

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

Breakfast

Choice of Juice  
Cream of Wheat  
Turkey Breakfast Sausages  
WW Toast w/Margarine  
Assorted Jams & Spreads  
Diced Pineapple  
2% Milk

Choice of Juice  
Oatmeal  
Hard Boiled Egg  
English Muffin  
Assorted Jams & Spreads  
Mandarin Oranges  
2% Milk

Choice of Juice  
Cream of Wheat  
Scrambled Eggs  
Pancakes  
Syrup  
Banana  
2% Milk

Choice of Juice  
Oatmeal  
Crispy Turkey Bacon  
Raisin Toast  
Assorted Jams w/ Spreads  
Peach Slices  
2% Milk

Choice of Juice  
Cream of Wheat  
Scrambled Eggs  
Bagel  
Assorted Jams & Spreads  
Fruit Cocktail  
2% Milk

Choice of Juice  
Oatmeal  
Hard Boiled Egg  
WW Toast w/Margarine  
Assorted Jams & Spreads  
Banana  
2% Milk

Choice of Juice  
Cream of Wheat  
Turkey Breakfast Sausage  
French Toast  
Syrup  
Tropical Fruit Salad  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Banana Muffin

**ALTERNATES**  
Assorted Cold Cereal  
Bran Muffin

**ALTERNATES**  
Assorted Cold Cereal  
Apple Cider Muffin

**ALTERNATES**  
Assorted Cold Cereal  
Oatmeal Raisin Muffin

**ALTERNATES**  
Assorted Cold Cereal  
Bran Muffin

**ALTERNATES**  
Assorted Cold Cereal  
Muffin Lemon Cranberry

**ALTERNATES**  
Assorted Cold Cereal  
Blueberry Passion Muffin

**SOUP:** Butternut Squash

**SOUP:** Lentil & Vegetable

**SOUP:** Hearty Minestrone

**SOUP:** Cream of Vegetable

**SOUP:** Chicken Veg Noodle

**SOUP:** Vegetable Beef

**SOUP:** Broccoli Cheese

**MAIN**

Chicken & Leek Pot Pie  
Parslied Cauliflower  
Tropical Fruit Salad  
2% Mil

**MAIN**

Fish Sticks w/ Tartar Sauce  
Baked Potato Wedges  
California Mixed Vegetables  
Assorted Fresh Fruit Bowl  
2% Milk

**MAIN**

Macaroni & Cheese  
Chef's Choice Vegetables  
Fruit Cocktail  
2% Milk

**MAIN**

Pepperoni Pizza  
Green Peas & Corn  
Chef's Choice Fruit  
2% Milk

**MAIN**

Parmesan Crusted Basa  
Sweet Potato Fries  
Carrot Coins  
Applesauce  
2% Milk

**MAIN**

Cheese Tortellini  
Seasoned Green Beans  
Orange Sections  
2% Milk

**MAIN**

BBQ Chicken  
Mashed Potatoes  
Green Peas  
Assorted Fresh Fruit Bowl  
2% Milk

**ALTERNATES**

Egg Salad Sandwich WW  
Mixed Beans Salad

Maple Chocolate Cake

**ALTERNATES**

Ham w/ Lettuce on Wheat  
Celery and Carrot Sticks w/ Dip

Vanilla Ice Cream

**ALTERNATES**

Beef Submarine  
Tomato Cucumber Salad

Pound Cake

**ALTERNATES**

Turkey Cheddar Wrap  
Potato Salad

Orange Citrus Cake

**ALTERNATES**

Egg Salad Sandwich WW  
Creamy Coleslaw

Iced Banana Cake

**ALTERNATES**

Chicken Salad Sandwich WW  
Garden Salad

Vanilla Ice Cream

**ALTERNATES**

Cucumber & Cream Cheese S/W  
Macaroni Salad  
Celery and Carrot Sticks w/ Dip

Chocolate Chip Cookie

**MAIN**

Salisbury Steak with Gravy  
Parisienne Potatoes  
Broccoli Florets  
Chocolate Ice Cream  
2% Milk  
WW Dinner Roll

**MAIN**

Turkey Meatloaf  
Mashed Potatoes  
PEI Mixed Vegetables  
Oatmeal Raisin Cookie  
2% Milk  
WW Dinner Roll

**MAIN**

Teriyaki Chicken  
Steamed Rice  
Asian Mix Vegetables  
Mini Two-Bite Brownie  
2% Milk  
WW Dinner Roll

**MAIN**

Pirogies w/Cheese & Sour Cream  
Chef's Choice Vegetables  
Strawberry Frozen Yogurt  
2% Milk  
WW Dinner Roll

**MAIN**

Beef Stew  
Baked Potato  
Broccoli Florets  
Vanilla Swirl Cake  
2% Milk  
WW Dinner Roll

**MAIN**

Turkey Tetrazzini w/Noodles  
California Mixed Veg  
Vanilla Pudding  
2% Milk  
WW Dinner Roll

