

Fall/Winter Menu 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Ham and Cheese Egg Muffin Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Scrambled Eggs Bran Muffin Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Poached Egg Pancake with Syrup Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Banana
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Steamed Cod Fillets with Spinach and White Wine Sauce Scalloped Potatoes Buttered Carrots Chocolate Cake with Raspberry Coulis	BBQ Pork Ribs Spaghetti Carbonara Winter Vegetable Medley Lemon Cheesecake	French Dip Roast Beef Sandwich with Gravy Potatoes Wedges Green Salad Mango Panna Cotta	Chicken A La King Mushroom Rice Pilaf Broccoli Pumpkin Cinnamon Tart	Herb Crusted Fish Filet Mashed Potatoes Root Vegetables Chocolate Chip Brownie	Beef and Vegetables Stew (carrots, peas and potatoes) Steamed Rice Vanilla Baked Custard	Butter Chicken Basmati Rice Green Beans Blueberry Pie
Alternate	<i>Baked Chicken Thigh</i>	<i>Grilled Cheese Sandwich</i>	<i>Herbed Chicken Breast</i>	<i>Beef Meatballs</i>	<i>Maple Pork Sausage</i>	<i>Classic Meatballs in Gravy</i>	<i>Breaded Sole Fillet</i>
2PM	<i>Assorted Beverages</i> <i>Cantaloupe/Mini Cupcakes</i>	<i>Assorted Beverages</i> <i>Pineapple/ Banana Loaf</i>	<i>Assorted Beverages</i> <i>Orange/ Carrot Cake</i>	<i>Assorted Beverages</i> <i>Apple Slices/ Cinammon Roll</i>	<i>Assorted Beverages</i> <i>Watermelon / Chocolate Cake</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
Supper	Unsalted Soda Crackers Cream of Broccoli Soup Turkey Bolognese Pasta Caeser Salad Garlic Bread Fresh Fruit	Unsalted Soda Crackers Tomato & Basil Soup served with Multigrain Roll Classic Swedish Meatballs with Gravy Whipped Potatoes Buttered green beans Apple Pie	Unsalted Soda Crackers Vegetable & Barley Soup Smoked Sausage Cheese Perogies w/Caramalized Onion and Sour Cream Sauteed Cabbage Maple Chocolate Cake	Unsalted Soda Crackers Curried Lentil Soup Cheese and Spinach Manicotti with Tomato Sauce Garlic Bread Stick Mixed Green Salad Peach Melba Cake	Unsalted Soda Crackers Creamy Potato Soup w/ Green Onions Cabbage Roll in Tomato Sauce Brioche Roll Roasted Squash Fresh Fruit Cup	Unsalted Soda Crackers Chicken Gumbo Soup Mac'n Cheese Peas and Carrots Steamed Broccoli Strawberry Shortcake	Unsalted Soda Crackers Maple Roasted Yam Soup BBQ Pulled Pork Sandwich Apple & Raisin Coleslaw Mandarin Orange
Alternate	<i>Egg Salad Sandwich</i>	<i>Baked Beans</i>	<i>Roast Beef Sandwich</i>	<i>Honey Roast Ham Sandwich</i>	<i>Cheese & Tomato Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Sliced Beef Sandwich</i>
HS	<i>Assorted Beverages</i> <i>Shortbread Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Raisin Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Assorted Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Digestive Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Arrowroot Biscuits & Yogurt</i>	<i>Assorted Beverages</i> <i>Chocolate Cookies & Yogurt</i>

Menu subject to change without notice

Audited by site dietician
October 2022

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
Assorted Beverages include: 125 ml of milk/juice/water/tea/coffee
Assorted sandwich is also available upon request at HS

