

Sysco Fall Winter 2025-26 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sliced Banana Oatmeal Cheddar Cheese Snack Whole Wheat Toast	Sliced Banana Cream of Wheat Vanilla Greek Yogurt Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast	Mandarin Oranges Cream of Wheat Cottage Cheese White Toast	Sliced Banana Oatmeal Bran Flakes Cereal Hard Boiled Egg Whole Wheat Toast	Sliced Banana Cream of Wheat Vanilla Greek Yogurt White Toast	Sliced Banana High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast
Bran Flakes Cereal Peanut Butter Oatmeal Muffin	Special K Cereal Peanut Butter White Toast	Rice Krispies Cereal Peanut Butter White Toast	Raisin Bran Cereal Peanut Butter Whole Wheat Toast	Peanut Butter White Toast	Cheerlos Cereal Peanut Butter Whole Wheat Toast	Rice Krispies Cereal Peanut Butter Bacon White Toast
LUNCH						
Cream Cauliflower Soup Unsalted Crackers Sliced Ham Plate Macaroni & Cheese Salad Corn Salad Raspberries	Creamy Potato & Leek Soup Unsalted Crackers Pastrami Sndw on Wheat Copper Penny Salad Sliced Banana	Beef Vegetable Barley Soup Unsalted Crackers Chicken Salad Sndw on WW Pickled Beets Pineapple Slices	Vegetable Soup Unsalted Crackers LS Bacon Buttermilk Pancakes Strawberry Compote Chilled Peach Slices	Unsalted Crackers Tomato Soup Grilled Cheese on Wheat Dill Cucumber & Red Onion Salad Chilled Diced Pears	Thai Chicken Soup Unsalted Crackers Tuna Salad Sandwich WW Coleslaw Whole Wheat Bread Fruit Cocktail	Cream of Asparagus Unsalted Crackers Turkey on Croissant Mixed Greens w/Berry Vinaigrette Frosted Eclair
Cream Cauliflower Soup Unsalted Crackers Beef & Broccoll Stir-Fry Fluffy Rice Maple Pudding Cake	Creamy Potato & Leek Soup Unsalted Crackers Cheese Ravioli & Sauce Sauteed Zucchini Chocolate Ice Cream	Beef Vegetable Barley Soup Unsalted Crackers Pork Weiners and Beans WW Roll Mini Powdered Donut	Vegetable Soup Unsalted Crackers Balsamic Glazed Chicken Rotini Sauteed Spinach Whole Wheat Bread Vanilla Caramel Swirl Cake	Unsalted Crackers Tomato Soup Vegt Vegetable Stew Whole Wheat Roll Chocolate Cream Mint Layer Pie	Thai Chicken Soup Unsalted Crackers Pork Tourtiere Green Peas Butterscotch Pudding	Cream of Asparagus Unsalted Crackers Beef Chili Tea Biscuit Blueberries
DINNER						
Chicken Divan Mashed Potatoes Diced Carrots Whole Wheat Bread Cantaloupe Chunks	Turkey Burger Mashed Potatoes Steamed Asparagus Whole Wheat Bread Chilled Apricots	Baked Lemon Salmon Mini Rosemary Roasted Potatoes Buttered Brussels Sprouts Chilled Tropical Fruit	Garden Vegetable Quiche Winter Vegetables Whole Wheat Bread Mini Chocolate Danish	Italian Rustic Cod Parslied Rice Montego Vegetables Whole Wheat Bread Red Velvet Cake	Chicken Fricassee Mashed Potatoes Buttered Brussels Sprouts Strawberry Shortcake	Pork Roast Brown Gravy Mashed Potatoes Roasted Root Vegetables Whole Wheat Bread Pumpkin Pie
Breaded Garlic Herb Tilapia Savory Potato Wedges Green Beans Triple Chocolate Brownie	Pork Vegetable Stew Tea Biscuit Butter Tart	Potato & Onion Perogies Moroccan Green Beans & Red Peppers Whole Wheat Bread Pumpkin Spice Cheesecake	Diced Carrots Mixed Berries	Chicken Cacciatore Mashed Potatoes Steamed Asparagus Applesauce	Cheese Omelette Diced Hashbrown Steamed Broccoli Whole Wheat Bread Mango	Roasted Vegetable Lasagna Garlic Stick Caesar Salad Mandarin Oranges

