

Strathcona Spring/Summer 2025 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Chilled Apricots	Chilled Peach Slices	Fruit Cocktail	Chilled Diced Pears	Mandarin Oranges	Fresh Apple Slices
Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals
Raisin Toast	Fruit Extreme Muffin	Whole Wheat Toast	Whole Wheat Toast	Toasted English Muffin	Raisin Toast	Whole Wheat Toast
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Low Fat Strawberry Yogurt	Scrambled Eggs
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Bacon
Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Jams
Whole Wheat Toast	Whole Wheat Toast	White Toast	White Toast	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	White Toast
					Peanut Butter	Peanut Butter
LUNCH						
Cream of Mushroom Soup	Tomato Juice	Chicken Noodle Soup	Tomato Juice	Minestrone Soup	Tomato Juice	Tomato Juice
Captain Burger on WW Bun	Ham & Swiss Sndw on Rye	Chicken Salad Sndw on WW	Breakfast Sausage Link	Meat Lasagna	Omelette with Spanish Sauce	BBQ Pork Ribette on WW Bun
Creamy Coleslaw	Mixed Salad with French Dressing	Mixed Green Italian Salad	Mini Pancakes Bites	Garlic Toast	Diced Squash	Triple Bean Salad
Tartar Sauce	Strawberries	Pineapple Tidbits	Warm Apple Compote	Mixed Greens Salad	Banana	Mango
Cantaloupe Chunks		Cod Nuggets	Syrup	Chilled Peach Slices		
Sliced Egg & Salad Plate	Beef Burger on White Bun	Sweet Fries Potato	Mandarin Oranges	Egg Salad Sndw on Wheat	Turkey & Swiss Sndw on WW	Potato & Cheese Perogies
Crispy Rice Square	Carrot Sticks	Prince Edward Vegetables	Easy Baked Beans	Pineapple & Cucumber Salad	Tomato Cucumber Salad	Buttered Cabbage
	Lettuce/Tomato/Onion	Margarine	Tea Biscuit	Raspberry Tart	Cherry Pear Gelatin	Ice Cream Sandwich
	Ketchup/Mustard/Relish	Assorted Pudding Cup	Maple Mousse			
	Ice Cream					
DINNER						
Assorted Dinner Rolls	Buttered WW Bread	Balsamic Tomato Veal Schnitzel	Buttered WW Bread	Buttered WW Bread	Mediterranean Chicken	Roast Beef Au Jus
Salisbury Steak & Gravy	Sausage & Mashed Potato	Chive Whipped Potatoes	Turkey Meatloaf	Lemon Pepper Cod	Diced Savory Potatoes	Mashed Potatoes
Mashed Potatoes	Niagara Mix Vegetables	California Vegetables	Mashed Sweet Potatoes	Baked Sliced Potatoes	Steamed Broccoli & Cauliflower	Green Peas
Parsley Carrots	Margarine	Margarine	Diced Parsnips	Zesty Balsamic Carrots	Margarine	Margarine
Margarine	Cranberry Bars	Lemon Meringue Pie	Margarine	Margarine	Margarine	Horseradish
Cherry Crisp			Butterscotch Square	Banana Cake WW	Bread Pudding	Beef Gravy
Chicken Souvlaki	Tilapia & Dill Sauce	Garlic Toast	Braised Lamb Chop	Asian Pork Chop	Assorted Dinner Rolls	Chocolate Cream Pie
Rice Pilaf	Rice with Vegetables	Ratatouille Penne	Roasted Red Skin Potatoes	Brown Rice	Broccoli Cheese Pasta Bake	Cheese Ravioli & Sauce
Broccoli Florets	Sweet Balsamic Brussels Sprouts	Greek Salad	Green Peas	Asian Vegetables	Tossed Ranch Salad	Assorted Dinner Rolls
Tzatziki Sauce	Fruit Cocktail	Chilled Diced Pears	Brown Gravy	Chilled Tropical Fruit	Chilled Apricots	Caesar Salad
Peaches & Cream			Strawberry Applesauce			Pineapple Tidbits

