull Pork Vegetables	substitute Baked Chicken Breast	substitute Pork Cutlet with Gravy Mashed Potatoes	substitute Meatballs with Gravy Boiled Potato	substitute Lemon Pepper Fish
HS	Banana Loaf with Cheddar Cheese Milk 2%	Egg Salad Sandwich Milk 2%	Lemon Loaf with Swiss Cheese Milk 2%	Ham Sandwich Milk 2%	Blueberry Loaf with Marble Cheese Milk 2%	Peanut Butter Sandwich Milk 2%	Cheese and Crackers Milk 2%

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (Side Salad 125ml with Dressing is offered at Dinner)
 1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER (AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
 MILK, TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS (AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED

J. H. G. R.
 Dec 6/20

 SILVER GROUP PURCHASING

WESTERN CANADA MENU FALL/WINTER 2020 - 2021

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov-2,Nov-23,Dec-14,Jan-4, Jan-25, Feb-15, Mar-7,Mar-29, Apr-19	Nov-3,Nov-24,Dec-15,Jan-5, Jan-26, Feb-16, Mar-8,Mar-30, Apr-20	Nov-4,Nov-25,Dec-16,Jan-6, Jan-27, Feb-17, Mar-9,Mar-31, Apr-21	Nov-5,Nov-26,Dec-17,Jan-7, Jan-28, Feb-18, Mar-10,Apr-1, Apr-22	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11,Apr-2, Apr-23	Nov-7,Nov-28,Dec-19,Jan-9, Jan-30, Feb-20, Mar-12,Apr-3, Apr-24	Nov-8,Nov-29,Dec-20,Jan-10, Jan-31, Feb-21, Mar-13, Apr-4, Apr-25
BREAKFAST	Cranberry Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Apple Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Orange Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Cranberry Juice Cinnamon Oatmeal Scrambled Egg Raisin Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Apple Juice Oatbran Cereal Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Orange Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Cranberry Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese
AM	Apple Juice	Orange Juice & Scones	Cranberry Juice	Apple Juice & Raisin Bread	Orange Juice	Cranberry Juice	Apple Juice
LUNCH	Cream of Chicken Soup BBQ Rib of Beef on a Bun Tossed Salad with Ranch Dressing Diced Pear substitute Salami on Wheat with Pickles	Country Vegetable Soup Cabbage Rolls Winter Blend Tropical Fruit Salad substitute Chicken Salad on Wheat Coleslaw	Borscht Soup Grilled Ham & Cheese Sandwich Russian Salad Crushed Pineapple substitute Tuna Salad Sandwich Pickled Beet Salad	Beef Barley Soup Macaroni & Cheese Baked Tomato Diced Peaches substitute Swiss Cheese Sandwich Slice Tomato	Cream of Mushroom Soup Fish and Chips Creamy Coleslaw Fruit Compote substitute Ham Sandwich	Chicken white & wild Rice Soup Onion & Cheese Quiche Caesar Salad Mandarin Orange substitute Chicken Sandwich	Vegetable Florentine Soup Sausage Patty Potato Triangle Diced Beets Baked Apple substitute Egg Salad Sandwich Tossed Salad with Dressing
PM	Orange Juice Cherry Turnover Cookie	Cranberry Juice Ginger Snap Cookie	Apple Juice Shortbread Cookie Hmd	Orange Juice Chocolate Chip Cookie Hmd	Cranberry Juice Fid Newton Cookie	Apple Juice Assorted Cream Cookie	Orange Juice Nutri-Grain Bar
DINNER	Teriyaki Turkey Jasmine Rice Pick of the Day vegetable Date Square substitute Sausage Patty with Gravy Mashed Potatoes	Baked Ham in Pineapple Juice Potato Au Gratin Wax Beans Cheese Cake substitute Meatballs with Gravy	Hamburger Stew Mashed Potatoes Tea Biscuit Tiramisu Mousse substitute Quiche	Baked Paprika Chicken W/ Gravy Baked Potato Glazed Parsnips Strawberry Ice Cream substitute Baked Ham	Baked Sausage with Gravy Mashed Potatoes California Vegetable Mix Carrot Cake substitute Hamburger Stew	Salisbury Steak with Gravy O'Brien Potato Squash Diced Banana Pudding substitute Baked Chicken Gravy	Roast Turkey Turkey Gravy Mashed Potatoes Green Beans Boston Cream Pie substitute Salisbury Steak with Gravy
HS	Banana Loaf with Yogurt Milk 2%	Cheese and Crackers Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Scone with Cream cheese Milk 2%	Raisin Bran Loaf with Marble Cheese Milk 2%	Egg Salad Sandwich Milk 2%	Pumpkin Loaf with Cheese Milk 2%