**MAIN**

Shepherd's Pie  
Beef Gravy  
Diced Squash  
Rainbow Sorbet  
2% Milk  
WW Dinner Roll

**ALTERNATES**

Applesauce

**ALTERNATES**

Peach Slices

**ALTERNATES**

Orange Sections

**ALTERNATES**

Applesauce

**ALTERNATES**

Tropical Fruit Salad

**ALTERNATES**

Diced Pears

**ALTERNATES**

Peach Slices

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\*\* Soup and crackers are available at lunch and dinner

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

**Breakfast**

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 Turkey Breakfast Sausages Waffles Syrup Mandarin Oranges 2% Milk	Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pineapple 2% Milk	Choice of Juice Cream of Wheat Cheddar Cheese Omelet English Muffin Assorted Jams & Spreads Banana 2% Milk	Choice of Juice Oatmeal Turkey Breakfast Sausages Raisin Toast Assorted Jams & Spreads Peach Slices 2% Milk	Choice of Juice Oatmeal Hard Boiled Egg WW Toast w/ Margarine Assorted Jams & Spreads Mandarin Oranges 2% Milk	Choice of Juice Oatmeal Crispy Turkey Bacon French Toast Syrup Tropical Fruit Salad 2% Milk
<b>ALTERNATES</b> Assorted Cold Cereal Apple Cider Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Oatmeal Raisin Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Bran Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Lemon Cranberry Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Blueberry Passion Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Banana Muffin	<b>ALTERNATES</b> Assorted Cold Cereal Bran Muffin

**Lunch**

<b>SOUP:</b> Butternut Squash <b>MAIN</b> Cheese Pizza Chef's Choice Vegetables  Fruit Cocktail 2% Milk	<b>SOUP:</b> Cream of Mushroom <b>MAIN</b> Beef Soft Taco Diced Squash  Peach Slices 2% Milk	<b>SOUP:</b> Beef Barley Soup <b>MAIN</b> Vegetarian Egg Fried Rice Italian Mixed Vegetables  Apricot Halves 2% Milk	<b>SOUP:</b> Country Vegetable <b>MAIN</b> Pepperoni Pizza Broccoli Florets  Tropical Fruit Salad 2% Milk	<b>SOUP:</b> Tomato Soup <b>MAIN</b> Grilled Cheese Sandwich Sunrise Mixed Vegetables  Applesauce 2% Milk	<b>SOUP:</b> Carrot Ginger <b>MAIN</b> Fish Sticks w/ Tartar Sauce French Fries PEI Mixed Vegetables  Diced Pineapple 2% Milk	<b>SOUP:</b> Vegetable Noodle <b>MAIN</b> Chicken Fingers w/ Plum Sauce French Fries Roasted Carrots  Diced Pears 2% Milk
<b>ALTERNATES</b> Turkey Cheddar Wrap Spinach Mandarin Salad  Butter Tart Bar	<b>ALTERNATES</b> Egg Salad Sandwich WW Cucumber Slices	<b>ALTERNATES</b> Turkey Salad Sandwich WW Garden Salad	<b>ALTERNATES</b> Tuna Salad Sandwich WW Creamy Coleslaw	<b>ALTERNATES</b> Roast Beef Sandwich on WW Tomato Cucumber Salad	<b>ALTERNATES</b> Chicken Caesar Salad Garlic Bread	<b>ALTERNATES</b> Egg Salad Sandwich WW Creamy Coleslaw

**Dinner**

<b>MAIN</b> Herb Baked Chicken Parisienne Potatoes Seasoned Green Beans  Apple Pie 2% Milk WW Dinner Roll	<b>MAIN</b> Springtime Pasta Garlic Bread Broccoli and Cauliflower  Strawberry Shortcake 2% Milk WW Dinner Roll	<b>MAIN</b> Chicken Fingers w/ Plum Sauce Sweet Potato Fries Diced Carrots  Ice Cream Sandwich 2% Milk WW Dinner Roll	<b>MAIN</b> Meat Lasagna Green Peas  Chocolate Pudding 2% Milk WW Dinner Roll	<b>MAIN</b> Chicken Cacciatore Egg Noodles Corn Niblets  Chocolate Chip Cookie 2% Milk WW Dinner Roll	<b>MAIN</b> Chili Con Carne Plain Tea Biscuit Parslied Cauliflower  Lemon Buttermilk Cake 2% Milk WW Dinner Roll	<b>MAIN</b> Turkey Pot Pie Her Roasted Potatoes Asian Mix Vegetables  Pound Cake 2% Milk WW Dinner Roll
<b>ALTERNATES</b> Chef's Choice Fruit	<b>ALTERNATES</b> Banana	<b>ALTERNATES</b> Chef's Choice Fruit	<b>ALTERNATES</b> Orange Sections	<b>ALTERNATES</b> Diced Pears	<b>ALTERNATES</b> Diced Mango	<b>ALTERNATES</b> Mandarin Oranges

