

ONTARIO MENU SPRING/SUMMER 2020							WEEK 1
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May -18, June-08, June-29, July -20, Aug-10, Aug 31, Sept 21, Oct-12	May -19, June-09, June-30, July -21, Aug-11, Sept 1, Sept 22, Oct-13	May -20, June-10, July 1, July -22, Aug- 12, Sept 2, Sept 23, Oct-14	May -21, June-11, July 2, July -23, Aug- 13, Sept 3, Sept 24, Oct-15	May -22, June-12, July 3, July -24, Aug-14, Sept 4, Sept 25, Oct-16	May -23, June-13, July 4, July -25, Aug-15, Sept 6, Sept 26, Oct-17	May -24, June-14, July 5, July -26, Aug-16, Sept 7, Sept 27, Oct-18
BREAKFAST	Orange Juice Oatmeal Cereal Cheese Raisin Toast Mandarin Orange Sections OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Creamy Yogurt Fruit Extreme Muffin Blueberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Deluxe Fruit Salad OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Sausage Whole Wheat Toast Peaches OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Omelet Bran Muffin Honey Dew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of wheat Cottage cheese Whole Wheat Toast Cantaloupe OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Fried Egg Bacon Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter
	AM	Peach Juice	White Grape Juice	Mango Orange Juice	Cherry	Tropical Fruit	Ice Tea
LUNCH	Potato Dill Soup Hamburger on a Bun Cucumber and Red Onion Salad Watermelon OR Grilled Chicken & Asiago Caesar Plate Grape Tomatoes Sour Bread Frozen Yogurt	Pickle Soup Ham Sandwich Tossed Salad w/Vinaigrette dressing Baked apple Slices OR Spaghetti w/meat sauce Garlic Bread Broccoli Florets Debess Manna	Sauerkraut Soup Krunchie Basa Potato Dollar Chips Creamy Coleslaw Fruit Kissels OR Krakovska Sausage Sandwich Tri Berry Spinach Lime Jell-O Whipped Topping	Turkey Rice Soup Herring Plate With cottage cheese, cucumber & Tomato Slices Boiled Potato Latvian Bread Banana OR Chicken Pot Pie w/gravy Peas Tangerine Mousse	Butternut Squash Soup Macaroni & Cheese Scalloped Tomatoes Tropical Fruit Salad OR Turkey Sandwich Raspberry Lemon Salad Bread Pudding	Mushroom Barley Soup Pancakes Sausage Rhubarb/Strawberry Compote French Cream Cake OR Cold Fish in Tomato sauce Cold Pea Salad Rye Bread Diced Peaches	Sausage & Cabbage Soup Hot Dog on a Bun w/ onion/tomato/pickle Beet Salad Cream Puff OR Shaved Pastrami Sandwich Polish Pickles Pineapple Tidbits
	PM	Peach Juice Digestive Oat bran Cookie	White Grape Juice Peanut Butter Cookie	Mango Orange Juice Assorted Mini Donuts	Cherry Oatmeal Cookie	Tropical Fruit Cranberry Fruit Bread	Ice Tea Date Turnover Cookie
DINNER	Roast Leg of Lamb Oven Browned Potato Mix Vegetable Apricot Cake OR Oven Baked Basa Fish Fillets in a White Seafood Sauce Lemon Wedge Rice Pilaf French Style Green Beans Peaches	Roast Turkey w/gravy Mashed Potatoes Butternut Squash Fruit Sponge Cake OR Honey Garlic Pork Ribs Pan Roasted Potatoes Sauerkraut Pineapple Tidbits	Roast Chicken Oven Browned Potatoes Corn Homemade Rice Pudding OR Braised Liver with Onion Gravy Mashed Potato Sautéed Mixed Peppers Apricot Halves	Pork Schnitzel Gravy Baked Potato Vegetable Medley Coconut Cream Pie OR Roast Beef in Gravy Mashed Potato Brussel Sprouts Diced Pears	Baked Sole Fish Fillet Parsley Potatoes Green Beans Neapolitan Ice Cream OR Baked Chicken in Wild Mushroom Sauce Mashed Potato Glazed Carrots Four Berry Mix	Lemon Baked Veal Baby Roasted Potatoes Mashed Turnips Pudding OR Turkey Schnitzel Poultry Gravy Mashed Potato Seasoned Zucchini Mandarin Orange Sections	Roast Pork Gravy Boiled Potato Sauerkraut Banana Cream Pie OR Oven Baked Meatloaf Beef Gravy Mashed Potato Wax Beans with Tarragon Butter Mango
	HS	Fruit Loaf w/ Cream Cheese Milk 2%	Tuna Salad Sandwich Milk 2%	Crackers & Cheese Milk 2%	Sweet & Sour Bread w/liverwurst Milk 2%	Egg Salad Sandwich Milk 2%	Peanut Butter Sandwich Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