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Fresh Apple Slices	Chilled Diced Peaches	Chilled Peach Slices	Mandarin Oranges	Fruit Cocktail	Chilled Diced Pears
Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals
Raisin Toast	Whole Wheat Toast	Oatmeal Muffin	Toasted English Muffin	Whole Wheat Toast	Whole Wheat Toast	Bacon
Low Fat Yogurt	Scrambled Eggs	Cottage Cheese	Poached Egg	Low Fat Yogurt	Hard Boiled Egg	Whole Wheat Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Scrambled Eggs
Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	White Toast	White Toast
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter Assorted Jams
LUNCH						
Tomato Soup	Tomato Juice	Cream of Potato Leek Soup	Tomato Juice	Chicken Noodle Soup	Tomato Juice	Tomato Juice
Chicken Salad Sndw on WW	Beef Roast Sandwich on Wheat	Turkey Salad on Lettuce Bed	Beef Pot Pie	Oktoberfest on Bun	Breaded Chicken Strips	Fish Cakes
Creamy Cucumber & Onions	Carrot Sticks	White Dinner Roll	Parsley Carrots	Peas & Carrots	Sweet Potato Fries	Savory Potato Wedges
Margarine	Ranch Dressing	Fruit Cocktail	Beef Gravy	Ketchup/Mustard/Relish	Tomato Cucumber Salad	Broccoli Florets
Chilled Apricots	Chilled Peach Slices	Pulled Pork on WW Bun	Mango	Strawberries	Plum Sauce	Tartar Sauce
Vegetable Pizza	Macaroni & Cheese w/Bacon	Tossed Salad	Tuna Salad Plate	Egg Salad Sndw on Wheat	Mandarin Oranges	Chilled Tropical Fruit
Tossed Ranch Salad	Green Beans	Carrot Pineapple Loaf	Macaroni Salad	Marinated 4 Bean Salad	Cheddar Cheese Slice	Ham Salad on WW
Date Square	Sour Cream		Orange Sherbet	Vanilla Mousse	Strawberries	Mixed Green Italian Salad
	Lemon Gelatin				Pineapple Tidbits	Butterscotch Sundae
	Whipped Topping				Assorted Muffin	
					Tapioca Pudding Cup	
DINNER						
Turkey Pot Pie	Cheese & BBQ Sauce	Beef Shepherd's Pie	Roasted Sage Chicken Leg	Fish 'n Chips	Braised Spanish Pork Chop	Roast Turkey Breast
Whipped Squash	Baked Chicken	Chuckwagon Corn	Mashed Potatoes	Dixie Coleslaw	Scalloped Potatoes	Mashed Potatoes
Margarine	Mashed Potatoes	Margarine	Diced Squash	Tartar Sauce	Prince Edward Vegetables	Stuffing
Poultry Gravy	Sunrise Vegetables	Brown Gravy	Rhubarb Crisp	Chocolate Maple Cake	Butter Tart	California Vegetables
Cherry Cheesecake	Lemon Bar	Mississippi Mud Pie	Pork Weiners and Beans	Teriyaki Beef & Broccoli	White Rice	Poultry Gravy
Honey Pork Chop	Glazed Salmon	Rotini Primavera w/Alfredo Sc	Assorted Dinner Rolls	Asian Vegetables	Hamburger & Sausage Casserole	Cranberry Sauce
Scalloped Potatoes	White Rice	New England Vegetables	Green Beans	Chilled Apricots	Sliced Carrots	Peach Pie
Cauliflower	Niagara Mix Vegetables	Peachy Applesauce	Cinnamon Pears		Bananas & Cream	Broccoli & Tomato Frittata
Fresh Watermelon	Tartar Sauce					Green Peas
	Mixed Berries					Scalloped Cinnamon Apples

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fruit Cocktail	Chilled Apricots	Chilled Peach Slices	Fresh Apple Slices	Orange Sections	Fruit Cocktail	Chilled Diced Pears
Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals	Assorted Hot Cereals
Bran Muffin	Whole Wheat Toast	Rye Toast	Wheat Bagel	Raisin Toast	Whole Wheat Toast	Bacon
Hard Boiled Egg	Cottage Cheese	Scrambled Eggs	Cheddar Cheese Slice	Poached Egg	Low Fat Yogurt	Whole Wheat Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Hard Boiled Egg
Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Assorted Jams	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Jams
Whole Wheat Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	White Toast Peanut Butter
LUNCH						
Tomato Soup	Cream of Broccoli Soup	Tomato Juice	Tomato Juice	Hamburger Soup	Tomato Juice	Tomato Juice
BBQ Beef Ribette	Sliced Ham Sndw on White	Beef Chili	Hot Dog on White Bun	Chicken Burger on WW Bun	Cheese Pizza	Beef Roast Sandwich on Wheat
Savoury Diced Potatoes	Spinach Onion Salad	Cauliflower	Mixed Green Italian Salad	5-Way Mixed Vegetables	Coleslaw	Green Bean & Onion Salad
Buttered Corn	Chilled Tropical Fruit	Assorted Dinner Rolls	Pickle Spear	Mayonnaise	Chilled Apricots	Margarine
Fried Onions	Chicken Mushroom Casserole	Mandarin Oranges	Fresh Watermelon	Lettuce Leaf	Tuna Melt on Bun	Mango
Strawberries	California Vegetables	Salmon Salad on WW	Sliced Egg & Salad Plate	Fruit Cocktail	Tomato & Onion Salad	Chicken Caesar Salad
Grilled Cheese on Wheat	Chocolate Pudding	Creamy Cucumber Salad	Jello Assorted	Cottage Cheese & Fruit Salad Plate	Apple Brown Betty	Assorted Dinner Rolls
Tossed Ranch Salad		Oreo Ice Cream Sandwich		Caramel Coffee Muffin		Vanilla Ice Cream Cup
Tangerine Mousse				Nanaimo Bar		
DINNER						
Polynesian Pork Chop	Meatloaf	Baked Chicken with Chalet Sauce	Buttered WW Bread	Beef Stroganoff	Savory Baked Chicken	Baked Ham in Pineapple Juice
Roasted New Potatoes	Garlic Mash Potatoes	Baked Potato	Macaroni & Cheese	Garlic Toast	Mashed Potatoes	Scalloped Potatoes
Steamed Carrots & Parsnips	Green Peas	Butternut Squash	Broccoli Florets	Green Peas	Whipped Squash	Sunrise Vegetables
Margarine	Margarine	Sour Cream	Margarine	Applesauce Cake	Margarine	Margarine
Black Forest Cake	Beef Gravy	Carrot Cake	Caramel Pecan Brownie	Baked Lemon Salmon	Blueberry Crisp	Apple Pie Slice
Italian Baked Fish	Cherry Pie		Sweet-N-Sour Pork Bites	Baked Lemon Salmon	Meatball Sub	Assorted Dinner Rolls
Roasted New Potatoes	Sausage, Egg & Potato Casserole	Garlic Lemon Shrimp	Vegetable Fried Rice	O'Brien Potatoes	Prince Edward Vegetables	Spaghetti & Meat Sauce
Steamed Asparagus	Sunrise Vegetables	Green Beans	Sliced Carrots	Buttered Corn	Strawberries & Pineapple	Tossed Garden Salad
Pears & Blueberries	Mango	Banana & Chocolate Sauce	Chilled Peach Slices	Sliced Pears		Chilled Diced Pears