Sysco Fall Winter 2025-26 - Week 2

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sliced Banana Cream of Wheat Cheddar Cheese Snack Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Vanilla Greek Yogurt White Toast	Sliced Banana Cream of Wheat Hard Boiled Egg White Toast	Mandarin Oranges High Fibre Oatmeal Cottage Cheese Whole Wheat Toast	Sliced Banana Cream of Wheat Hard Boiled Egg Whole Wheat Toast	Sliced Banana Oatmeal Vanilla Greek Yogurt Whole Wheat Toast	Sliced Banana Cream of Wheat Scrambled Eggs Whole Wheat Toast
Raisin Bran Cereal Peanut Butter Bran Muffin	Special K Cereal Peanut Butter Whole Wheat Toast	Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Rice Krispies Cereal Peanut Butter White Toast	Raisin Bran Cereal Peanut Butter White Toast	Special K Cereal Peanut Butter White Toast	Bran Flakes Cereal Peanut Butter Bacon White Toast
LUNCH						
Chicken Noodle Soup Unsalted Crackers Egg Salad Sndw on Wheat Coleslaw Chilled Diced Peaches	Minestrone Soup Unsalted Crackers Pulled Turkey Sandwich Tomato Onion Salad Apricot Halves	Vegetable Soup Unsalted Crackers Spaghetti & Meat Sauce Caesar Salad Garlic Stick Black Forest Cake	Italian Wedding Soup Unsalted Crackers Tuna Salad Potato Salad Broccoli Salad LoCal Sliced Banana	<i>Resident's Choice Day!</i>	Cream of Broccoli Soup Unsalted Crackers Bologna Sandwich Greek Tomato Cucumber Salad	Butternut Squash Soup Unsalted Crackers Cod Nuggets Savory Potato Wedges Chocolate Cake
Chicken Noodle Soup Unsalted Crackers Chicken Fettuccini Alfredo Steamed Asparagus Nanaimo Bar	Minestrone Soup Unsalted Crackers Vegetable Frittata California Vegetables French Cream Cheesecake	Vegetable Soup Unsalted Crackers Cheese Sandwich on WW Beet & Onion Salad Whole Wheat Bread Chilled Diced Pears	Italian Wedding Soup Unsalted Crackers Pepperoni Pizza Spinach Onion Salad Whole Wheat Bread Ice Cream		Cream of Broccoli Soup Unsalted Crackers Tomato Pepper Quiche Cauliflower Maple Extreme Cake Fruit Cocktail	Butternut Squash Soup Unsalted Crackers Cottage Cheese Fruit Plate LoCal Diced Beets Banana Loaf Chilled Pineapple
DINNER						
Baked Haddock w/Lemon Sauce Mashed Potatoes Green Peas Apple Crumble Cake	Chicken Fingers with Plum Sauce Savory Potato Wedges Bistro Vegetables Whole Wheat Bread Chocolate Torte	Oktoberfest Sausage Oven-Browned Potatoes Steamed Broccoli Whole Wheat Bread Mocha Pudding	Salisbury Steak & Gravy Mashed Potatoes Seasoned Diced Turnips Whole Wheat Bread Chocolate Silk Truffle Bar Chilled Diced Peaches	Fish 'n Chips Tartar Sauce Vinaigrette Coleslaw Whole Wheat Bread Red Velvet Cake	Meatloaf Beef Gravy Mashed Potatoes Butternut Squash Mini Chocolate Brownie	Penne Vegetable PrimaVera Whole Wheat Bread Garlic Stick Apple Pie Slice
Beef Stir-Fry Fluffy Rice Diced Fresh Melon	Lamb & Vegetable Stew Fruit Cocktail Cup	Vegetable Chili Cheese Tea Biscuit Mango	Sweet & Sour Chicken White Rice Grilled Vegetables	Turkey Stew Garlic Stick Tropical Fruit Salad	Chicken a la King Green Peas Whole Wheat Bread Tea Biscuit Applesauce	Baked Ham Brown Gravy Scalloped Potatoes Prince Edward Vegetables Strawberries