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

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

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\*\* Soup and crackers are available at lunch and dinner

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

Breakfast

Choice of Juice  
Oatmeal  
Scrambled Eggs  
WW Toast w/ Margarine  
Assorted Jams & Spreads  
Diced Pears  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Apple Cider Muffin

Choice of Juice  
Cream of Wheat  
Hard Boiled Egg  
Waffles  
Syrup  
Mandarin Oranges  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Oatmeal Raisin Muffin

Choice of Juice  
Oatmeal  
Crispy Turkey Bacon  
Raisin Toast w/ Margarine  
Assorted Jams & Spreads  
Diced Pineapple  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Apple Cider Muffin

Choice of Juice  
Cream of Wheat  
Hard Boiled Egg  
WW Toast w/ Margarine  
Assorted Jams & Spreads  
Banana  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Lemon Cranberry Muffin

Choice of Juice  
Oatmeal  
Turkey Breakfast Sausages  
English Muffin  
Assorted Jams & Spreads  
Peach Slices  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Blueberry Passion Muffin

Choice of Juice  
Cream of Wheat  
Cheddar Cheese Omelet  
WW Toast w/Margarine  
Assorted Jams & Spreads  
Applesauce  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Banana Muffin

Choice of Juice  
Oatmeal  
Crispy Turkey Bacon  
French Toast  
Syrup  
Tropical Fruit Salad  
2% Milk

**ALTERNATES**  
Assorted Cold Cereal  
Bran Muffin

Lunch

**SOUP:** Corn Chowder  
**MAIN**  
Beef Pot Pie  
Seasoned Green Beans

Fruit Cocktail  
2% Milk

**ALTERNATES**  
Egg Salad Sandwich WW  
Cranberry Coleslaw  
Vanilla Pudding

**SOUP:** Lentil & Vegetable  
**MAIN**  
Creamy Macaroni & Cheese  
California Mixed Vegetables

Diced Mango  
2% Milk

**ALTERNATES**  
Tuna Salad Sandwich WW  
Tossed Salad  
Sot Turnover Cookie

**SOUP:** Cream of Vegetable  
**MAIN**  
Chicken Fingers w/Plum Sauce  
French Fries  
Chef's Choice Vegetables

Fruit Cocktail  
2% Milk

**ALTERNATES**  
Roast Beef Sandwich  
Creamy Coleslaw  
Strawberry Ice Cream

**SOUP:** Butternut Squash  
**MAIN**  
Hamburger w/Condiments  
Sunrise Mixed Vegetables

Apple Pie  
2% Milk

**ALTERNATES**  
Turkey Cheddar Wrap  
Potato Salad  
Diced Pears

**SOUP:** Cream of Tomato  
**MAIN**  
Cheese Pizza  
Seasoned Green Beans

Tropical Fruit Salad  
2% Milk

**ALTERNATES**  
Egg Salad Sandwich WW  
Caesar Salad  
Butter Tart

**SOUP:** Beef Barley  
**MAIN**  
Spaghetti & Meatballs  
Chef's Choice Vegetables

Apricot Halves  
2% Milk

**ALTERNATES**  
Chicken Salad Sandwich WW  
Greek Salad w/Feta  
Strawberry Short

**SOUP:** Hearty Minestrone  
**MAIN**  
Vegetarian Egg Fried Rice  
Diced Squash

Banana  
2% Milk

**ALTERNATES**  
Roast Beef Sandwich  
Cucumber Slices  
Oatmeal Raisin Cookie

Dinner

**MAIN**  
Pasta Penne & Meat Sauce  
Italian Mixed Vegetables  
Chocolate Pudding  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Diced Pineapple

**MAIN**  
Turkey Schnitzel  
Mashed Potatoes  
Green Peas  
Pound Cake  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Chef's Choice Fruit

**MAIN**  
Herbed Roast Pork  
Baked Potato Wedges  
Diced Carrots  
Lemon Buttermilk Cake  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Peach Slices

**MAIN**  
Cheese Ravioli w/ Tomato  
Sauce  
Green Peas  
Mini Two-Bite Brownie  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Apricot Halves

**MAIN**  
Crunchy Ranch Chicken  
Broccoli Florets  
Sweet Potato Fries  
Orange Citrus Cake  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Peach Slices

**MAIN**  
Honey Glazed Salmon  
Herb Roasted Potatoes  
Green Peas and Corn  
Ice Cream Sandwich  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Diced Pineapple

**MAIN**  
Roast Turkey w/ Poultry Gravy  
Mashed Potatoes  
PEI Mixed Vegetables  
Vanilla Swirl Cake  
2% Milk  
WW Dinner Roll

**ALTERNATES**  
Diced Cantaloupe

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\*\* Soup and Crackers are available at Lunch and Dinner