Fall/Winter Menu 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8	9	10	11	12	13	14
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Banana/Cantaloupe	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Apple Slices/Banana	Assorted Juice Oatmeal Scrambled Eggs Banana Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Poached Egg Waffle with Syrup Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs + Sausage Hashbrowns Peanut Butter/Assorted Jams Orange/Watermelon
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Sole in Herbed Butter Garlic Roasted Potatoes Peas Banana Cake	Cheeseburger Fries Served with Tomato and Lettuce Pumpkin Cinnamon Tart	Baked Ham with Mustard and Brown Sugar Glaze Nugget Potatoes Grilled Vegetables Apple Crumble	Roast Beef with Yorkshire Pudding w/ Gravy Mashed Potatoes Roasted Winter Vegetables Coconut Pie	Lemon Rosemary Salmon Fettuccine Alfredo Buttered Green Beans with Almonds Fruit Cocktail	Chicken Breast with BBQ Sauce Rice Pilaf Roasted Glazed Beet Salad Strawberry Mousse	Sweet & Sour Pork Fried Noodles Oriental Vegetables Diced Mango
Alternate	<i>Beef Meatballs</i>	<i>Breaded White Fish</i>	<i>Chicken in Tomato Sauce</i>	<i>Turkey Sandwich</i>	<i>Grilled Cheese Sandwich</i>	<i>Pork Loin</i>	<i>Turkey Stroganoff</i>
2PM	<i>Assorted Beverages</i> <i>Pineapple/Cinnamon Roll</i>	<i>Assorted Beverages</i> <i>Cantaloupe/Mini Cupcakes</i>	<i>Assorted Beverages</i> <i>Honeydew/Carrot Cake</i>	<i>Assorted Beverages</i> <i>Apple Slices / Banana Loaf</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Pineapple / Chocolate Cake</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Wonton Soup Stir Fry Beef with Vegetables Steamed Rice Garlic Bok Choy Rhubarb Crisp with Cream Chantilly	Split Pea Soup Fusilli Pasta with Roasted Zucchini Garlic Bread Stick Chickpea & Apple Salad Tiramissu Cake	Cream of Mushroom Soup served with Multigrain Roll Chicken Strips Served with Plum Sauce Potato Wedges Caesar Salad Pineapple Upside Down Cake	Roasted Squash & Apple Soup Turkey Stroganoff Rice Steamed Carrots Yogurt with Berries	Corn Chowder Teriyaki Pork Rice Stir Fry Vegetables German Chocolate Cake	Minestrone Soup Garden Vegetable Frittata Brioche Roll Broccoli & Feta Cheese Salad Fresh Fruit Trifle	Potato Leek Soup Meatballs with Gravy Egg Noodles Steamed Broccoli Strawberry Rhubarb Pie
Alternate	<i>Cheese & Tomato Sandwich</i>	<i>Tuna Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Honey Roast Ham Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Baked Beans In Tomato Sauce</i>	<i>Egg salad sandwich</i>
HS	<i>Assorted Beverages</i> <i>Shortbread Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Chocolate Chip Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Assorted Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Digestive Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Peanut Butter Cookies & Yogurt</i>	<i>Assorted Beverages</i> <i>Raisin Cookies & Yogurt</i>

Menu subject to change without notice

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October 2022

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily;
Assorted Beverages include: 125 ml of milk/juice/water/tea/coffee
Assorted sandwich is also available upon request at HS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	15	16	17	18	19	20	21
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Cheese Egg Muffin Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs Bran Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Poached Egg Pancake with Syrup Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Tilapia with Lemon Caper Sauce Buttermilk Whipped Potatoes Steamed Broccoli Citrus Cake with Berry Compote	Classic Meatloaf Maple Glazed Yams Buttered Carrots Banana Cream Pie	Grilled Chicken Breast Basil Fresh Tomato Pasta Spinach Salad Tiramissu	BBQ Pork Ribs Mexican Rice Roasted Vegetables Éclair	Steamed Sole Fish with Parsley and Lemon Sauce Roasted Potatoes Green Beans and Roasted Peppers Carrot Cake	Chicken Parmigiana with Tomato Sauce Spaghetti Garden Vegetables Berry Trifle	Roast Turkey with Stuffing and Gravy w/ Cranberry Sauce Mashed Potatoes Parslied Carrots Apricots
Alternate	<i>Sweet & Sour Meatballs</i>	<i>Breaded Sole Fillet</i>	<i>Mac & Cheese</i>	<i>Curry Dahl / Naan Bread</i>	<i>Beef Meatballs</i>	<i>Maple Pork Sausages</i>	<i>Breaded Sole Fillet</i>
2PM	<i>Assorted Beverages Cantaloupe /Cupcakes</i>	<i>Assorted Beverages Orange Wedges/ Carrot Cake</i>	<i>Assorted Beverages Pineapple/ Chocolate Brownie</i>	<i>Assorted Beverages Honeydew/ Zucchini Loaf</i>	<i>Assorted Beverages Apple Slices / Chocolate Cake</i>	<i>Assorted Beverages Watermelon/ Damish</i>	<i>Assorted Beverages Cantaloupe/ Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Italian Wedding Soup Chicken Pesto Steamed Rice Grilled Vegetables Berry Tart	Tomato Soup Three Cheese Macaroni Tomato and Cucumber Salad Tangerine Mousse	Pumpkin Spice Soup Tortiere Garlic Bread Stick Creamy Coleslaw Baked Apple Slices	Quinoa Vegetable Soup Leek & Roasted Pepper Quiche Mixed Green Salad with Cucumber and Tomatoes Apple Pie	Wonton Soup with Bok Choy & Carrots Char Siu Pork Loin Steamed Rice With Green Onions Stir Fry Cauliflower & Peppers Ambrosia	Vegetable Barley Soup Salisbury Steak with Onions and Gravy Rice Pilaf Minted Peas Banana Chocolate Chip Loaf	Leek and Potato Soup Pepperoni Cheese Pizza Garden Salad Citrus Cake
Alternate	<i>Ham & Cheese Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Chicken Fingers</i>	<i>Cheese & Tomato Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Egg Salad Sandwich</i>
HS	<i>Assorted Beverages Chocolate Chip Cookies & Yogurt</i>	<i>Assorted Beverages Oatmeal Cookies & Yogurt</i>	<i>Assorted Beverages Assorted Cookies & Yogurt</i>	<i>Assorted Beverages Raisin Cookies & Yogurt</i>	<i>Assorted Beverages Digestive Cookies & Yogurt</i>	<i>Assorted Beverages Peanut Butter Cookies & Yogurt</i>	<i>Assorted Beverages Chocolate Chip Cookies & Yogurt</i>