Coffee, tea, water (250ml) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)

ONTARIO MENU SPRING/SUMMER 2020							WEEK 2
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May 25, Jun-15, June 6, July-27 Aug-17, Sept 7, Sep 28, Oct-19	May 26, Jun-16, June 7, July-28 Aug-18, Sept 8, Sep 29, Oct-20	May 27, Jun-17, June 8, July-29 Aug-19, Sept 9, Sep 30, Oct-21	May 28, Jun-18, June 9, July-30 Aug-20, Sept 10, Oct 1, Oct-22	May 29, Jun-19, June 10, July-31 Aug-21, Sept 11, Oct 2, Oct-23	May 30, Jun-20, June 11, Aug 1, Aug-22, Sept 12, Oct 3, Oct-24	May 31, Jun-21, June 12, Aug 2, Aug-23, Sept 13, Oct 4, Oct-25
BREAKFAST	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Fresh Orange Sections OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Cottage Cheese Banana Bread Melon OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Sausage, Egg, Cheese on English Muffin Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Cheese Raisin Toast Melon OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Waffles with Syrup Raspberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Yogurt Apple spice Muffin Fresh Blue Berry OR Whole Wheat Toast Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Fried Egg Bacon Fresh Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast
	AM	Peach	White Grape	Mango Orange	Cherry	Tropical Fruit	Ice Tea
LUNCH	Herbed Lentil and Barley Soup Vegetarian Lasagna Garlic Toast Romaine Salad Strawberries OR Salami Sandwich Black Bean Corn Salad Pudding Cake	Beef Vegetable soup Torpedo Shrimp Greek Salad Trifle OR Cottage Cheese & Summer Fruit Plate Croissant Ice Cream Bar	Beet Borscht Chicken Strips w/Plum sauce French Fries Carrot Pea Salad Pineapple Tidbits OR Pasta Salad Plate Dinner Roll Butterscotch Pudding	Tomato Bisque Liver Pate Mushroom Salad Pickles Latvian Dark Rye Mango OR Four Cheese Penne Past Casserole Garlic Bread Mixed Vegetable Ice cream	Spinach Soup Pepper & Basil Frittata Soft Bun Carrot Coin Mandarin Orange Sections OR Herring Salad (Rassol) Sweet/Sour Bread Tomato & Cucumber Slices Jello	Chicken Vegetable Noodle Smoked Salmon Plate Peaches OR Grilled Cheese Sandwich Pickled Beet Salad Strawberry Shortcake	Frikadelle Soup Chicken Ceasar Salad Dinner Roll Grapes OR Fish Burger with Tartar Sauce Coleslaw Orange Sorbet
	PM	Peach Cherry Turnover Cookie	White Grape Fruit Bar	Mango Orange Yogurt	Cherry Lemon Wafer Cookie	Tropical Fruit Apple Spice Loaf	Ice Tea Fruit Loaf
DINNER	Paprika Chicken Oven Browned Potatoes Butternut Squash Peach Passion Mousse OR Beef Burgundy Rice Scandinavian Mixed Vegetables Honeydew	Pork Chop in Mushroom Sauce Country Sliced Potato Braised Red Cabbage Banana Sheet Cake OR Veal Paprika with Sour Cream Mashed Potatoes Cocktail Vegetable Medley Baked Apple Slices	Roast Duck Red Baked Potatoes Summer Vegetable Mix Boston Cream Pie OR Baked Fish Fillet Mashed Potato Parmesan Baked Tomato Pears	Roast Beef w/Gravy Mashed Potato PEI Vegetable Medley Cheesecake OR Slow Roasted Butter Chicken Rice Brussel Sprouts Apricot Halves	Salisbury Steak Mashed Potato Corn Apple Pie OR Cottage Roll Scallop Potato French Style Green Beans Tropical Fruit Salad	Roast Turkey w/Gravy Roasted Potatoes Turnips Caramilla Cake OR Baked Ham Slice Mashed Potato Broccoli Watermelon	Roast Pork Pork Gravy Mashed Potato Sauerkraut Raspberry Jelly Roll OR Roast Lamb Mashed Potato Italian Mixed Veg Strawberries
	HS	Salmon Sandwich Milk 2%	Raisin Bread w/Butter Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Egg Salad Sandwich Milk 2%	Tuna Sandwich Milk 2%	Cheese Sandwich Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

Coffee, tea, water (250ml) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)

