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.			