


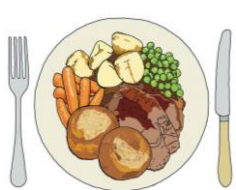


# Chinook Village

Week 4

## Fall/Winter Menu Mar 11 - 17, 2019

Compliance Canada Food Guide

BREAKFAST	Monday 11)	Tuesday (12)	Wednesday (13)	Thursday (14)	Friday (15)	Saturday (16)	Sunday (17)
8:00 - 9:00 am 	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal Toast/Butter/Preserves Freshly Baked Muffins Chef Egg	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Cream of Wheat <u>Scrambled Eggs</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> Toast/Butter/Preserves Freshly Baked Muffins Chef Egg	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Cream of Wheat <u>Pancakes/Sausage</u> Toast/Butter/Preserves Freshly Baked Muffins Chef Egg	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Oatmeal Toast/Butter/Preserves Freshly Baked Muffins Poached Egg & Toast	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat Toast/Butter/Preserves Freshly Baked Muffins Chef Egg	Assorted Juices* Fresh Fruit/Stewed Prunes/ Yogurt Assorted Cold Cereal Oatmeal <u>Boiled Egg</u> Toast/Butter/Preserves Freshly Baked Muffins
10 AM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit							
LUNCH 12:00 - 1:00 pm 	Salad/Fruit/Sandwich Bar Broccoli and Cheddar Cheese Soup Tomato/Cucumber Cream Cheese Sandwiches  <u>Liver and Onions</u> Honey Glazed Carrots Mashed Potatoes  Pineapple Upside Down Cake	Salad/Fruit/Sandwich Bar Tomato Tortellini Soup Egg Salad Sandwiches  <u>Ruben Sandwich</u> French Fries Gravy Coleslaw  Assorted Desserts	Salad/Fruit/Sandwich Bar Spring Vegetable and Barley Soup Assorted Sandwiches  <u>Pork Chops</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>Crab Cakes</u> Served with Asian Coleslaw  Tapioca Pudding	Salad/Fruit/Sandwich Bar Hamburger Soup Turkey Sandwiches  <u>Monte Cristo</u> Fresh Fruit Salad  Assorted Desserts	<b>SUNDAY BRUNCH</b>   <b>COME JOIN US!!</b>
3 PM Snack - Assorted Juices - Muffins/Cake /Cookies/Cheese/Crackers/Fruit							
SUPPER 5:00 - 6:00 pm 	Salad/Fruit/Sandwich Bar Broccoli and Cheddar Cheese Soup Tomato/Cucumber Cream Cheese Sandwiches  <u>Herb Crusted Tilapia</u> Caesar Salad Rice/Vegetables  Apple Crumble Pie	Salad/Fruit/Sandwich Bar Tomato Tortellini Soup Egg Salad Sandwiches  <u>Baked Ham</u> - finished with Honey Mustard Sauce Baked Beans Scalloped Potatoes  Assorted Desserts	Salad/Fruit/Sandwich Bar Spring Vegetable and Barley Soup Assorted Sandwiches  <u>Salisbury Steak</u> Cheesiest Ever Macaroni & Cheese Caesar Salad Garlic Toast  Strawberry Rhubarb Upside Down Cake	Salad/Fruit/Sandwich Bar French Onion Soup Ham Sandwiches  <u>Fish and Chips</u> <u>and all the fixings</u>  Raspberry Cheese Cake	Salad/Fruit/Sandwich Bar Harvest Minestrone Soup Egg Salad Sandwiches  <u>Roast Pork Supper</u> Steamed Broccoli, Cauliflower and Carrots Creamy Mashed Potatoes Gravy  Warm Cookies and Ice Cream	Salad/Fruit/Sandwich Bar Hamburger Soup Turkey Sandwiches  <u>Lasagna</u> Fresh Vegetables Caesar Salad Garlic Toast  Banana Cream Pie	Salad/Fruit/Sandwich Bar Chicken Mushroom Soup Assorted Sandwiches  <u>Sunday Supper</u> <u>Roasted Chicken</u> Fresh Vegetables Baby Potatoes Gravy  Angel Food Cake Served with Strawberries
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, Chocolate Milk, Soy Milk, Lactose Free Milk and Water available at all meals.  
\*\*\* Assorted Yogurts and Cottage Cheese available at all meals.

APPROVED