Copy of Sysco Fall Winter 2026-27 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cinnamon Oatmeal Banana Muffin Whole Wheat Toast	Cream of Wheat with Bran Low Fat Vanilla Greek Yogurt Whole Wheat Toast	High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast	Cream of Wheat with Bran Cottage Cheese Raisin Bran Cereal Peanut Butter Whole Wheat Toast	Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast	Cream of Wheat with Bran Cheddar Cheese Slice White Toast	High Fibre Oatmeal Scrambled Egg Whole Wheat Toast
Bran Flakes Cereal Peanut Butter Marble Cheese Slice White Toast	Special K Cereal Peanut Butter White Toast	Rice Krispies 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 Bacon White Toast
LUNCH						
Minestrone Soup Unsalted Crackers Meatballs Fluffy Rice Sunrise Vegetables Fruit Cocktail	Cream of Broccoli Soup Unsalted Crackers Pulled Pork on WW Bun Tossed Salad & Italian Dressing Pineapple Tidbits	Hearty Beef Barley Soup Unsalted Crackers Tuna Salad Triple Bean Salad White Dinner Roll Chilled Apricots	Cream of Squash Soup Unsalted Crackers Hot Turkey Sndw on WW w/Gravy Green Peas Chilled Diced Pears	Unsalted Crackers Vegetable Mulligatawny Soup Cheese Ravioli & Sauce Steamed Broccoli Fruit Cocktail	Italian Wedding Soup Unsalted Crackers Herbed Omelette Sauteed Garlic Mushrooms Multigrain Dinner Roll Chilled Peach Slices	Tomato Basil Soup Unsalted Crackers Beef Stuffed Green Pepper Diced Carrots Mandarin Oranges
Minestrone Soup Unsalted Crackers Mushroom & Green Pepper Pizza Bake Caesar Salad Butterscotch Pudding	Cream of Broccoli Soup Unsalted Crackers Western Omelette Mexican Bean Salad Chocolate Ice Cream	Hearty Beef Barley Soup Unsalted Crackers Sausage Links French Toast Sticks Strawberry Compote Orange Gelatin Whipped Topping	Cream of Squash Soup Unsalted Crackers Hard Boiled Egg Potato Salad Red Beet Citrus Salad Multigrain Dinner Roll Mini Powdered Donut	Unsalted Crackers Vegetable Mulligatawny Soup Sloppy Joe on WW Bun Buttered Corn Vanilla Ice Cream	Italian Wedding Soup Unsalted Crackers Ham Salad on WW Coleslaw Apple Brown Betty Cake	Tomato Basil Soup Unsalted Crackers Chicken Strips Mashed Potatoes Seasoned Green Beans Buttertart Square
DINNER						
Vegetable Cheese Strata Marinated Cucumbers Multigrain Dinner Roll Rhubarb Crisp Chicken Paprikash Parslied Noodles Buttered Brussels Sprouts Chilled Diced Pears	Boneless Korean Beef Short Ribs Fluffy Rice Chuckwagon Corn Whole Wheat Bread Date Square Turkey Hash California Vegetables Cantaloupe Chunks	Baked Chicken with Chalet Sauce Garlic Mashed Potatoes Diced Squash Carrot Cake Lamb & Vegetable Stew Whole Wheat Bread Mandarin Oranges	Hoisin Pork Stir Fry Vegetable Fried Rice Whole Wheat Bread Cherry Cheesecake Breaded Chicken Strips French Fries Mixed Green Italian Salad Chilled Peach Slices	Veal Marsala Buttered Egg Noodles Wax Beans Whole Wheat Bread Nanaimo Bar Zesty Honey Dijon Baked Basa Parslied Potatoes Fall Medley Vegetables Applesauce	Turkey Meatloaf Parslied New Potatoes Broccoli Florets Double Fudge Brownie Vegetable Chili Corn Chips Mixed Berries	Pork Roast Whipped Potatoes Roasted Root Vegetables Multigrain Dinner Roll Lemon Meringue Pie Seared Shrimp w/Pasta Alfredo Sunrise Vegetables Pineapple Tidbits

