



WEEK 1	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Vegetable Soup</i> Chicken Teriyaki Rice Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> BBQ Beef Meatloaf Pasta Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Boneless BBQ Pork Ribs Mashed Potatoes Vegetables <i>Date Square</i>
Vegetarian	<i>Cream of Vegetable Soup</i> Three Cheese Tortellini Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> Battered fish Rice Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Pasta Marinara Vegetables <i>Date Square</i>
Frozen	Alberta Roast Beef Potatoes Vegetables	Chicken Cacciatore Roast Potatoes Vegetables	Butter Chicken Steamed Rice Vegetables
WEEK 2	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Chocolate Mousse</i>	<i>Vegetable Soup</i> Spaghetti & Meatballs Vegetables <i>Apple Crumble</i>
Vegetarian	<i>Cream of Cauliflower</i> Quiche Florentine Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Salmon Patty Rice Vegetables <i>Chocolate Mousse</i>	<i>Vegetable Soup</i> Curried Vegetable Stew Fried Rice <i>Apple Crumble</i>
Frozen	Alberta Beef Stew Roast Potatoes Vegetables	Chicken Chow Mein Fried Rice Vegetables	Roast Turkey Mashed Potatoes Vegetables
All 4 Weeks	MONDAY	WEDNESDAY	FRIDAY
Breakfast (frozen)	Sausage, Scrambled Eggs, Hash browns	Bacon, Scrambled Eggs Hash browns	Three Cheese Omelette Sausage & Potatoes
Bag Lunch	Turkey Sandwich & Fruit	Egg Salad Sandwich & Fruit	Chicken Salad Sandwich & Fruit

2022 Schedule:

Week 1:
January 17-21
February 14-18
March 14-18
April 11-13 **April 15-Good Friday*
May 9-13
June 6-10
July 4-8
August 3-5 **August 1-BC Day*
August 29-September 2
September 26-30
October 24-28
November 21-25
December 19-23

Week 2:
January 24-28
February 23-25 **February 21-Family Day*
March 21-25
April 20-22 **April 18-Easter Monday*
May 16-20
June 13-17
July 11-15
August 8-12
September 7-9 **September 5-Labour Day*
October 3-7
October 31-November 4
November 28-December 2
**indicates stat holiday – No Delivery*



WEEK 3	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Minestrone Soup</i> Roast Chicken Roast Potatoes Vegetables <i>Chocolate Cake</i>	<i>Cream of Broccoli Soup</i> Beef Cabbage Roll Vegetables <i>Muffin</i>	<i>Cream of Potato Soup</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
Vegetarian	<i>Minestrone Soup</i> Vegetable Stir-fry Rice <i>Chocolate Cake</i>	<i>Cream of Broccoli Soup</i> Spaghetti Vongole Vegetables <i>Muffin</i>	<i>Cream of Potato Soup</i> Veggie Burrito Vegetables <i>Coconut Cake</i>
Frozen	Shepherd's Pie Vegetables	Curry Thai Chicken Jasmine Rice Vegetables	BBQ Meatloaf Roast Potatoes Vegetables
WEEK 4	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Mulligatawny Soup</i> Chicken Cacciatore Noodles Vegetables <i>Chocolate Brownie</i>	<i>Chicken Noodle Soup</i> Roast Turkey Rice Pilaf Vegetables <i>Butterscotch Pudding</i>	<i>Mushroom Soup</i> Beef Shepherd's Pie Grilled Tomato Vegetables <i>Fruit Cocktail</i>
Vegetarian	<i>Mulligatawny Soup</i> Vegetable Chow Mein Vegetables <i>Chocolate Brownie</i>	<i>Chicken Noodle Soup</i> Seafood Casserole Vegetables <i>Butterscotch Pudding</i>	<i>Mushroom Soup</i> Quiche Florentine Vegetables <i>Fruit Cocktail</i>
Frozen	Beef Lasagna Vegetables	Salisbury Steak Mashed Potatoes Vegetables	Roast Chicken Potatoes Vegetables
All 4 Weeks	MONDAY	WEDNESDAY	FRIDAY
Breakfast (frozen)	Sausage, Scrambled Eggs, Hash browns	Bacon, Scrambled Eggs Hash browns	Three Cheese Omelette Sausage & Potatoes
Bag Lunch	Turkey Sandwich & Fruit	Egg Salad Sandwich & Fruit	Chicken Salad Sandwich & Fruit

2022 Schedule:

Week 3:
January 5-7 *January 3-New years stat*
January 31-February 4
February 28-March 4
March 28-April 1
April 25-29
May 25-27 **May 23-Victoria Day*
June 20-24
July 18-22
August 15-19
September 12-16
October 12-14 **October 10-Thanksgiving*
November 7-9 **November 11-Remembrance Day*
December 5-9

Week 4:
January 10-14
February 7-11
March 4-8
April 4-8
May 2-6
May 30-June 3
June 27-29 **July 1-Canada Day*
July 25-29
August 22-26
September 19-23
October 17-21
November 14-18
December 12-16
**indicates stat holiday – No Delivery*

WINTER HOLIDAY CLOSURES:

Last delivery Friday December 23rd; Deliveries will resume Wednesday January 4/2023