

PM Spring/Summer 2026 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Buttermilk Pancakes	Strawberry Jam
Margarine	Margarine	Raisin Bread	Margarine	Strawberry Jam	Margarine	Margarine
Strawberry Jam	Strawberry Jam	Margarine	Strawberry Jam	Margarine	Strawberry Jam	Cream of Wheat
Cream of Wheat	Cream of Wheat	Strawberry Jam	Cream of Wheat	Cream of Wheat	Syrup	Bacon
Peanut Butter	Peanut Butter	Cream of Wheat	Peanut Butter	Peanut Butter	Cream of Wheat	Whole Wheat Toast
		Peanut Butter			Peanut Butter	
					Whole Wheat Toast	

<b>LUNCH</b>						
Salisbury Steak	Rosemary Chicken	Swedish Meatballs	Italain Breaded Veal Cutlet	Breaded Haddock	Cabbage & Beef Casserole	Roast Beef
Savoury Diced Potatoes	Brown Gravy	Buttered Egg Noodles	Poultry Gravy	Brown Gravy	Fluffy Rice	Beef Gravy
Parsley Carrots	Mashed Potatoes	Seasoned Zucchini	Diced Savory Potatoes	Mashed Potatoes	Parslied Cauliflower	Mashed Potatoes
Vanilla Caramel Swirl Cake	Green Beans	Peach Crisp	Italian Mixed Vegetables	Sunrise Vegetables	Mandarin Oranges	Green Peas
Pork Goulash Hungarian	Fruit Cocktail	Turkey Sausage	Iced Brownie	Tartar Sauce	BBQ Sauce Glazed Pork Ribette	Horseradish
Mashed Potatoes	Baked Lemon Pepper Cod	Stir Fried Peppers & Onions	Chicken Marengo	Chocolate Cake	Sweet Potato Fries	Apple Pie Slice
Steamed Broccoli	Fluffy Rice	Turkey Gravy	Mashed Potatoes	Cheese & Veg Pasta Mornay	Asian Vegetables	Baked Parmesan Breaded Fish
	California Vegetables	Mashed Potatoes	Green Peas	Broccoli Florets		Steak Fries
		Diced Squash		Grated Parmesan Cheese		Italian Seasoned Vegetables

<b>DINNER</b>						
Unsalted Crackers	Tomato Soup	Garden Veg Soup	Borscht Soup	Split Pea Soup	Minestrone Soup	Lentil & Vegetable Soup
Chicken Noodle Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Peameal Bacon Sandwich on Bun	Pulled Pork	Beef Burger on WW Bun	Turkey & Swiss Sndw on WW	Chicken Balls
Tartar Sauce	Beet & Onion Salad	Syrup	Corn Niblets	Ketchup/Mustard/Relish	Pickled Beets	Vegetable Fried Rice
Caesar Salad	Lime Gelatin	Tomato Slices	Ice Cream	Mixed Salad with Italian Dressing	Minestrone Soup	Asian Stir Fry Vegetables
Honeydew Melon	Whipped Topping	Pineapple Tidbits	Borscht Soup	Lemon Tart	Vegetable Cheese Strata	Ice Cream Sandwich
Chicken Noodle Soup	Tomato Soup	Garden Veg Soup	Egg Salad Sndw on Wheat	Split Pea Soup	5-Way Mixed Vegetables	Lentil & Vegetable Soup
Western Omelette	Beef Roast Sandwich on Wheat	Chicken Salad	Brown Gravy	Cordon Bleu Chicken	Buttered WW Bread	Country Ham Salad
Parslied Cauliflower	Tomato Slices	White Dinner Roll	Creamy Cucumber Salad	Julienne Parsley Carrots		White Dinner Roll
		Spinach Onion Salad	White Dinner Roll	Crispy Potato Cubes		

**PM Spring/Summer 2026 - Week 2**

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Buttermilk Pancakes	Strawberry Jam
Margarine	Strawberry Jam	Raisin Bread	Margarine	Margarine	Strawberry Jam	Margarine
Strawberry Jam	Margarine	Margarine	Strawberry Jam	Strawberry Jam	Margarine	Cream of Wheat
Cream of Wheat	Cream of Wheat	Strawberry Jam	Cream of Wheat	Cream of Wheat	Syrup	Bacon
Peanut Butter	Peanut Butter	Cream of Wheat Peanut Butter	Peanut Butter	Peanut Butter	Cream of Wheat Peanut Butter Whole Wheat Toast	Whole Wheat Toast

<b>LUNCH</b>						
Turkey Pot Pie	Meatballs w/Tomato Sc	Pork Chops with Cranberry Coulis	Roasted Sage Chicken Leg	Fish 'n Chips	Breaded Pork Cutlet	Roast Turkey
Poultry Gravy	Brown Gravy	Poultry Gravy	Poultry Gravy	5-Way Mixed Vegetables	Brown Gravy	Poultry Gravy
Steamed Broccoli	Egg Noodles	Mashed Potatoes	Savoury Diced Potatoes	Tartar Sauce	Mashed Potatoes	Cranberry Sauce
Caramel Cheesecake	Buttered Brussels Sprouts	New England Vegetables	Peas & Carrots	Uniced Chocolate Brownie	Green Beans	Mashed Potatoes
Southwest Beef	Strawberries	Lemon Chiffon Cake	Mustard Apple Crisp	Bavarian Veal	Buttertart Square	Florentine Veg Mix
Mashed Potatoes	Baked Haddock w/Dill Sauce	Mediterranen Chicken Pasta	Oktoberfest Sausage	Brown Gravy	Vegetable Lasagna w/Mushrooms	Lemon Meringue Pie
Diced Squash	Mashed Potatoes California Vegetables	Italian Mixed Vegetables	Mashed Potatoes Sauerkraut	Mashed Potatoes Fall Medley Vegetables	Parslied Cauliflower	Honey Garlic Pork Bites Parslied Rice Parsley Carrots