Copy of Sysco Fall Winter 2026-27 - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat with Bran Whole Wheat Toast Blueberry Muffin	High Fibre Oatmeal Low Fat Honey Greek Yogurt Special K Cereal	Cream of Wheat with Bran Hard Boiled Egg White Toast	High Fibre Oatmeal Cottage Cheese Whole Wheat Toast	Cream of Wheat with Bran Scrambled Eggs Whole Wheat Toast	Cinnamon Oatmeal Cheddar Cheese Slice Whole Wheat Toast	Cream of Wheat with Bran Scrambled Eggs Whole Wheat Toast
Raisin Bran Cereal Peanut Butter Cheddar Cheese Slice White Toast	Peanut Butter Whole Wheat Toast 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 White Toast	Bran Flakes Cereal Peanut Butter Bacon White Toast
LUNCH						
Roasted Cauliflower Soup Unsalted Crackers Beef Pot Pie Fall Medley Vegetables Fruit Cocktail	Mediterranean Chicken Soup Unsalted Crackers Shaved Ham Sndw on WW Cauliflower & Pepper Salad Pineapple Tidbits	Fall Harvest Soup Unsalted Crackers Cod Nuggets French Fries Rainbow Coleslaw Chilled Apricots	Chicken Noodle Soup Unsalted Crackers Turkey Sandwich w/Cranberry Mayo Mixed Greens w/Berry Vinaigrette Applesauce	Corn Chowder Unsalted Crackers Chicken Souvlaki Rice Pilaf Roasted Mediterranean Vegetables Whole Wheat Pita Bread Fresh Fruit	Asparagus Sun Dried Tomato Soup Unsalted Crackers Egg Salad Sndw on Wheat Mixed Green Italian Salad Chilled Peach Slices	Cream of Carrot Soup Unsalted Crackers Macaroni & Cheese Stewed Tomatoes Mandarin Oranges
Roasted Cauliflower Soup Unsalted Crackers Cucumber Cream Cheese Sndw on WW Tomato Slices Chocolate Pudding	Mediterranean Chicken Soup Unsalted Crackers Cheese Tortellini & Marinara Green Beans Frozen Vanilla Yogurt	Fall Harvest Soup Unsalted Crackers Triple Bean Salad Cheddar Cheese Slice Beet & Onion Salad Multigrain Dinner Roll Cherry Gelatin Whipped Topping	Chicken Noodle Soup Unsalted Crackers Vegetable & Cheddar Quiche w/Mushrooms Broccoli Florets Multigrain Dinner Roll Tiramisu Cake	Corn Chowder Unsalted Crackers Corned Beef on Wheat Marinated Tomatoes Strawberry Ice Cream	Asparagus Sun Dried Tomato Soup Unsalted Crackers Pork Tourtiere Green Peas Pumpkin Tart	Cream of Carrot Soup Unsalted Crackers Chicken Salad Sndw on WW Green Beans Blueberry Tart
DINNER						
Cornflake Crusted Chicken Garlic Mashed Potatoes Broccoli Florets Peach Crisp	Braised Lamb Brown Rice Cauliflower Whole Wheat Bread Buttertart Square	Beef & Mushroom Stew Whole Wheat Bread Chocolate Cherry Indulgence Chicken Kiev Fluffy Rice	Spinach Cannelloni in Marinara Sauce Caesar Salad Multigrain Dinner Roll Cranberry Bars	Fish 'n Chips Creamy Coleslaw Multigrain Dinner Roll Bread Pudding Caramel Sauce	LS Meat Loaf Mashed Potatoes Winter Vegetables Lemon Cheese Bar	Roast Beef Mashed Potatoes Harvard Beets Multigrain Dinner Roll Butterscotch Cream & Apples
Moroccan Stew Assorted Dinner Rolls Chilled Diced Pears	Grilled Chicken Breast Mashed Potatoes Diced Squash Chilled Tropical Fruit	Prince Edward Vegetables Mandarin Oranges	Veal Scallopini w/Mushroom Sauce Garlic Mashed Potatoes Wax Beans Mango	Honey Mustard Pork Bites Herbed Potatoes Cinnamon Honey Glazed Carrots Honeydew Chunks	Shrimp Scampi Parslied Noodles Zucchini Parmesan Multigrain Dinner Roll Mixed Berries	Caribbean Jerk Meatballs Parslied Rice Buttered Brussels Sprouts Pineapple Tidbits

