

Winter/Spring Regular Diet Menu | Week 1 2025 – 2026

Breakfast

Lunch

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Choice of Juice Cream of Wheat Turkey Breakfast Sausages WW Toast w/Margarine Assorted Jams & Spreads Diced Pineapple 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Banana Muffin</p>	<p>Choice of Juice Oatmeal Hard Boiled Egg English Muffin Assorted Jams & Spreads Mandarin Oranges 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>	<p>Choice of Juice Cream of Wheat Scrambled Eggs Pancakes Syrup Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Apple Cider Muffin</p>	<p>Choice of Juice Oatmeal Crispy Turkey Bacon Raisin Toast Assorted Jams w/ Spreads Peach Slices 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Oatmeal Raisin Muffin</p>	<p>Choice of Juice Cream of Wheat Scrambled Eggs Bagel Assorted Jams & Spreads Fruit Cocktail 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>	<p>Choice of Juice Oatmeal Hard Boiled Egg WW Toast w/Margarine Assorted Jams & Spreads Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Muffin Lemon Cranberry</p>	<p>Choice of Juice Cream of Wheat Turkey Breakfast Sausage French Toast Syrup Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Blueberry Passion Muffin</p>
<p>SOUP: Butternut Squash</p> <p>MAIN Chicken & Leek Pot Pie Parslied Cauliflower Tropical Fruit Salad 2% Mil</p> <p>ALTERNATES Egg Salad Sandwich WW Mixed Beans Salad Maple Chocolate Cake</p>	<p>SOUP: Lentil & Vegetable</p> <p>MAIN Fish Sticks w/ Tartar Sauce Baked Potato Wedges California Mixed Vegetables Assorted Fresh Fruit Bowl 2% Milk</p> <p>ALTERNATES Ham w/ Lettuce on Wheat Celery and Carrot Sticks w/ Dip Vanilla Ice Cream</p>	<p>SOUP: Hearty Minestrone</p> <p>MAIN Macaroni & Cheese Chef's Choice Vegetables Fruit Cocktail 2% Milk</p> <p>ALTERNATES Beef Submarine Tomato Cucumber Salad Pound Cake</p>	<p>SOUP: Cream of Vegetable</p> <p>MAIN Pepperoni Pizza Green Peas & Corn Chef's Choice Fruit 2% Milk</p> <p>ALTERNATES Turkey Cheddar Wrap Potato Salad Orange Citrus Cake</p>	<p>SOUP: Chicken Veg Noodle</p> <p>MAIN Parmesan Crusted Basa Sweet Potato Fries Carrot Coins Applesauce 2% Milk</p> <p>ALTERNATES Egg Salad Sandwich WW Creamy Coleslaw Iced Banana Cake</p>	<p>SOUP: Vegetable Beef</p> <p>MAIN Cheese Tortellini Seasoned Green Beans Orange Sections 2% Milk</p> <p>ALTERNATES Chicken Salad Sandwich WW Garden Salad Vanilla Ice Cream</p>	<p>SOUP: Broccoli Cheese</p> <p>MAIN BBQ Chicken Mashed Potatoes Green Peas Assorted Fresh Fruit Bowl 2% Milk</p> <p>ALTERNATES Cucumber & Cream Cheese S/W Macaroni Salad Celery and Carrot Sticks w/ Dip Chocolate Chip Cookie</p>
<p>MAIN Salisbury Steak with Gravy Parisienne Potatoes Broccoli Florets Chocolate Ice Cream 2% Milk WW Dinner Roll</p> <p>ALTERNATES Applesauce</p>	<p>MAIN Turkey Meatloaf Mashed Potatoes PEI Mixed Vegetables Oatmeal Raisin Cookie 2% Milk WW Dinner Roll</p> <p>ALTERNATES Peach Slices</p>	<p>MAIN Teriyaki Chicken Steamed Rice Asian Mix Vegetables Mini Two-Bite Brownie 2% Milk WW Dinner Roll</p> <p>ALTERNATES Orange Sections</p>	<p>MAIN Perogies w/Cheese & Sour Crear Chef's Choice Vegetables Strawberry Frozen Yogurt 2% Milk WW Dinner Roll</p> <p>ALTERNATES Applesauce</p>	<p>MAIN Beef Stew Baked Potato Broccoli Florets Vanilla Swirl Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Tropical Fruit Salad</p>	<p>MAIN Turkey Tetrizzini w/Noodles California Mixed Veg Vanilla Pudding 2% Milk WW Dinner Roll</p> <p>ALTERNATES Diced Pears</p>	<p>MAIN Shepherd's Pie Beef Gravy Diced Squash Rainbow Sorbet 2% Milk WW Dinner Roll</p> <p>ALTERNATES Peach Slices</p>

