REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat/Flax* Boiled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Cream of Wheat/Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Scrambled Eggs Bacon Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Cheddar Cheese Raisin Toast Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Pancakes w/Syrup Fruit Bacon **Alternate available: Cold Cereal*	Sunny Boy Omelet Breakfast Sausage Whole Wheat Toast Fruit **Alternate available: Cold Cereal*
Lunch	Oven Baked Chicken Thighs Pork Chop California Mixed Vegetable Savoury Diced Potatoes Salad Of The Day Gravy Fruit of the day	Sweet & Savoury Meatloaf Fish of the day (lemon,tartar sauce) Creamed Peas Mashed Potatoes Salad Of The Day Gravy Fruit of the day	Stuffed Chicken Salisbury Steak Gravy Broccoli Mashed Potatoes Salad Of The Day Fruit of the day	Pork Bites w/Sweet & Sour Sauce Honey Garlic Meatballs Mixed Vegetable Rice Salad Of The Day Fruit of the day	Resident Choice	Oven Baked Sausage Meatballs Beef Gravy Brocolli Salad Of The Day Pasta Salad Fruit of the day	Roast Turkey Peas & Carrots Homemade Stuffing Cranberry Sauce Mashed Potatoes & Gravy Salad Of The Day Pumpkin Pie Sandwich of the Day
Supper	Soup of the Day Fish Burger w/Tartar Sauce Cucumber Tomato Salad Carrot Cake Sandwich of the Day	Soup of the Day Breakfast Sausage Waffles w/Mixed Berry and Sauce Ice Cream Sandwich of the Day	Soup of the Day Beef & Vegetable Stew Biscuit Pudding Sandwich of the Day	Soup of the Day Turkey Sandwich w/Cranberry Mayonnaise Vegtable of the day Apple Crisp Sandwich of the Day	Soup of the Day Fish & Chip Tartar Lemon Vegtable of the day Fruit of the day Sandwich of the Day	Soup of the Day Egg Salad Sandwich Vegtable of the day Lemon Cheese Cake Sandwich of the Day	Soup of the Day Chilli & Bun sliced fresh Veg Fruit of the day Sandwich of the Day
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)				***Available upon request: Sandwich of the day, toast, yogurt, and cheese.			

REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oatmeal w/ Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Scrambled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/ Flax* Boiled Egg Bacon Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran/Flax* Yogurt Raisin Toast Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Waffles w/Syrup Fruit Sausage **Alternate available: Cold Cereal*	Sunny Boy Omlette Bacon Fruit **Alternate available: Cold Cereal*
Lunch	Krunchie Perch BBQ chicken breast Mixed Vegetables Diced Potato Tartar Sauce Salad Of The Day Fruit of the day	Pork Roast Shepard's Pie Turnip Mashed Potato Salad of the Day Fruit of the day	Ground Beef Stroganoff Seasoned Pok chop Peas & Pearl Onions Egg noodle Salad of the Day Fruit of the day	Shake& Bake 9 cut Chicken Baked Hake Green Beans Lemon & Tartar Sauce Mashed Potatoes Gravy Salad Of The Day Fruit of the day	Residents Choice	Honey Garlic Meatballs Chicken Fingers Buttered Carrots Rice Salad Of The Day Gravy Fruit of the day	Baked Ham Creamed Corn Scalloped Potatoes Salad Of The Day Pie of the Day Sandwich of the Day
Supper	Soup of the Day Denver Scramble Tomato Salad Corn Meal Muffin Home Baked Cake of the day Sandwich of the Day	Soup of the Day Chicken Tenders Garden Salad Sweet potato Fries Plum Sauce Fruit Cocktail Sandwich of the Day	Soup of the Day Slice ham Raw Veg Bun Jello Sandwich of the Day	Soup of the Day Sausage on a Bun Sauerkraut Brownie Sandwich of the Day	Soup of the Day Chicken Salad /Croissant Raw Veg Fruit of the day Sandwich of the Day	Soup of the Day sliced Beef on a bun beef gravy Coleslaw Lemon Buttermilk Cake Sandwich of the Day	Soup of the Day Hot Turkey Sandwich Peas Cranberry Sauce Fruit of the day Sandwich of the Day

Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)

