




Chinook Village

Week 5

Fall/ Winter Menu April 2 - 8, 2018

Compliance Canada Food Guide

BREAKFAST	Monday (2)	Tuesday (3)	Wednesday (4)	Thursday (5)	Friday (6)	Saturday (7)	Sunday (8)
8:00 - 9:00 am 	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Poached Eggs</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Scrambled</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Plain Omelet/ Ham</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Oatmeal <u>Boiled Eggs</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	Assorted Juices* Fresh Fruit/Stewed Prunes /Yogurt Assorted Cold Cereal Cream of Wheat <u>Waffles/ Berry Compote/ Chantilly whipped Cream</u> Egg Station Toast/Butter/Preserves Freshly Baked Muffins	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 Boiled Eggs Freshly Baked Muffins CONTINENTAL BREAKFAST
10 AM Snack - Assorted Juices - Muffins/Cheese/Crackers/Fruit							
12:00 - 1:00 pm 	Salad/Fruit/Sandwich Bar Cream of Mushroom Turkey Sandwiches <u>MINI BRUNCH EASTER</u>	Salad/Fruit/Sandwich Bar Beef Barley Broth Ham Sandwich <u>Coconut Shrimp</u> Stir Fry veg Steamed Rice Rice Pudding	Salad/Fruit/Sandwich Bar Borscht Soup Assorted Sandwiches <u>BBQ Chicken Legs</u> Rice with Peas and carrots Dinner Roll Apple Strudel	Salad/Fruit/Sandwich Bar Thai chicken soup Egg Salad Sandwiches <u>Monte Cristo Sandwich</u> Fries Green Peas Pear Crisp	Salad/Fruit/Sandwich Bar Asian Dumpling Soup Beef Sandwiches <u>Honey Garlic Chicken</u> Rice Pilaf Steamed Oriental Vegetables Assorted Desserts	Salad/Fruit/Sandwich Bar Tomato Veg. Soup Tuna Sandwiches <u>Hot Roast Beef Sandwich</u> Sautéed Spinach and Mushrooms Cheese cake	Salad/Fruit/Sandwich Bar SUNDAY BRUNCH
3 PM Snack - Assorted Juices - Muffins/Cake /Cookies/Cheese/Crackers/Fruit							
5:00 - 6:00 pm 	Salad/Fruit/Sandwich Bar Cream of Mushroom Turkey Sandwiches <u>Grainy Mustard Marinated Roast Beef Au Jus</u> Garlic Mashed Potato Steamed Carrots and Peas Ice Cream	Salad/Fruit/Sandwich Bar Beef Barley Broth Ham Sandwich <u>Chicken Cordon Bleu</u> Baked Potatoes (sour cream, bacon bits, cheese, green onions) Steamed Broccoli, Carrots, Cauliflower Squares	Salad/Fruit/Sandwich Bar Borscht Soup Assorted Sandwiches <u>Baked Fish Hoisin Sauce</u> Rice Pilaf Steamed Sugar Snap Peas Mushroom, yellow Beans Cookies/ Tapioca Pudding	Salad/Fruit/Sandwich Bar Thai chicken soup Egg Salad Sandwiches <u>Diced Beef and Mushroom Pot Pie</u> Mash Potatoes/ Gravy Steamed Vegetable Chocolate Pudding	Salad/Fruit/Sandwich Bar Asian Dumpling Soup Beef Sandwiches <u>Meat Lasagna</u> Garlic Toast Steamed Yams and PEI Vegetables Blueberry Pie	Salad Bar Tomato Veg. Soup Tuna Sandwiches <u>Roast Toupie Ham with Mustard Honey Sauce</u> Scalloped Potatoes Steamed Pick of the day Vegetables Fruit Cocktail Cake	Salad/Fruit/Sandwich Bar Chicken Vegetable Soup Assorted Sandwiches <u>Chicken Wings BBQ Sauce</u> Fries Oven Baked Fresh Vegetables Ice Cream
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.