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** Soup and crackers are available at lunch and dinner

Winter/Spring Regular Diet Menu | Week 2 2025 – 2026

Breakfast

Lunch

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pears 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Apple Cider Muffin</p>	<p>Choice of Juice Cream of Wheat Turkey Breakfast Sausages Waffles Syrup Mandarin Oranges 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Oatmeal Raisin Muffin</p>	<p>Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pineapple 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>	<p>Choice of Juice Cream of Wheat Cheddar Cheese Omelet English Muffin Assorted Jams & Spreads Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Lemon Cranberry Muffin</p>	<p>Choice of Juice Oatmeal Turkey Breakfast Sausages Raisin Toast Assorted Jams & Spreads Peach Slices 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Blueberry Passion Muffin</p>	<p>Choice of Juice Cream of Wheat Hard Boiled Egg WW Toast w/ Margarine Assorted Jams & Spreads Mandarin Oranges 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Banana Muffin</p>	<p>Choice of Juice Oatmeal Crispy Turkey Bacon French Toast Syrup Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>
<p>SOUP: Butternut Squash</p> <p>MAIN</p> <p>Cheese Pizza Chef's Choice Vegetables</p> <p>Fruit Cocktail 2% Milk</p> <p>ALTERNATES</p> <p>Turkey Cheddar Wrap Spinach Mandarin Salad</p> <p>Butter Tart Bar</p>	<p>SOUP: Cream of Mushroom</p> <p>MAIN</p> <p>Beef Soft Taco Diced Squash</p> <p>Peach Slices 2% Milk</p> <p>ALTERNATES</p> <p>Egg Salad Sandwich WW Cucumber Slices</p> <p>Vanilla Ice Cream</p>	<p>SOUP: Beef Barley Soup</p> <p>MAIN</p> <p>Vegetarian Egg Fried Rice Italian Mixed Vegetables</p> <p>Apricot Halves 2% Milk</p> <p>ALTERNATES</p> <p>Turkey Salad Sandwich WW Garden Salad</p> <p>Iced Banana</p>	<p>SOUP: Country Vegetable</p> <p>MAIN</p> <p>Pepperoni Pizza Broccoli Florets</p> <p>Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES</p> <p>Tuna Salad Sandwich WW Creamy Coleslaw</p> <p>Butterscotch Pudding</p>	<p>SOUP: Tomato Soup</p> <p>MAIN</p> <p>Grilled Cheese Sandwich Sunrise Mixed Vegetables</p> <p>Applesauce 2% Milk</p> <p>ALTERNATES</p> <p>Roast Beef Sandwich on WW Tomato Cucumber Salad</p> <p>Orange Sorbet</p>	<p>SOUP: Carrot Ginger</p> <p>MAIN</p> <p>Fish Sticks w/ Tartar Sauce French Fries PEI Mixed Vegetables</p> <p>Diced Pineapple 2% Milk</p> <p>ALTERNATES</p> <p>Chicken Caesar Salad Garlic Bread</p> <p>Vanilla Swirl Cake</p>	<p>SOUP: Vegetable Noodle</p> <p>MAIN</p> <p>Chicken Fingers w/ Plum Sauce French Fries Roasted Carrots</p> <p>Diced Pears 2% Milk</p> <p>ALTERNATES</p> <p>Egg Salad Sandwich WW Creamy Coleslaw</p> <p>Jello</p>
<p>MAIN</p> <p>Herb Baked Chicken Parisienne Potatoes Seasoned Green Beans</p> <p>Apple Pie 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Chef's Choice Fruit</p>	<p>MAIN</p> <p>Springtime Pasta Garlic Bread Broccoli and Cauliflower</p> <p>Strawberry Shortcake 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Banana</p>	<p>MAIN</p> <p>Chicken Fingers w/ Plum Sauce Sweet Potato Fries Diced Carrots</p> <p>Ice Cream Sandwich 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Chef's Choice Fruit</p>	<p>MAIN</p> <p>Meat Lasagna Green Peas</p> <p>Chocolate Pudding 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Orange Sections</p>	<p>MAIN</p> <p>Chicken Cacciatore Egg Noodles Corn Niblets</p> <p>Chocolate Chip Cookie 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Diced Pears</p>	<p>MAIN</p> <p>Chili Con Carne Plain Tea Biscuit Parslied Cauliflower</p> <p>Lemon Buttermilk Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Diced Mango</p>	<p>MAIN</p> <p>Turkey Pot Pie Her Roasted Potatoes Asian Mix Vegetables</p> <p>Pound Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES</p> <p>Mandarin Oranges</p>