Sysco Fall Winter 2025-26 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sliced Banana High Fibre Oatmeal Cheddar Cheese Snack Whole Wheat Toast	Sliced Banana Cream of Wheat Vanilla Greek Yogurt Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast	Mandarin Oranges Cream of Wheat Cottage Cheese White Toast	Sliced Banana Oatmeal Hard Boiled Egg Whole Wheat Toast	Sliced Banana Cream of Wheat Cheddar Cheese Slice Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast
Rice Krispies Cereal Peanut Butter Apple Muffin	Raisin Bran Cereal Peanut Butter White Toast	Special K Cereal Peanut Butter White Toast	Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Rice Krispies Cereal Peanut Butter White Toast	Raisin Bran Cereal Peanut Butter White Toast	Special K Cereal Peanut Butter Bacon White Toast
LUNCH						
Turkey Vegetable Soup Unsalted Crackers Tuna Salad Sndw on WW Marinated Vegetables Banana Cake	Roast Red Pepper Soup Unsalted Crackers Grilled Cheese on Wheat Green Beans Homemade Pickled Beets Pineapple Tidbits	French Onion Soup Unsalted Crackers Sausage Links Fried Egg Patty Diced Hashbrown Garlic Bread Chilled Diced Peaches	Loaded Baked Potato Soup Unsalted Crackers Egg Salad Sndw on Wheat White Rice Beet & Onion Salad Whole Wheat Bread Date Pudding Cake	Cream of Chicken Soup Unsalted Crackers Beef Burger on Bun Tossed Garden Salad Sliced Pears	Tomato Rice Soup Unsalted Crackers Sliced Ham Sndw on WW Cucumber & Red Onion Salad Whole Wheat Bread	Cream of Mushroom Soup Unsalted Crackers Salmon Salad on WW Coleslaw Chilled Diced Peaches
Turkey Vegetable Soup Unsalted Crackers Cabbage Roll Green Beans Chilled Diced Pears	Roast Red Pepper Soup Unsalted Crackers Pizza Casserole Butterscotch Ice Cream	French Onion Soup Unsalted Crackers Rainbow Cheese Tortellini Chocolate Cake	Loaded Baked Potato Soup Unsalted Crackers Orange Citrus Chicken Stir fry Applesauce	Cream of Chicken Soup Unsalted Crackers Lamb & Vegetable Stew Tea Biscuit Whole Wheat Bread Vanilla Ice Cream	Tomato Rice Soup Unsalted Crackers Beef Stroganoff Egg Noodles Green Beans Vanilla Donut Holes Chilled Diced Pears	Cream of Mushroom Soup Unsalted Crackers Beef Stuffed Pepper Parsley Carrots Cookie & Cream Cheesecake
DINNER						
Crispy Herb Chicken Mashed Potatoes Diced Carrots Boston Cream Cake	Baked Lemon Pepper Cod Diced Carrots Whole Wheat Bread Date Square	Shepherd's Pie Green Peas Whole Wheat Bread Crispy Rice Square	Italian Sausage Mashed Potatoes California Vegetables Whole Wheat Bread Caramel Rage Bar	Mediterranean Glazed Haddock Tator Tots Diced Carrots Whole Wheat Bread Triple Chocolate Brownie	Chicken Pot Pie Steamed Asparagus Whole Wheat Bread Lemon & Cream Shortcake	Roast Turkey Poultry Gravy Whipped Potatoes Sage Bread Stuffing Sunrise Vegetables Whole Wheat Bread Pumpkin Pie
Sweet & Sour Pork Fluffy Rice Steamed Broccoll Whole Wheat Bread Mandarin Orange	Veal Cacciatore Mashed Potatoes White Rice Steamed Broccoli Diced Fresh Melon	Chicken Cutlet Savory Potato Wedges Montego Vegetables Blueberries	Turkey Rice Casserole Diced Parsnips Fruit Cocktail	Broccoli & Cheddar Bake White Dinner Roll Chilled Pineapple	Pork Cutlet Mashed Potatoes Roasted Root Vegetables Mango	Vegetable Chili Multigrain Dinner Roll Mixed Berries