Copy of Sysco Fall Winter 2026-27 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
High Fibre Oatmeal Light Cheddar Cheese Whole Wheat Toast Orange Muffin	Cream of Wheat with Bran Banana Greek Yogurt Whole Wheat Toast	High Fibre Oatmeal Hard Boiled Egg Whole Wheat Toast	Cream of Wheat with Bran Cottage Cheese White Toast	Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast	Cream of Wheat with Bran Cheddar Cheese Slice Whole Wheat Toast	High Fibre Oatmeal Scrambled Eggs 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 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						
Cream of Chicken Soup Unsalted Crackers Tuna Penne Bake Broccoli Florets Fruit Cocktail	Tomato Soup Unsalted Crackers Spaghetti & Meat Sauce Caesar Salad Garlic Bread Pineapple Tidbits	Cream of Celery Soup Unsalted Crackers Potato & Cheese Perogies Buttered Red Cabbage Chilled Apricots	Split Pea & Ham Soup Unsalted Crackers Red Pepper & Basil Frittata w/Parmesan Cheese Tomato Slices Whole Wheat Bread Banana & Chocolate Sauce	Cream of Broccoli Soup Unsalted Crackers The Great Canadian Beef Chili Prince Edward Vegetables Corn Chips Fruit Cocktail	Vegetable Soup Unsalted Crackers Hot Dog on White Bun Potato Salad Multigrain Dinner Roll Chilled Peach Slices	Loaded Potato Soup Unsalted Crackers Tuna Salad Sndw on WW Corn Salad Pineapple Tidbits
Cream of Chicken Soup Unsalted Crackers Swiss & Tomato Sndw on WW Spinach Onion Salad Vanilla Pudding	Tomato Soup Unsalted Crackers Mexican Bean Salad Homemade Pickled Beets White Dinner Roll Butterscotch Ice Cream	Cream of Celery Soup Unsalted Crackers Salmon Salad on WW Cucumber Slices Whipped Topping Orange Gelatin	Split Pea & Ham Soup Unsalted Crackers Turkey Pot Pie Green Peas Iced Coconut Cake	Cream of Broccoli Soup Unsalted Crackers Chicken Caesar Salad White Dinner Roll Vanilla Ice Cream	Vegetable Soup Unsalted Crackers Pork Stir Fry Fluffy Rice Asian Vegetables Creme Caramel	Loaded Potato Soup Unsalted Crackers Mediterranen Chicken Pasta Parsley Carrots Chocolate Revel Bar
DINNER						
Pork Goulash Hungarian Mashed Potatoes Green Peas Cherry Crisp	Spanish Beef Rice Buttered Corn Multigrain Dinner Roll Blonde Bars	Peach Ginger BBQ Chicken Thigh Mashed Potatoes Green Beans Whole Wheat Bread Cheesecake	Roasted Vegetable Lasagna Greek Salad Garlic Toast Apple Cranberry Cake	Thai Lemon Brd Sole w/Curry Sc Jasmine Rice Sunrise Vegetables Multigrain Dinner Roll Apple Brown Betty a La Mode	Cabbage Roll Casserole Wax Beans Multigrain Dinner Roll Butterscotch Square	Roast Turkey Whipped Potatoes Sage Bread Stuffing Whipped Squash Pumpkin Pie
Chicken Masala Fluffy Rice Cauliflower Chilled Diced Pears	Breaded Turkey Cutlet Roasted New Potatoes Seasoned Diced Turnips Chilled Tropical Fruit	Lamb Mushroom Ragout Parslied Noodles Seasoned Spinach Mandarin Oranges	Beef Stroganoff Parsley Carrots Multigrain Dinner Roll Chilled Diced Pears	Pork Ribs Mashed Potatoes Diced Parsnips Peach Cup	Chicken Strips Mashed Potatoes Peas & Carrots Mixed Berries	Vegt Fettucine Alfredo Parslied Cauliflower White Dinner Roll Mandarin Oranges

