

Summer/Fall Regular Diet Menu | Week 1 2025

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 Creamy Coleslaw Applesauce 2% Milk</p> <p>ALTERNATES Egg Salad Sandwich WW Carrot Coins 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 Streak 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

Summer/Fall Regular Diet Menu | Week 2 2025

Breakfast

Lunch

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<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>
Lunch	<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>
Dinner	<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

Summer/Fall Regular Diet Menu | Week 3 2025

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 Tetrizzini 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 Rainbow 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

Summer/Fall Regular Diet Menu | Week 4 2025

Breakfast

Lunch

Dinner

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

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