Sysco Fall Winter 2025-26 - Week 4

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Sliced Banana Cream of Wheat Cheddar Cheese Snack Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Vanilla Greek Yogurt White Toast	Sliced Banana High Fibre Cinnamon Oatmeal Hard Boiled Egg White Toast	Mandarin Oranges Cream of Wheat Cottage Cheese Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast	Sliced Banana Cream of Wheat Cheddar Cheese Slice Whole Wheat Toast	Sliced Banana High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast
Bran Flakes Cereal Peanut Butter Blueberry Muffin	Special K Cereal Peanut Butter Whole Wheat Toast	Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Raisin Bran Cereal Peanut Butter White Toast	Special K Cereal Peanut Butter White Toast	Bran Flakes Cereal Peanut Butter White Toast	Rice Krispies Cereal Peanut Butter Bacon White Toast
LUNCH						
Harvest Vegetable Soup Unsalted Crackers Bologna Sandwich Chilled Diced Pears	Chicken Noodle Soup Unsalted Crackers Pulled Pork Wheat Hamburger Bun	Tomato Vegetable Soup Unsalted Crackers Tuna Salad Sandwich WW Pickle Spear Whole Wheat Bread Diced Fresh Melon	Beef Vegetable & Noodle Soup Unsalted Crackers Hot Dog on White Bun Onion Rings Baked Beans with Pork Whole Wheat Bread Ice Cream	<i>Resident's Choice Day!</i>	Chicken Rice Soup Unsalted Crackers Salmon Salad on WW Broccoli Salad LoCal Garlic Stick Chilled Diced Peaches	Broccoli Cheese Soup Unsalted Crackers Cottage Cheese & Fruit Plate Banana Loaf
Harvest Vegetable Soup Unsalted Crackers Vegetable Pizza Garden Salad Fresh Herbed Zucchini Nanaimo Bar	Bistro Vegetables Strawberries Chicken Noodle Soup Unsalted Crackers Spring Layered Omelette Diced Hashbrown Diced Parsnips Haystack Brownie	Tomato Vegetable Soup Unsalted Crackers Macaroni & Cheese California Vegetables Rice Pudding	Beef Vegetable & Noodle Soup Unsalted Crackers Beef & Vegetable Stew Chilled Diced Peaches		Chicken Rice Soup Unsalted Crackers Vegetable Noodle Casserole Macaroon Bars	Broccoli Cheese Soup Unsalted Crackers Turkey a la King Green Peas Frosted Cupcake Mandarin Oranges
DINNER						
LS Hot Turkey Sandwich Green Peas Whole Wheat Bread Maple Chocolate Mania	Tomato Herb Topped Baked Chicken Sunrise Vegetables Whole Wheat Bread Choco Raspberry Pudding Cake	Ground Beef & Gravy Mashed Potatoes Creamed Corn Whole Wheat Bread Mini Cinnamon Roll Apricot Halves	Pork Cutlet Brown Gravy Mashed Potatoes Diced Carrots Whole Wheat Bread Crowned Jewels Blueberries	Pork Ribs Savoury Diced Potatoes Coleslaw Whole Wheat Bread Apple Brown Betty Krunchie Perch Mashed Potatoes	Braised Lamb Teriyaki Sauce Mashed Potatoes Steamed Asparagus Whole Wheat Bread Triple Choc Fudge Cake	Roast Beef Beef Gravy Mashed Potatoes 5-Way Mixed Vegetables Yorkshire Pudding Pie Raspberry 8 in
Swedish Meatballs Egg Noodles Cauliflower Fruit Cocktail	Shrimp Gumbo Mashed Potatoes Diced Squash Mandarin Oranges	Oktoberfest Sausage Roasted Potatoes Steamed Broccoli	Honey Garlic Chicken Fluffy Rice Whole Mixed Beans	Buttered Brussels Sprouts Chilled Pineapple	Chicken Balls Sweet and Sour Sauce Vegetarian Fried Rice Asian Vegetables Chilled Diced Pears	Black Bean & Vegetable Chili Multigrain Dinner Roll Applesauce