<b>DINNER</b>						
Chicken Noodle Soup	Minestrone Soup	Borscht Soup	Chicken Vegetable Barley Soup	Garden Vegetable Soup	Split Pea Soup	Potato Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Seafood Salad Sandwich	Ham Salad Sandwich	Turkey & Potato Salad Plate	Tuna Salad Sndw on WW	Macaroni & Cheese	Captain Fish Burger Patty	Sliced Chicken Sndw on WW
Mixed Green Italian Salad	Buttered WW Bread	White Dinner Roll	Creamy Cucumber & Onions	Marinated 4 Bean Salad	French Fries	Iceberg & Carrot Salad
Mandarin Oranges	Sliced Carrots	Heritage Blend Salad with French Dressing	Mango	Strawberry Gelatin	Creamy Coleslaw	Chilled Diced Peaches
Chicken Noodle Soup	Chocolate Mousse	Blueberries	Chicken Vegetable Barley Soup	Garden Vegetable Soup	Strawberry Mousse	Potato Vegetable Soup
Potato Leek Quiche	Minestrone Soup		Chili Con Carne	Pastrami Sndw on Rye	Split Pea Soup	Broccoli Cheese Frittata
Tomato Basil Salad	OpF Hot Roast Beef Sandwich Caesar Salad	Borscht Soup Potato & Cheese Perogies Sour Cream Green Beans	Sunrise Vegetables Cheddar Herb Tea Biscuit	Beet & Onion Salad Pickle Spear	Cottage Cheese Fresh Fruit Carrot Pineapple Loaf	Potato Roll Green Peas

**PM Spring/Summer 2026 - Week 3**

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal	High Fibre Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Buttermilk Pancakes	Margarine
Margarine	Margarine	Raisin Bread	Margarine	Margarine	Strawberry Jam	Strawberry Jam
Strawberry Jam	Strawberry Jam	Margarine	Strawberry Jam	Strawberry Jam	Margarine	Cream of Wheat
Cream of Wheat	Cream of Wheat	Strawberry Jam	Cream of Wheat	Cream of Wheat	Syrup	Bacon
Peanut Butter	Peanut Butter	Cream of Wheat	Peanut Butter	Peanut Butter	Cream of Wheat	Whole Wheat Toast
		Peanut Butter			Peanut Butter	
					Whole Wheat Toast	

<b>LUNCH</b>						
Beef Shepherd's Pie	Rotisserie Chicken Leg	Meatloaf	LS Chicken Fingers	Breaded Haddock	Argentinean Beef Stew	Baked Ham
Steamed Asparagus	Beef Gravy	Beef Gravy	Plum Sauce	French Fries	Brown Gravy	Brown Gravy
Chilled Diced Pears	Savoury Diced Potatoes	Mashed Potatoes	Brown Gravy	Paradisio Vegetables	Mashed Potatoes	Scalloped Potatoes
	Green Peas	California Vegetables	Tator Tots	Tartar Sauce	Italian Mixed Vegetables	Prince Edward Vegetables
Crunchy Italian Fish	Mocha Pudding	Marinated Cucumbers	Sliced Carrots	Lemon Buttermilk Cake	Blueberry Crisp	Coconut Cream Pie
Brown Gravy	Lamb & Vegetable Stew	Iced Orange Cake	Pasta Primavera	Pork Tourtiere Pie	Spinach & Cheese Cannelloni	Chicken Vegetable Stew
Mashed Potatoes	Mashed Potatoes	Pork Cutlet	Buttered Brussels Sprouts	Beef Gravy	Garlic Knot	Mashed Potatoes
Sunrise Vegetables	Italian Mixed Vegetables	German Potato Salad		5-Way Mixed Vegetables	Broccoli Florets	Parslied Cauliflower

<b>DINNER</b>						
Tomato Soup	Unsalted Crackers	Leek & Sweet Potato Soup	Unsalted Crackers	Split Pea Soup	Beef Vegetable & Noodle Soup	Unsalted Crackers
Unsalted Crackers	Chicken Noodle Soup	Unsalted Crackers	Borscht Soup	Unsalted Crackers	Unsalted Crackers	Garden Vegetable Soup
Hot Dog on White Bun	Sliced Turkey on Wheat	Potato Bacon & Cheese Perogies	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Sliced Turkey	Egg Salad Sndw on Croissant
Tossed Ranch Salad	Chickpea & Veggie Salad	Prince Edward Vegetables	Dixie Coleslaw	Caesar Salad	Pickled Beets	Tossed Salad
Ketchup/Mustard/Relish	Fruit Cocktail	Mandarin Oranges	Assorted Fruit	Asian Vegetables	Potato Roll	Ice Cream
Orange Gelatin	Chicken Noodle Soup	Leek & Sweet Potato Soup	Borscht Soup	Mayonnaise	Chocolate Pudding	Garden Vegetable Soup
Tomato Soup	Vegetable & Swiss w/Mushrooms	Salmon Salad on WW	Turkey Salad on Lettuce Bed	Peach Passion Mousse	Beef Vegetable & Noodle Soup	Sloppy Joe on WW Bun
Egg Salad Sndw on Wheat	Quiche	Mixed Green Italian Salad	Buttered WW Bread	Split Pea Soup	Red Pepper & Basil Frittata w/Parmesan Cheese	Wax Beans
Creamy Cucumber Salad	Buttered Corn			Vegetable Spring Roll	Julienne Parsley Carrots	
				Fried Rice		
				Sweet and Sour Sauce		