

WESTERN CANADA MENU SPRING/SUMMER 2021

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-3, May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21	May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1, Oct-22	May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2, Oct-23	May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3, Oct-24
BREAKFAST	Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Orange Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice
AM	Cranberry Juice	Apple Juice Muffins	Orange Juice	Cranberry Juice Scones	Apple Juice	Orange Juice	Cranberry Juice
LUNCH	Hearty Beef Vegetable soup Salami Sandwich Cucumber salad Diced Peaches substitute Egg Salad Sandwich	Orange Juice Spaghetti Bake Sunrise Mix Vegetable Fruit cocktail substitute Roast Beef sandwich Sliced Dill Pickle	Country Vegetable soup Rib of Pork on a bun Coleslaw Strawberry Jell-O substitute Ham Sandwich	Cream of Chicken Soup Quiche Greek Salad Watermelon substitute Salami Sandwich	Tomato Juice Sausage & Egg Muffin Pickles & Tomato Slice Tropical Fruit Salad substitute Turkey Sandwich	Homemade Vegetable Barley Soup Chicken Caesar Salad Garlic Bread Honeydew melon substitute Egg Salad Sandwich Mixed Green Salad	Cream of Leek & Potato Soup French Toast W/ Syrup Bacon Diced Pears substitute Salami Sandwich
PM	Apple Juice Assorted Cookies	Orange Juice Chocolate Chip Cookie	Cranberry Juice Shortbread Swirl Cookie	Apple Juice Spice Snap Cookie	Orange Juice Fig Newton cookies	Cranberry Juice Shortcake cookies	Apple Juice Nutri-Grain Bar
DINNER	Baked Sausage & Gravy Mashed Potato Wax Beans Butterscotch Ice Cream substitute Lemon Pepper Fish	Sweet & Sour Chicken Steamed Rice Oriental Mix Vegetables Strawberry Short Cake substitute Sweet & Sour Meat Ball	Seasoned Steak Baked Potato with Sour Cream Green Beans Maple Chocolate Mania Cake substitute Pork Sausage	Pork Cutlets Parslied Boiled Potatoes Carrots Orange Citrus Cake substitute Sweet & Sour Chicken	Cod Nuggets Oven Browned Potatoes Italian Mixed Vegetable Neapolitan Ice Cream substitute Pork Cutlets	Breaded Veal cutlet Whipped Potatoes California Vegetable Mix Tiramisu Mousse substitute Beef Ribette	Baked Ham & Gravy Scalloped Potatoes Sunrise Mix Vegetables Peach Pie substitute Seasoned Chicken Breast
HS	Banana Loaf & Cheese Milk 2%	Peanut Butter Snack Sandwich Milk 2%	Nutri-Grain Bar Milk 2%	Egg Salad Snack Sandwich Milk 2%	Crackers & 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)

J. Rogers, R. Jones 5/21
SGP

SILVER GROUP PURCHASING

WESTERN CANADA MENU SPRING/SUMMER 2021

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4	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
BREAKFAST	Cranberry Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Orange Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Cranberry Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Cranberry Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice
AM	Apple Juice	Orange Juice & Muffins	Cranberry Juice	Apple Juice & Scones	Orange Juice	Cranberry Juice	Apple Juice
LUNCH	Pasta Fagioli Soup Assorted Sandwich Cucumber & Tomato Salad Mandarina Orange Sections substitute Ham Sandwich	Cranberry Juice Crispy Breaded Chicken Plum Sauce French Fries with Poutine Gravy Sweet Mixes Pickles Fruit Cocktail substitute Salami Sandwich	Cream of Celery soup Hot Dog on a Bun Caesar Salad Blueberry substitute Turkey Sandwich	Bean Medley Soup Cottage Cheese Fruit Plate Fruit Extreme Muffin Peach Yogurt sundae substitute Roast Beef Sandwich	Tomato Juice Beef Taco Casserole Tossed Salad W/ Ranch dressing Garlic Bread Diced Peaches substitute Turkey Sandwich	Turkey Rice Soup Slice Eggs & Potato Salad cold plate Pickles Beets Fresh Strawberries substitute Ham Sandwich	Italian Wedding Soup Bacon Strips Pancakes Blueberry Topping Pears substitute Roast Beef Sandwich Sliced Beets
PM	Orange Juice Shortbread Cookie	Cranberry Juice Fig Newton Cookie	Apple Juice Assorted Cream Cookie	Orange Juice Chocolate Chip Cookie	Cranberry Juice Apple turnover Cookie	Apple Juice Nutrigrain Bar	Orange Juice Ginger Snap Cookie
DINNER	Steak and Mushroom Pie Italian Mix Vegetables Chocolate Mousse substitute Swedish Meatballs	BBQ Pulled Pork Herbed Potatoes Green Beans Ice Cream Sandwich substitute Steak and Mushroom Pie	Meatloaf with Gravy Mashed Potato Broccoli Florets Caramel Cheesecake substitute BBQ Pulled Pork	Honey Garlic Ribs Roasted Potatoes Pick of the Day Vegetables Lemon Cake substitute Chicken Parmesan	Lemon Pepper Cod Butter Steamed Rice Minted Green Peas Chocolate Brownie substitute Honey Garlic Ribs	Chicken Parmesan Spaghetti Carrots Vanilla Pudding substitute Lemon Pepper Cod	Braised Beef Roasted Potatoes California Vegetable Coconut Crème Pie substitute Steak and Mushroom Pie
HS	Crackers and Cheese Milk 2%	Banana Loaf & Cheese Milk 2%	Peanut Butter Jam Snack Sandwich Milk 2%	Nutrigrain Bar Milk 2%	Carrot Loaf & Peanut Butter Milk 2%	Assorted Sandwich Milk 2%	Lemon Loaf & Cheese 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)