***Available upon request: Sandwich of the day, toast, yogurt, and cheese.

REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Boiled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Bacon Scrambled Eggs Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Cheddar Cheese Raisin Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/Flax* Breakfast Sausage French Toast w/Syrup Fruit **Alternate available: Cold Cereal*	Sunny Boy Bacon Omelet Whole Wheat Toast Fruit **Alternate available: Cold Cereal*
Lunch	Teriyaki Chicken Seasoned Pork Chop California Vegetable Buttered Rice Salad Of The Day Fruit of the day	Garlic Sausage Meatloaf Picked Beets Perogies Fried Onion & Bacon Crumble Sour Cream Salad Of The Day Fruit of the Day	BBQ Pork Roast Seasoned Chicken Breast Mixed Vegetable Mashed Potato Salad Of The Day Fruit of the Day	Chicken Stew Pork Bites Mixed Vegetable Mashed Potato Salad Of The Day Gravy Fruit of the Day	Resident Choice	Pork Chop Meatballs Green Beans Mashed Potatoes Salad Of The Day Gravy Fruit of the Day	Roast chicken Winter Squash Casserole Roasted Potatoes Salad Of The Day Sandwich of the Day Apple Pie
Supper	Soup of the Day Back Bacon Pancakes mixed Berries & Sauce Banana Cake Sandwich of the Day	Soup of the Day Lasagna Caesar Salad Garlic Toast Rice Pudding Sandwich of the Day	Soup of the Day Egg or Seafood Salad Croissant Creamy Pea Salad Butter Pecan Fudge Cake Sandwich of the Day	Soup of the Day Cheese Burger w/Tomato & Lettuce Tomato Baked Beans Vegetable of the day Chocolate Peanut Butter Cake Sandwich of the Day	Soup of the Day Beef Chili Mixed Vegetable Dinner Bun Fruit of the Day Sandwich of the Day	Soup of the Day Raw Veg Turkey & Swiss Sandwich Raw Veg Berry Cheesecake Sandwich of the Day	Soup of the Day Fish & Chip Lemon Tartar Sauce Vegetable of the day Fruit of the Day Sandwich of the Day
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)				***Available upon request: Sandwich of the day, toast, yogurt, and cheese.			

REGULAR WEEK AT A GLANCE

Fall & Winter 2026-2027
Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax* Yogurt Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat/Flax* Cheddar Cheese Assorted Muffins Fruit **Alternate available: Cold Cereal*	Oatmeal w/ Flax* Scrambled Egg Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Cream of Wheat w/Flax* Boiled Egg Bacon Whole Wheat Toast Fruit **Alternate available: Cold Cereal*	Oat Bran w/Flax* Yogurt Raisin Toast Fruit **Alternate available: Cold Cereal*	Apple Cinn. Oatmeal w/Flax* Breakfast Sausage Waffles w/Syrup Fruit **Alternate available: Cold Cereal*	Sunny Boy Egg Bacon Yogurt Fruit **Alternate available: Cold Cereal*
Lunch	Lasagna Chicken Krispy Perch Lemon & Tartar Sauce Mixed Vegetable Garlic Toast Salad Of The Day Fruit of the Day	Salisbury Steak Pork Roast Brown Sugar Turnip Mashed Potatoes Salad Of The Day Gravy Fruit of the Day	BBQ Chicken Breast Beef Stroganoff Crinkle Cut Carrots Buttered Rice Salad Of The Day Fruit of the Day	Beef Liver w/ Onions Pork bites w/Sauce Buttered Cabbage Savory Diced Potatoes Salad Of The Day Gravy Fruit of the Day	Resident Choice	English Style Fish Chicken Stew Steamed Broccoli Mashed Potatoes Salad Of The Day Gravy Tartar Sauce Lemon Fruit of the Day	Roast Beef Dilled Carrots Yorkshire Pudding Mashed Potatoes Salad Of The Day Gravy Sandwich of the Day Blueberry Pie
Supper	Soup of the Day Scrambled Eggs Back Bacon Tomato Slices Chocolate Iced Cake Sandwich of the Day	Soup of the Day Chicken Tenders Garden Salad Tator Tots Plum Sauce Rice Pudding Sandwich of the Day	Soup of the Day Spaghetti and meat sauce Mixed Vegetables Roasted Pears Sandwich of the Day	Soup of the Day Egg or Tuna Salad on a Bun Cucumber & Onion Salad Pineapple upside down cake Sandwich of the Day	Soup of the Day Hot Roast Beef Sandwich Green Beans Horseradish Gravy Fruit of the Day Sandwich of the Day	Soup of the Day Ham Hashbrown Peas Mandarin oranges Sandwich of the Day	Soup of the Day Chicken Salad croissant Vegetable of the day Fruit of the Day Sandwich of the Day
Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)				***Available upon request: Sandwich of the day, toast, yogurt, and cheese.			