



# Winter Menu - December 29, 2025 - January 4, 2026

Follows Canada's Food Guide

Week 5	Monday (29)	Tuesday (30)	Wednesday (31)	Thursday (01)	Friday (02)	Saturday (03)	Sunday (04)
<b>BREAKFAST</b> 7:30 – 9:00 am	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit
<b>Café Style</b>							
<b>LUNCH</b> 12:00 – 1:15 pm	Soup of the Day Assorted Sandwiches  <u>Meatloaf</u> Mashed Potatoes Gravy Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Perogies</u> Garlic Coil Sausage Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Shrimp Stir Fry</u> Chow Mein Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Mustard Glazed Chicken</u> Mashed Potatoes Gravy Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Beef Dip</u> Roasted Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Chicken Fingers</u> Fries Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Sunday Brunch</u> Fresh Fruit Homemade Muffins Scrambled Eggs Waffles Bacon/Sausages Hashbrowns  Assorted Desserts
<b>Café Style</b>							
<b>SUPPER</b> 5:00 – 6:15 pm	Soup of the Evening  <u>Coconut Cream Chicken</u> Parsley Potatoes Vegetables  Dessert of the Evening	Soup of the Evening  <u>Chicken Quesadillas</u> Rice Vegetables  Dessert of the Evening	Soup of the Evening  <u>Shepherd's Pie</u> Vegetables  Dessert of the Evening	Soup of the Evening  <u>Pork Chops in Mushroom Sauce</u> Roasted Potatoes Gravy Vegetables  Dessert of the Evening	Soup of the Evening  <u>Crusted Tilapia Filet</u> Rice Vegetables  <u>2<sup>nd</sup> Choice</u>  Dessert of the Evening	Soup of the Evening  <u>Spaghetti &amp; Bolognese Sauce</u> Garlic Toast Vegetables  Dessert of the Evening	Soup of the Evening  <u>Roast Pork Loin</u> Mashed Potatoes Gravy Yorkshire Pudding Vegetables  Dessert of the Evening

Some Items May Vary According to Availability

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

APPROVED