

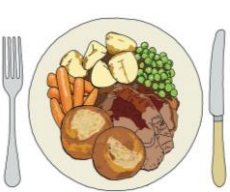


Chinook Village

Week 4

Fall/Winter Menu - March 23 - March 29, 2020

Compliance Canada Food Guide

BREAKFAST	Monday (23)	Tuesday (24)	Wednesday (25)	Thursday (26)	Friday (27)	Saturday (28)	Sunday (29)
8:00 - 9:00 am 	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Fried Eggs</u> <u>Bacon</u> Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Cream of Wheat <u>Chef's Egg</u> Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Oatmeal <u>Waffles/Berry Compote/ Chantilly Whipped Cream</u> <u>Poached Eggs</u> Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Cream of Wheat <u>Scrambled Eggs</u> <u>Ham Steak</u>	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Oatmeal <u>Boiled Eggs</u> <u>Hash Browns</u> Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Denver Omelet</u> Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Oatmeal <u>Boiled Eggs</u> Toast/Butter/Preserves Freshly Baked Muffins
Bistro 3 rd Floor - Tea/Coffee/Juice/Snacks							
LUNCH 12:00 - 1:00 pm 	Salad/Fruit/Sandwich Bar Broccoli and Cheddar Cheese Soup Cucumber Cream Cheese Sandwiches <u>Shepherd's Pie</u> Honey Glazed Carrots Coleslaw Pineapple Upside Down Cake	Salad/Fruit/Sandwich Bar Tomato Macaroni Soup Egg Salad Sandwiches <u>Ruben Sandwich</u> Pan Fried Potatoes Gravy Coleslaw Assorted Desserts	Salad/Fruit/Sandwich Bar Beef Barley Soup Assorted Sandwiches <u>Salisbury Steak</u> Sautéed Mushrooms and Onions Sliced Carrots/Wilted Spinach Rice Chocolate Mousse	Salad/Fruit/Sandwich Bar French Onion Soup Ham Sandwiches <u>Chef's Choice</u> Ice Cream	Salad/Fruit/Sandwich Bar Harvest Minestrone Soup Egg Salad Sandwiches <u>Quiche Lorraine</u> Spinach Salad Fresh Vegetables Tapioca Pudding	Salad/Fruit/Sandwich Bar Chicken Noodle Soup Tuna Sandwiches <u>Monte Cristo</u> Fresh Fruit Salad French Fries Gravy Assorted Desserts	Salad/Fruit/Sandwich Bar Mushroom Soup Assorted Sandwiches Eggs Benedict Hash Browns Fresh Fruit
Bistro 3 rd Floor - Tea/Coffee/Juice/Snacks							
SUPPER 5:00 - 6:00 pm 	Salad/Fruit/Sandwich Bar Broccoli and Cheddar Cheese Soup Cucumber Cream Cheese Sandwiches <u>Bagel Crusted Pollock</u> Rice Fresh Garden Salad Vegetables Dessert of the Evening	Salad/Fruit/Sandwich Bar Tomato Macaroni Soup Egg Salad Sandwiches <u>Chinese Buffet</u> <u>With all the Fixings</u> Dessert of the Evening	Salad/Fruit/Sandwich Bar Beef Barley Soup Assorted Sandwiches <u>Pork Cutlet</u> Finished with peppercorn Sauce Baked Potatoes Fresh Vegetables Dessert of the Evening	Salad/Fruit/Sandwich Bar French Onion Soup Ham Sandwiches <u>Crispy Chicken</u> Potato Salad Pasta Salad Fresh Baked Buns Dessert of the Evening	Salad/Fruit/Sandwich Bar Harvest Minestrone Soup Egg Salad Sandwiches <u>Mom's Meat Loaf</u> Mashed Potatoes Gravy Cauliflower with Cheese Sauce Dessert of the Evening	Salad/Fruit/Sandwich Bar Chicken Noodle Soup Tuna Sandwiches <u>Lemon Pepper Sole</u> Rice Peas & Carrots Dessert of the Evening	Salad/Fruit/Sandwich Bar Mushroom Soup Assorted Sandwiches <u>Oven Roast Chicken</u> Stuffing Mashed Potatoes Gravy Vegetables Dessert of the Evening
Bistro 3 rd Floor - Tea/Coffee/Juice/Snacks							

Some Items May Vary According to Availability

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

***Assorted Yogurts and Cottage Cheese available at all meals.

APPROVED