



Summer Menu – July 27 - August 2, 2026

Follows Canada's Food Guide

Week 5	Monday (27)	Tuesday (28)	Wednesday (29)	Thursday (30)	Friday (31)	Saturday (01)	Sunday (02)
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 Meatloaf Mashed Potatoes Gravy Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Perogies Garlic Coil Sausage Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Shrimp Stir Fry Chow Mein Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Mustard Glazed Chicken Mashed Potatoes Gravy Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Beef Dip Roasted Potatoes Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Chicken Fingers Fries Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches Sunday Brunch Fresh Fruit Homemade Muffins Scrambled Eggs Waffles Bacon/Sausages Hashbrowns Assorted Desserts
Café Style							
SUPPER 5:00 – 6:15 pm	Soup of the Evening Coconut Cream Chicken Parsley Potatoes Vegetables Dessert of the Evening	Soup of the Evening Chicken Quesadillas Rice Vegetables Dessert of the Evening	Soup of the Evening Shepherd's Pie Vegetables Dessert of the Evening	Soup of the Evening Pork Chops in Mushroom Sauce Roasted Potatoes Gravy Vegetables Dessert of the Evening	Soup of the Evening Crusted Tilapia Filet Rice Vegetables 2 nd Choice Dessert of the Evening	Soup of the Evening Spaghetti & Bolognese Sauce Garlic Toast Vegetables Dessert of the Evening	Soup of the Evening Roast Pork Loin 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