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Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
Assorted Beverages include: 125 ml of milk/juice/water/tea/coffee
Assorted sandwich is also available upon request at HS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	22	23	24	25	26	27	28
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs Blueberry Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange Wedges	Assorted Juice Oatmeal Poached Egg French Toast with Syrup Peanut Butter/Assorted Jams Apple Slices	Assorted Juice Oatmeal Scrambled Eggs + Bacon Hashbrowns Peanut Butter/Assorted Jams Orange/Watermelon
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Fish & Chips Tartar Sauce and Lemon Wedge Buttered Peas Vanilla Caramel Cake	Chicken Souvlaki with Tzatziki Rice Pilaf Greek Salad Egg Tart	Pork with White Wine Sauce Scalloped Potatoes Roasted Zucchini Rocky Road Brownie	Roast Beef with Yorkshire Pudding w/ Gravy Mashed Potatoes Parslied Carrots Apple Danish	Seafood Newburg (shrimp and crab meat) Steamed Rice Sautéed Zucchini with Peppers Rhubarb Strawberry Crisp	Beef Hamburger Potato Wedges Lettuce & Tomato Slices Ice Cream	Honey Garlic Chicken Fried Rice Oriental Mix Vegetables Baked Custard
Alternate	<i>Baked Chicken Thigh</i>	<i>Beef Meatballs with Gravy</i>	<i>Roasted Chicken Breast</i>	<i>Breaded Sole Fillet</i>	<i>Turkey a la King</i>	<i>Maple Pork Sausage</i>	<i>Salmon</i>
2PM	<i>Assorted Beverages Orange Wedges/Danish</i>	<i>Assorted Beverages Pineapple/Chocolate Cake</i>	<i>Assorted Beverages Apple Slices/Zucchini Loaf</i>	<i>Assorted Beverages Cantaloupe/Nanaimo Bar</i>	<i>Assorted Beverages Orange Wedges/Cinnamon Roll</i>	<i>Assorted Beverages Pineapple/Mini Cupcake</i>	<i>Assorted Beverages Honeydew /Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Tomato Basil Soup Beef Chow Mein Veg Stir Fry Chopped Salad with Buttermilk and Poppy Seed Dressing Strawberry Mousse	Chicken Vegetables Soup Vegetarian Lasagna Garlic Bread Caesar Salad Maple Chocolate Cake	Cream of Spinach Turkey a la King Egg Noodles Broccoli Carrot and Cranberry Cake	Roasted Squash & Apple Soup Sweet and Sour Pork Steamed Rice Green and Wax Beans Pineapple Whipped	Broccoli Cheddar Soup Chicken Thigh Spaghetti with Tomato Sauce Cabbage and Chick Pea Salad Lemon Tart with Raspberry Coulis	Cream of Carrot Soup Pork and Vegetables Goulash Corn Bread Apricot Crisp	Cauliflower Bisque Swedish Meatballs Roasted Potatoes Buttered Vegetables Boston Cream Pie
Alternate	<i>Grilled Cheese Sandwich</i>	<i>Ham & Cheese Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Egg Salad Sandwich</i>	<i>Assorted Sandwiches</i>
HS	<i>Assorted Beverages Shortbread Cookies & Yogurt</i>	<i>Assorted Beverages Oatmeal Cookies & Yogurt</i>	<i>Assorted Beverages Peanut Butter Cookies & Yogurt</i>	<i>Assorted Beverages Digestive Cookies & Yogurt</i>	<i>Assorted Beverages Chocolate Cookies & Yogurt</i>	<i>Assorted Beverages Peanut Butter Cookies & Yogurt</i>	<i>Assorted Beverages Oatmeal Cookies & Yogurt</i>

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Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
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Assorted sandwich is also available upon request at HS