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30ml OFFERED WITH BREAKFAST DAILY) (Side Salad 125ml with Dressing is offered at Dinner)
 1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER (AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
 MILK, TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS (AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED

J. J. J. J. J.
 Dec 6/20
 SG
 SILVER GROUP PURCHASING

WESTERN CANADA MENU FALL/WINTER 2020 - 2021

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov-9,Nov-30,Dec-21,Jan-11, Feb-1, Feb-22, Mar-14, Apr-5, Apr-26	Nov-10,Dec-1,Dec-22,Jan-12, Feb-2, Feb-23, Mar-15, Apr-6, Apr-27	Nov-11,Dec-2,Dec-23,Jan-13, Feb-3, Feb-24, Mar-16, Apr-7, Apr-28	Nov-12,Dec-3,Dec-24,Jan-14, Feb-4, Feb-25, Mar-17, Apr-8, Apr-29	Nov-13,Dec-4,Dec-25,Jan-15, Feb-5, Feb-26, Mar-18, Apr-9, Apr-30	Nov-14,Dec-5,Dec-26,Jan-16, Feb-6, Feb-27, Mar-19, Apr-10, May-1	Nov-15,Dec-6,Dec-27,Jan-17, Feb-7, Feb-28, Mar-20, Apr-11, May-2
BREAKFAST	Apple Juice Cinnamon Oatmeal Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Orange Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Cranberry Juice Oatmeal Cereal Scrambled Egg Raisin Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Apple Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Cranberry Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Slice Cheese
	AM	Orange Juice	Cranberry Juice & Muffin	Apple Juice	Orange Juice & Scones	Cranberry Juice	Apple Juice
LUNCH	Cream of Tomato Soup Chicken Burger W/Mayonnaise Coleslaw Tropical Fruit substitute Salami Sandwich	Chicken Corn Chowder Soup Cheese Pizza Tossed Salad with Dressing Crushed Pineapple substitute Ham Sandwich	Navy Bean Soup Potato Pancake W/ Sour Cream Breakfast Sausage Link Diced Peaches substitute Tuna Salad Sandwich	French Onion Soup Hot Open face Roast Beef sandwich Sunrise Vegetable Vanilla Pudding substitute Egg Salad Sandwich	Celery Soup Chicken A La King Garlic Toast Apple Crisp substitute Roast Beef Sandwich	Lentil Soup French Toast w / Syrup Bacon Fruit Cocktail substitute Chicken Salad Sandwich	Beef Vegetable Soup Chicken Dippers w/ Plum Sauce Home Fries Pears substitute Salmon Salad on Wheat
	PM	Cranberry Juice Fig Newton	Apple Juice Date Turnover Cookie	Orange Juice Chocolate Chip Cookie	Cranberry Juice Assorted Cream Cookie	Apple Juice Ginger Snap Cookie	Orange Juice Shortbread Cookie
DINNER	Beef Stroganoff Buttered Egg Noodles Honey Glazed Turnip German Chocolate Cake substitute Smoke Ham	Baked Chicken Herb Roasted Potatoes New England Vegetable Strawberry Mousse substitute Roast Turkey	Breaded Veal Cutlets W/ Gravy Garlic Whipped Potatoes California Vegetable Cherry tarts substitute Fish Stick	Baked Ham Scalloped Potatoes Wax Beans Lemon Cake substitute Baked Chicken Breast	Lemon Pepper Cod with Creamy Basil Sauce Oven Browned Potatoes New England Vegetable Chocolate Ice Cream substitute Veal Cutlets	Sweet & Sour Meatball Butter Rice Savory Carrots Maple Chocolate Mania Cake substitute Baked Ham Mashed Potatoes	Pork Roast with pork Gravy Mashed Potatoes Harvard Beets Pumpkin Pie substitute Chicken A La King
	HS	Peanut Butter Sandwich Milk 2%	Cheese & Crackers Milk 2%	Egg Salad Sandwich Milk 2%	Cheese Scones Milk 2%	Carrot Loaf with Vanilla Yogurt Milk 2%	Assorted Sandwich Milk 2%

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (E (Side Salad 125ml with Dressing is offered at Dinner)
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 MILK, TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS (AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED

APR 20, 20
Dec 6/20 
 SILVER GROUP PURCHASING