




Chinook Village

Week 3

Fall/Winter Menu February 12th - 18th 2018

Compliance Canada Food Guide

BREAKFAST	Monday (12)	Tuesday (13)	Wednesday (14)	Thursday (15)	Friday (16)	Saturday (17)	Sunday (18)
8:00 - 9:00 am 	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Pancakes / Sausage</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Cheese Omelet</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Poached Eggs</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Boiled Eggs/ Bacon</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Plain Omelet</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Scrambled / Ham Steak</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal / Boiled Eggs <u>CONTINENTAL BREAKFAST</u>
10 AM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit							
LUNCH 12:00 - 1:00 pm 	Salad/Fruit/Sandwich Bar Cream of Chicken Soup Crab Sandwiches <u>Ginger Beef</u> <u>Rice Pilaf</u> Steamed Veggies Cookies	Salad/Fruit/Sandwich Bar Turkey and Bacon soup Egg Salad Sandwiches <u>Souvlaki Chicken</u> Tzatziki Sauce Greek salad Rice Pilaf Pie	Salad/Fruit/Sandwich Bar Cream of Mushroom Soup Assorted Sandwiches <u>Roast Pork Blueberry Sauce</u> Mashed Potatoes / Gravy Steamed Broccoli Wax Beans, Green Beans Raspberry Cheesecake	Salad/Fruit/Sandwich Bar Vegetable Soup Beef Sandwiches <u>Honey Garlic Salmon</u> <u>Rice Pilaf</u> Fresh Steamed Carrots, Cauliflower & Broccoli Pie	Salad/Fruit/Sandwich Bar Chicken Rice Veg Soup Turkey Sandwiches <u>Parmesan Veal Cutlets</u> <u>Onions and Mushrooms</u> <u>Mash Potato /Gravy</u> Pineapple Cake	Salad/Fruit/Sandwich Bar Beef Kidney Bean Soup Tuna Sandwiches <u>Mix Meat Lasagna</u> <u>Garlic Toast</u> Steamed Peas and Onions Cheese Cake	Salad/Fruit/Sandwich Bar Tomato Soup Assorted Sandwiches SUNDAY BRUNCH
3 PM Snack - Assorted Juices - Muffins/Cake /Cookies/Cheese/Crackers/Fruit							
SUPPER 5:00 - 6:00 pm 	Salad/Fruit/Sandwich Bar Cream of Chicken Soup Crab Sandwiches BBQ Ribs Baked Potatoes <small>(Sour Cream/ green Onion/ shredded cheese/Bacon Bits)</small> Cream Corn Ice Cream	Salad/Fruit/Sandwich Bar Turkey and Bacon soup Egg Salad Sandwiches <u>Cabbage Rolls</u> <u>Sweet Potato Fries</u> <u>Steamed Pick of the day veg</u> Fruit Cocktail Cake	Valentine's Day Buffet	Salad/Fruit/Sandwich Bar Vegetable Soup Beef Sandwiches <u>Roast Chicken</u> Green Peas and Carrots Oven Roasted Potatoes Fresh Baked Buns Assorted Desserts	Salad/Fruit/Sandwich Bar Chicken Rice Veg Soup Turkey Sandwiches <u>Lemon Pepper Fish</u> <u>Rice Pilaf</u> Steamed Broccoli Tapioca Pudding	Salad/Fruit/Sandwich Bar Beef Kidney Bean Soup Tuna Sandwiches <u>Turkey Pot Pie</u> Sliced Potatoes with Onions Steamed Peas carrots Assorted Desserts	Salad/Fruit/Sandwich Bar Tomato Soup Assorted Sandwiches <u>Roast Beef</u> Mashed Potatoes/ Gravy Steamed Broccoli, cauliflower Pie
PM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit/Cake/Cookies							

Some Items May Vary According to Availability

** Orange Juice, Apple Juice, Regular & Diet Cranberry Juice, Tomato Juice, V8, Milk, Soy Milk, Lactose Free Milk and Water available at all meals.
 *** Assorted Yogurts and Cottage Cheese available at all meals.

APPROVED