Our menus are designed using Canada's Food Guide for Healthy Eating Guidelines



** Soup and crackers are available at lunch and dinner

Winter/Spring Regular Diet Menu | Week 3 2025 – 2026

Breakfast

Lunch

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Choice of Juice Cream of Wheat Scrambled Eggs Bagel Assorted Jams & Spreads Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Lemon Cranberry Muffin</p>	<p>Choice of Juice Oatmeal Cheddar Cheese Omelet English Muffin Peach Slices 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>	<p>Choice of Juice Cream of Wheat Crispy Turkey Bacon Raisin Toast Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Banana Muffin</p>	<p>Choice of Juice Oatmeal Hard Boiled Egg Pancakes Syrup Mandarin Oranges 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Blueberry Passion Muffin</p>	<p>Choice of Juice Cream of Wheat Turkey Breakfast Sausages English Muffin Assorted Jams & Spreads Diced Pineapple 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>	<p>Choice of Juice Oatmeal Hard Boiled Egg WW Toast w/Margarine Assorted Jams & Spreads Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Apple Cider Muffin</p>	<p>Choice of Juice Cream of wheat Turkey Breakfast Sausage French Toast Syrup Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Oatmeal Raisin Muffin</p>
<p>SOUP: Cream of Tomato</p> <p>MAIN Perogies w/Cheese & Sour Cream Green and Wax Beans Chef's Choice Fruit 2% Milk</p> <p>ALTERNATES Ham w/Lettuce on Wheat Spinach Salad Orange Citrus Cake</p>	<p>SOUP: Chicken Veg Noodle</p> <p>MAIN Turkey Tetrzzini w/ Noodles Broccoli Florets Diced Pears 2% Milk</p> <p>ALTERNATES Tuna Salad Sandwich WW Apple Romaine Salad Vanilla Ice Cream Cup</p>	<p>SOUP: Hearty Minestrone</p> <p>MAIN Grilled Cheese Sandwich California Mixed Vegetables Apricot Halves 2% Milk</p> <p>ALTERNATES Corned Beef S/W on RYE Creamy Cucumber Salad Lemon Buttermilk Cake</p>	<p>SOUP: Beef Barley</p> <p>MAIN Pepperoni Pizza Diced Carrots Diced Honey Dew 2% Milk</p> <p>ALTERNATES Chicken Caesar Salad Wrap Lettuce Tomato Salad Mini Two Bite Brownie</p>	<p>SOUP: Carrot Ginger</p> <p>MAIN Hamburger w/Condiments Parslied Cauliflower Fruit Cocktail 2% Milk</p> <p>ALTERNATES Egg Salad Sandwich WW Creamy Coleslaw Ranbow Sorbet</p>	<p>SOUP: Country Vegetable</p> <p>MAIN Fish Sticks w/ Tartar Sauce Seasoned Green Beans French Fries Diced Pears 2% Milk</p> <p>ALTERNATES Ham & Tomato Sandwich w/Mayo Caesar Salad Strawberry Shortcake</p>	<p>SOUP: Cream of Mushroom</p> <p>MAIN Perogies w/Cheese & Sour Cream Broccoli Florets Peach Slices 2% Milk</p> <p>ALTERNATES Sandwich Turkey Salad No Veg Tomato Cucumber Salad Oatmeal Raisin Cookie</p>
<p>MAIN Meat Lasagna Roasted Vegetables Chocolate Pudding 2% Milk WW Dinner Roll</p> <p>ALTERNATES Diced Pineapple</p>	<p>MAIN Parmesan Crusted Basa Baked Potato Wedges Sunrise Mixed Vegetables Apple Pie 2% Milk WW Dinner Roll</p> <p>ALTERNATES Mandarin Oranges</p>	<p>MAIN Salisbury Steak w/ Gravy Mashed Potatoes Corn Niblets Soft Turnover Cookie 2% Milk WW Dinner Roll</p> <p>ALTERNATES Banana</p>	<p>MAIN Cheese Ravioli w/Tomato Sauce Italian Mixed Vegetables Pound Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Peach Slices</p>	<p>MAIN Chicken Fried Rice Asian Mix Vegetables Lemon Tart 2% Milk WW Dinner Roll</p> <p>ALTERNATES Orange Sections</p>	<p>MAIN Beef Stew Mashed Potatoes Diced Squash Jello 2% Milk WW Dinner Roll</p> <p>ALTERNATES Chef's Choice Fruit</p>	<p>MAIN Parmesan Chicken Scalloped Potato Chef's Choice Vegetables Maple Chocolate Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Applesauce</p>