ONTARIO MENU SPRING/SUMMER 2020							WEEK 3
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	June-01, June 22, July-13, Aug 3, Aug-24, Sep-14, Oct 5, Oct-26	June-02, June 23, July-14, Aug 4, Aug-25, Sep-15, Oct 6, Oct-27	June-03, June 24, July-15, Aug 5, Aug-26, Sep-16, Oct 7, Oct-28	June-04, June 25, July-16, Aug 6, Aug-27, Sep-17, Oct 8, Oct-29	June-05, June 26, July-17, Aug 7, Aug-28, Sep-18, Oct 9, Oct-30	June-06, June 27, July-18, Aug 8, Aug-29, Sep-19, Oct 10, Oct-31	June-07, June 28, July-19, Aug 9, Aug-30, Sep-20, Oct 11, Nov -1
BREAKFAST	Apple Juice Cream of Wheat Boiled Egg Morning Glory Muffin Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cheese Omelette Whole Wheat Toast Honeydew OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal French Toast Cottage cheese Mandarin Orange Sections OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Orange Juice Cream of Wheat Waffle Yogurt Raspberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Bread	Cranberry Juice Oatmeal Cereal Poached Egg Mini Cinnamon Bun OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Fresh Fruit Salad OR Variety of Cold Cereals Peanut Butter
	AM	Peach	White Grape	Mango Orange	Cherry	Tropical Fruit	Ice Tea
LUNCH	Vegetable Barley Soup Sprats with Potato Salad & Latvian bread Tomato, Cucumber Latvian Bread Fresh Cantaloupe OR Ground Beef w/ mushroom gravy Mashed Potato Peas Pudding	Pork & Cabbage Soup Pastrami on Rye Sliced Dill Pickle Tossed Salad Dried Fruit Compote OR Breaded Cod Nuggets w/tartar sauce Dollar Coins Coleslaw Chocolate Ice Cream	Cheese and Broccoli Soup Pork Sausage Sauerkraut Dinner Roll Baked Apple Slices OR Egg Salad with Croissant Mango Shrimp Salad Éclair	Country Vegetable Soup Mushroom Stuffed Ravioli w/Rose Sauce Garlic Bread Caesar Salad Banana OR Roast Beef Sandwich Baby Dill Pickle Potato Fries Jello	Spinach Soup Sliced Egg, Beets & Potato Salad Plate Mini Croissant OR Homemade Pancakes Breakfast Sausage Fruit Compote Orange Cake	Chicken Rice Soup Cottage Cheese Fruit Plate Croissant OR Hot Dog on a Bun w/ Onion & Tomato Coin Fries Chocolate mousse	Bean Soup Grilled Cheese Sandwich on Sweet Bread Pickled Beet Salad Pears OR Imitation Crab Salad Mixed Green Salad Dinner Roll Rhubarb Cake
	PM	Peach Fig Newton Cookie	White Grape Digestive Oatbran Cookie	Mango Orange Fruit Crème Cookie	Cherry Danish	Tropical Fruit Peanut Butter Cookie	Ice Tea Mini Raspberry Tart
DINNER	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Cappuccinno Cake OR Oven Fried Cod Fillet Lemon Wedge Potato Au Gratin Italian Mixed Vegetables Apricot Halves	Veal Tips Mashed Potatoes Cauliflower Blueberry Cobbler OR Grilled Chicken Thighs Poultry Gravy Baby Roasted Potatoes Butter Squash Fruit Cocktail	Marinated Cowboy Steak Baked Potato Fried Mushroom & Sliced Onion Lemon Meringue Pie OR Turkey in Gravy Mashed Potato Green Peas Strawberries	Stuffed Chicken Breast Mashed Potato Whole Green Beans Cinnamon Coffee Cake OR Hawaiian Ham Pan Roasted Potatoes Creamed Corn Grapes	Poached Salmon Lemon Potatoes Vegetable Blend Ice Cream OR Breaded Pork Chop Roast Potato Broccoli Florets Mango	Roasted Chicken Leg Chalet Dipping Sauce Parsley Potatoes Corn Lemon Cake OR Veal Roast w/Gravy Mashed Potato Seasoned Zucchini Mandarine Orange	Sliced Pork Roast Gravy Mashed Potatoes Sauerkraut Pie OR Sole Fille w/Lemon Slice Mashed Potatoes Carrot Coins Peaches
	HS	Carrot Muffin w Cream Cheese Milk 2%	Egg Salad Sandwich Milk 2%	Latvian Bread w/ Liver Pate Milk 2%	Peanut Butter Sandwich Milk 2%	Scone w/ cheese Milk 2%	Salmon Sandwich Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

Coffee, tea, water (250ml) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)