Jalea RD
June 5/21

WESTERN CANADA MENU SPRING/SUMMER 2021

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	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
BREAKFAST	Apple Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Orange Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese slice	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese slice	Cranberry Juice Oat bran Cereal Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Natural Laxative OR Variety of Cold Cereals Peanut Butter or Yogurt Cheese Slice
	AM	Orange Juice	Cranberry Juice / Muffins	Apple Juice	Orange Juice / Scones	Cranberry Juice	Apple Juice
	Cream of Broccoli Soup Turkey Sandwich Marinated Vegetable Fruit Cocktail substitute Cheese Sandwich	Cream of Chicken Corn Chowder Sausage Patty Potato Triangle Carrots Diced Peaches substitute Turkey Sandwich	Minestrone Soup Smorgasbord Dinner Roll Diced Pears substitute Roast Beef Sandwich	Tomato Juice Pasta Tortellini in Alfredo Sauce Green Beans Cantaloupe Diced substitute Ham Sandwich	Cream of Mushroom Soup Corn Dogs Tossed Salad Crushed Pineapple substitute Cheese Sandwich	Chicken white & Wild rice Soup Cheese Omelette with Hollandaise Sauce Diced Beets Mango substitute Turkey Sandwich Sweet Pickles	Apple Juice Sloppy Joe on a Bun Coleslaw Mandarin Oranges substitute Turkey Sandwich
PM	Cranberry Juice Assorted Cream Cookies	Apple Juice Shortcake Cookie	Orange Juice Cherry Turnover Cookie	Cranberry Juice Chocolate Chip Cookie	Apple Juice Fig Newton Cookie	Orange Juice Nutri-Grain Bar	Cranberry Juice Spice Snap Cookie
DINNER	Honey Garlic Chicken Steamed Rice Buttered Corn Apple Crumble substitute Braised Beef	BBq Beef Ribette Roasted Potato Cocktail Vegetable French Vanilla Ice Cream substitute Honey Garlic Chicken	Turkey Schnitzel Mashed Potato Pick of the day Vegetable Cherry Cheesecake substitute Tender Philly Steak	Tender Philly Steak O'Brien Potatoes Broccoli Florets Blueberry Tart substitute BBQ Beef Ribette	Fish & Tartar Sauce Sweet Potato Fries California Mix Vegetables Cotton Candy Ice Cream substitute Turkey Schnitzel	Sweet & Sour Meatballs Mashed Potato Oriental Mix vegetable Banana Pudding substitute Fish	Country Style Chicken Gravy Au Gratin Potato Butter Carrots Chocolate Cream Pie substitute Sweet & Sour Meatballs
	HS	Banana Loaf & Cheese Milk 2%	Peanut Butter Snack Sandwich Milk 2%	Blueberry Loaf & Cheese Milk 2%	Assorted Sandwich Milk 2%	Carrot Loaf & Peanut Butter Milk 2%	Crackers & Cheese 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)

Handwritten signature and date:
 June 5/21