Copy of Sysco Fall Winter 2026-27 - Week 4

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat with Bran Marble Cheddar Cheese Whole Wheat Toast Fruit Extreme Muffin	High Fibre Oatmeal Vanilla Greek Yogurt	High Fibre Cinnamon Oatmeal Hard Boiled Egg White Toast	Cream of Wheat with Bran Cottage Cheese Whole Wheat Toast	High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast	Cream of Wheat with Bran Cheddar Cheese Slice Whole Wheat Toast	High Fibre Oatmeal Scrambled Eggs Whole Wheat Toast
Bran Flakes Cereal Peanut Butter White Toast	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						
Country Bean & Vegetable Soup Unsalted Crackers Cottage Cheese Orange Gelatin Chilled Peach Slices Blueberry Loaf Fruit Cocktail	Broccoli Cheese Soup Unsalted Crackers Sausage Links Mini Pancakes Bites Warm Fruit Compote LoCal Pineapple Tidbits	Minestrone Soup Unsalted Crackers Crab Cake French Fries Buttered Corn Whole Wheat Bread Chilled Apricots	Vegetable Florentine Soup Unsalted Crackers Beef Stuffed Green Pepper Diced Carrots Whole Wheat Bread Bananas & Cream	Loaded Coconut Lentil Soup Unsalted Crackers Beef Burger on Bun Potato Salad Fruit Cocktail	Golden Mushroom Soup Unsalted Crackers Spinach and Feta Quiche Parslied Cauliflower Chilled Peach Slices	Chicken Rice Soup Unsalted Crackers Asparagus Cobb Salad Mini Croissant Mandarin Oranges
Country Bean & Vegetable Soup Unsalted Crackers Hot Roast Beef on Wheat w/Gravy Diced Beets Rice Pudding	Broccoli Cheese Soup Unsalted Crackers Vegt Teriyaki Meatballs Rice Pilaf Prince Edward Vegetables Strawberry Ice Cream	Minestrone Soup Unsalted Crackers Grilled Cheese on Wheat Creamy Cucumber & Onions Cherry Gelatin Whipped Topping	Vegetable Florentine Soup Unsalted Crackers Sliced Turkey on Wheat Macaroni Salad Chocolate Cake	Loaded Coconut Lentil Soup Unsalted Crackers Sliced Ham Plate Tomato Cucumber Salad Creamy Coleslaw Ice Cream Sundae	Golden Mushroom Soup Unsalted Crackers Tuna Salad Sandwich WW Pickled Beets Maple Cake	Chicken Rice Soup Unsalted Crackers Beef & Broccoli Stir-Fry Fluffy Rice French Toast Pound Cake
DINNER						
BBQ Glazed Chicken Roasted Potatoes Sliced Carrots Multigrain Dinner Roll Apple Crisp	Vegetable Egg White Bites Romaine & Onion Salad Whole Wheat Bread Cappuccino Cake	Sweet & Sour Chicken Balls Fluffy Rice Green Beans Whole Wheat Bread Banana Custard Chocolate Cake	Veal Cutlet O'Brien Potatoes Buttered Cabbage Multigrain Dinner Roll Luscious Lemon Square	Maple Curry Roasted Salmon Brown Rice Seasoned Zucchini Whole Wheat Bread	Rosemary Chicken Mashed Potatoes Seasoned Diced Turnips Whole Wheat Bread Pear Crumble Cake	Rubbed Pork Loin Scalloped Potatoes Broccoli Florets Multigrain Dinner Roll Custard Pie
Jambalaya Shrimp Broccoli Florets Chilled Diced Pears	Turkey Divan Savory Potato Wedges Diced Squash Chilled Tropical Fruit	LS Beef Macaroni Sunrise Vegetables Mandarin Oranges	Three Cheese & Vegetable Penne Caesar Salad Garlic Toast Chilled Diced Pears	Pasta & Chicken Primavera Wax Beans Mango Strawberry Cloud Cake	Cabbage Roll Zesty Balsamic Carrots Mixed Berries	Cod Nuggets Mashed Potatoes Roasted Asparagus Pineapple Tidbits