




Chinook Village

Week 2

Fall/Winter Menu March, 12th - 18th 2018

Compliance Canada Food Guide

	Monday (12)	Tuesday (13)	Wednesday (14)	Thursday (15)	Friday (16)	Saturday (17)	Sunday (18)
BREAKFAST 8:00 - 9:00 am 	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal Plain Omelet/ Ham Steak Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat Scrambled Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal Pancakes / Sausage Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat Cheese Omelet Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal Poached Eggs Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat Boiled Eggs/ Bacon Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal Egg Muffin Egg Station Toast/Butter/Preserves Freshly Baked Muffins
BISTRO - 10 AM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit							
LUNCH 12:00 - 1:00 pm 	Salad/Fruit/Sandwich Bar 6 Bean Soup Egg Salad Sandwiches Cabbage Rolls Mash Potato Steamed Veggies Macaroons	Salad/Fruit/Sandwich Bar Butternut Squash Soup Tuna Sandwiches Lasagna Steamed Veg Garlic Toast Caesar Salad Assorted Desserts	Salad/Fruit/Sandwich Bar Seafood Chowder Turkey Sandwiches Roast Chicken Liver and Onions Oven Roasted Potatoes Fresh Steamed Carrots, Cauliflower & Broccoli Ice Cream Cone	Salad/Fruit/Sandwich Bar Cream of Vegetable Beef Sandwiches Crab Cake Sliders Asian Slaw Sweet Potato Fries Sweet Chilly Aioli Cottage Cheese Cake	Salad/Fruit/Sandwich Bar Chicken Vegetable Soup Crab Salad Sandwiches Ginger Beef Rice Pilaf Steamed Oriental Veggies Tapioca Pudding	Salad/Fruit/Sandwich Bar Hamburger Soup Turkey Sandwiches Chicken Stir Fry Noodles Oriental Steamed Veg Apple Crumble	Salad/Fruit/Sandwich Bar Split Pea Soup Assorted Sandwiches Pork Rib'ts Mash Potato Steamed Carrots and Peas Assorted Desserts
3 PM Snack - Assorted Juices - Muffins/Cookies/Cheese/Crackers/Fruit							
SUPPER 5:00 - 6:00 pm 	Salad/Fruit/Sandwich Bar 6 Bean Soup Egg Salad Sandwiches Battered Fish Fries Coleslaw/ Tartar sauce Steamed Carrots Pie	Salad/Fruit/Sandwich Bar Butternut Squash Soup Tuna Sandwiches Veal Cutlets/ Gravy Baked Potato (Sour Cream/ Green Onions/Bacon Bits/ Shredded Cheese) Sautéed Vegetable (Onions, Mushrooms and Cabbage.) Cheesecake	Salad/Fruit/Sandwich Bar Seafood Chowder Turkey Sandwiches Baked Spaghetti and Meat Balls Garlic Toast Oven Roasted Vegetables (Carrots, Cauliflower, Chick Peas, Zucchini, Red Pepper, Mushrooms) Chocolate Cake	Salad/Fruit/Sandwich Bar Cream of Spinach Beef Sandwiches Roast Pork Honey Mustard Sauce Scalloped Potatoes Green Peas and Carrots Pecan Pie	Salad/Fruit/Sandwich Bar Chicken Vegetable Soup Crab Salad Sandwiches Chicken Parmesan Pasta in Olive oil, Herb Cream Sauce Grilled Vegetables Fresh Baked Buns Assorted Desserts	Salad/Fruit/Sandwich Bar Hamburger Soup Turkey Sandwiches Herb Crusted Salmon Filet Rice Pilaf Steamed Broccoli Cauliflower, carrots and Mushrooms Ice Cream	Salad/Fruit/Sandwich Bar Split Pea & Ham Soup Assorted Sandwiches Roast Beef Mashed Potatoes Baby Roasted Potatoes Steamed pick of the day veggies Rice Pudding
PM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit/Cake/Cookies and Sandwiches							

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