



Winter Menu - January 26 - February 1, 2026

Follows Canada's Food Guide

Week 4	Monday (26)	Tuesday (27)	Wednesday (28)	Thursday (29)	Friday (30)	Saturday (31)	Sunday (01)
BREAKFAST 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 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 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 Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit
Café Style							
LUNCH 12:00 – 1:15 pm	Soup of the Day Assorted Sandwiches <u>Turkey Cutlets</u> Mashed Potatoes & Gravy Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Teriyaki Meatballs</u> Roasted Potatoes Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Chilli</u> Garlic Toast Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Honey Garlic Pork</u> Fried Rice Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Pubhouse Fish</u> Fries Coleslaw Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Grilled Ham & Cheese</u> Roasted Potatoes Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Sunday Brunch</u> Fresh Fruit Homemade Muffins Fresh Omelette French Toast Bacon/Sausages Hashbrowns Assorted Desserts
Café Style							
SUPPER 5:00 – 6:15 pm	Soup of the Evening <u>Cabbage Rolls</u> Steamed Potatoes Vegetables Dessert of the Evening	Soup of the Evening <u>Chicken Cordon Bleu</u> Potato Wedges & Gravy Vegetables Dessert of the Evening	Soup of the Evening <u>Salmon</u> Rice Vegetables <u>2nd Choice</u> Dessert of the Evening	Soup of the Evening <u>Liver & Onions</u> Baked Potatoes Vegetables Dessert of the Evening	Soup of the Evening <u>Chicken with Mushroom</u> <u>Sauce</u> Mashed Potatoes Vegetables Dessert of the Evening	Soup of the Evening <u>Beef Stew</u> Vegetables Dessert of the Evening	Soup of the Evening <u>Roast Beef</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