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** Soup and crackers are available at lunch and dinner

Winter/Spring Regular Diet Menu | Week 4 2025 – 2026

Breakfast

Lunch

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pears 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Apple Cider Muffin</p>	<p>Choice of Juice Cream of Wheat Hard Boiled Egg Waffles Syrup Mandarin Oranges 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Oatmeal Raisin Muffin</p>	<p>Choice of Juice Oatmeal Crispy Turkey Bacon Raisin Toast w/ Margarine Assorted Jams & Spreads Diced Pineapple 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Apple Cider Muffin</p>	<p>Choice of Juice Cream of Wheat Hard Boiled Egg WW Toast w/ Margarine Assorted Jams & Spreads Banana 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Lemon Cranberry Muffin</p>	<p>Choice of Juice Oatmeal Turkey Breakfast Sausages English Muffin Assorted Jams & Spreads Peach Slices 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Blueberry Passion Muffin</p>	<p>Choice of Juice Cream of Wheat Cheddar Cheese Omelet WW Toast w/Margarine Assorted Jams & Spreads Applesauce 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Banana Muffin</p>	<p>Choice of Juice Oatmeal Crispy Turkey Bacon French Toast Syrup Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Assorted Cold Cereal Bran Muffin</p>
<p>SOUP: Corn Chowder</p> <p>MAIN Beef Pot Pie Seasoned Green Beans Fruit Cocktail 2% Milk</p> <p>ALTERNATES Egg Salad Sandwich WW Cranberry Coleslaw Vanilla Pudding</p>	<p>SOUP: Lentil & Vegetable</p> <p>MAIN Creamy Macaroni & Cheese California Mixed Vegetables Diced Mango 2% Milk</p> <p>ALTERNATES Tuna Salad Sandwich WW Tossed Salad Sot Turnover Cookie</p>	<p>SOUP: Cream of Vegetable</p> <p>MAIN Chicken Fingers w/Plum Sauce French Fries Chef's Choice Vegetables Fruit Cocktail 2% Milk</p> <p>ALTERNATES Roast Beef Sandwich Creamy Coleslaw Strawberry Ice Cream</p>	<p>SOUP: Butternut Squash</p> <p>MAIN Hamburger w/Condiments Sunrise Mixed Vegetables Apple Pie 2% Milk</p> <p>ALTERNATES Turkey Cheddar Wrap Potato Salad Diced Pears</p>	<p>SOUP: Cream of Tomato</p> <p>MAIN Cheese Pizza Seasoned Green Beans Tropical Fruit Salad 2% Milk</p> <p>ALTERNATES Egg Salad Sandwich WW Caesar Salad Butter Tart</p>	<p>SOUP: Beef Barley</p> <p>MAIN Spaghetti & Meatballs Chef's Choice Vegetables Apricot Halves 2% Milk</p> <p>ALTERNATES Chicken Salad Sandwich WW Greek Salad w/Feta Strawberry Short</p>	<p>SOUP: Hearty Minestrone</p> <p>MAIN Vegetarian Egg Fried Rice Diced Squash Banana 2% Milk</p> <p>ALTERNATES Roast Beef Sandwich Cucumber Slices Oatmeal Raisin Cookie</p>
<p>MAIN Pasta Penne & Meat Sauce Italian Mixed Vegetables Chocolate Pudding 2% Milk WW Dinner Roll</p> <p>ALTERNATES Diced Pineapple</p>	<p>MAIN Turkey Schnitzel Mashed Potatoes Green Peas Pound Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Chef's Choice Fruit</p>	<p>MAIN Herbed Roast Pork Baked Potato Wedges Diced Carrots Lemon Buttermilk Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Peach Slices</p>	<p>MAIN Cheese Ravioli w/ Tomato Sauce Green Peas Mini Two-Bite Brownie 2% Milk WW Dinner Roll</p> <p>ALTERNATES Apricot Halves</p>	<p>MAIN Crunchy Ranch Chicken Broccoli Florets Sweet Potato Fries Orange Citrus Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Peach Slices</p>	<p>MAIN Honey Glazed Salmon Herb Roasted Potatoes Green Peas and Corn Ice Cream Sandwich 2% Milk WW Dinner Roll</p> <p>ALTERNATES Diced Pineapple</p>	<p>MAIN Roast Turkey w/ Poultry Gravy Mashed Potatoes PEI Mixed Vegetables Vanilla Swirl Cake 2% Milk WW Dinner Roll</p> <p>ALTERNATES Diced Cantaloupe</p>

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