CHINOOK VILLAGE

# Fall Menu – November 9 - November 15, 2026

Follows Canada's Food Guide

| Week 5 | Monday (09) | Tuesday (10) | Wednesday (11) | Thursday (12) | Friday (13) | Saturday (14) | Sunday (15) |
|---|---|---|---|---|---|---|---|
| **BREAKFAST**<br>7:30 – 9:00 am | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Oatmeal<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Cream of Wheat<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Oatmeal<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Cream of Wheat<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Oatmeal<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Cream of Wheat<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit | Assorted Juices*<br>Yogurt<br>Assorted Cereal<br>Oatmeal<br>Boiled Egg/Egg Bites<br>Toast/Butter/Preserves<br>Freshly Baked Muffins<br>Fresh Fruit |
| **Café Style** | | | | | | | |
| **LUNCH**<br>12:00 – 1:15 pm | Soup of the Day<br>Assorted Sandwiches<br><br><u>Meatloaf</u><br>Mashed Potatoes<br>Gravy<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Perogies</u><br>Garlic Coil Sausage<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Shrimp Stir Fry</u><br>Chow Mein<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Mustard Glazed Chicken</u><br>Mashed Potatoes<br>Gravy<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Beef Dip</u><br>Roasted Potatoes<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Chicken Fingers</u><br>Fries<br>Vegetables<br><br>Assorted Desserts | Soup of the Day<br>Assorted Sandwiches<br><br><u>Sunday Brunch</u><br>Fresh Fruit<br>Homemade Muffins<br>Scrambled Eggs<br>Waffles<br>Bacon/Sausages<br>Hashbrowns<br><br>Assorted Desserts |
| **Café Style** | | | | | | | |
| **SUPPER**<br>5:00 – 6:15 pm | Soup of the Evening<br><br><u>Coconut Cream Chicken</u><br>Parsley Potatoes<br>Vegetables<br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Chicken Quesadillas</u><br>Rice<br>Vegetables<br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Shepherd's Pie</u><br>Vegetables<br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Pork Chops in Mushroom Sauce</u><br>Roasted Potatoes<br>Gravy<br>Vegetables<br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Crusted Tilapia Filet</u><br>Rice<br>Vegetables<br><br><u>2nd Choice</u><br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Spaghetti & Bolognese Sauce</u><br>Garlic Toast<br>Vegetables<br><br>Dessert of the Evening | Soup of the Evening<br><br><u>Turkey</u><br>Mashed Potatoes & Gravy<br>Stuffing<br>Vegetables<br><br>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