



# Winter Menu – February 16 - February 22, 2026

Follows Canada's Food Guide

Week 2	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)	Saturday (21)	Sunday (22)
<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  <u>Meatballs finished in a Mushroom Sauce</u> Mashed Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Smokies</u> Mac & Cheese Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>BLT Sandwich</u> Onion Rings Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Fish &amp; Chips</u> Coleslaw Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Pulled Pork Sandwich</u> Greek Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Hot Hamburger Sandwich</u> Roasted Potatoes Gravy 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
<b>Café Style</b>							
<b>SUPPER</b> 5:00 – 6:15 pm	Soup of the Evening  <u>Perch Fillet</u> Rice Vegetables  <u>2<sup>nd</sup> Choice</u>  Dessert of the Evening	Soup of the Evening  <u>Chinese Buffet</u> Vegetables  Dessert of the Evening	Soup of the Evening  <u>Breaded Pork Chops</u> Mashed Potatoes Gravy Vegetables  Dessert of the Evening	Soup of the Evening  <u>Chicken Pot Pie</u> Vegetables  Dessert of the Evening	Soup of the Evening  <u>Beef Stroganoff with Egg Noodles</u> Vegetables  Dessert of the Evening	Soup of the Evening  <u>Perogies &amp; Sausage</u> Vegetables  Dessert of the Evening	Soup of the Evening  <u>Pork Loin</u> Mashed Potatoes Gravy 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