



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

2023 Schedule:

Week 1:
January 16-20
February 13-17
March 13-17
April 12-14 **April 10-Easter Monday*
May 8-12
June 5-9
July 5-7 **July 3-Canada Day Stat*
July 31-August 4
August 28-September 1
September 25-29
October 23-27
November 20-24
December 18-22

Week 2:
January 23-27
February 22-24 **February 20-Family Day*
March 20-24
April 17-21
May 15-19
June 12-16
July 10-14
August 9-11 **August 7-BC Day*
September 6-8 **September 4-Labour Day*
October 4-6 **Oct. 2-Truth & Reconciliation Stat*
October 30-November 3
November 27-December 1
**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

2023 Schedule:

Week 3:
January 4-6 *January 2-New years stat*
January 30-February 3
February 27-March 3
March 27-31
April 24-28
May 24-26 **May 22-Victoria Day*
June 19-23
July 17-21
August 14-18
September 11-15
October 11-13 **October 9-Thanksgiving*
November 6-10
December 4-8

Week 4:
January 9-13
February 6-10
March 6-10
April 3-5 **April 7-Good Friday*
May 1-5
May 29-June 2
June 26-30
July 24-28
August 21-25
September 18-22
October 16-20
November 15-17 **Nov. 13-Remembrance Day Stat*
December 11-15
**indicates stat holiday – No Delivery*

WINTER HOLIDAY CLOSURES:

Last delivery Friday December 22nd; Deliveries will resume Wednesday January 3/2024