



# 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)
<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 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
<b>Café Style</b>							
<b>LUNCH</b> 12:00 – 1:15 pm	Soup of the Day Assorted Sandwiches  Turkey Cutlets Mashed Potatoes & Gravy Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Teriyaki Meatballs Roasted Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Chilli Garlic Toast Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Honey Garlic Pork Fried Rice Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Pubhouse Fish Fries Coleslaw Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Grilled Ham & Cheese Roasted Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  Sunday Brunch Fresh Fruit Homemade Muffins Fresh Omelette French Toast Bacon/Sausages Hashbrowns  Assorted Desserts
<b>Café Style</b>							
<b>SUPPER</b> 5:00 – 6:15 pm	Soup of the Evening  Cabbage Rolls Steamed Potatoes Vegetables  Dessert of the Evening	Soup of the Evening  Chicken Cordon Bleu Potato Wedges & Gravy Vegetables  Dessert of the Evening	Soup of the Evening  Salmon Rice Vegetables  2 <sup>nd</sup> Choice  Dessert of the Evening	Soup of the Evening  Liver & Onions Baked Potatoes Vegetables  Dessert of the Evening	Soup of the Evening  Chicken with Mushroom Sauce Mashed Potatoes Vegetables  Dessert of the Evening	Soup of the Evening  Beef Stew Vegetables  Dessert of the Evening	Soup of the Evening  Roast Beef 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