

**ONTARIO MENU FALL/WINTER 2020-2021**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 2, Nov 23, Dec 14 , Jan 4, Jan 25, Feb 15, Mar 8, Mar29, Apr19, May10	Nov 3, Nov 24, Dec 15 , Jan 5, Jan 26, Feb 16, Mar 9, Mar30, Apr20, May11	Nov 4, Nov 25, Dec 16 , Jan 6, Jan 27, Feb 17, Mar 10, Mar 31, Apr21, May12	Nov 5, Nov 26, Dec 17 , Jan 7, Jan 28, Feb 18, Mar 11, April 1, Apr 22, May 13	Nov 6, Nov 27, Dec 18 , Jan 8, Jan 29, Feb 19, Mar 12, April 2, Apr 23 May 14	Nov 7, Nov 28, Dec 19 , Jan 9, Jan 30, Feb 20, Mar 13, April 3, Apr 24, May 15	Nov 8, Nov 29, Dec 20 , Jan 10, Jan 31, Feb 21, Mar 14, April 4, Apr 25, May 16
<b>BREAKFAST</b>	Orange Juice Oatmeal Cereal Pancakes With Syrup Vanilla Yogurt Orange Sections <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cottage Cheese Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Eggs Waffle Deluxe Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cream Cheese Raisin Bread Orange Section <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Sausage French Toast Fresh Cantaloupe <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Havarti Cheese Bran Muffin Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Poached Egg Sliced Bacon English Muffin <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<b>Peach</b>	<b>White Grape Juice</b>	<b>Mango Orange</b>	<b>Cherry</b>	<b>Tropical Fruit</b>	<b>Ice Tea</b>	<b>Pear</b>
<b>LUNCH</b>	Harvest Vegetable Soup Veal Cutlet in Herb Sauce Oven Baked Diced Potato Yellow & Green Beans Peaches <b>OR</b> Herring Boiled Potato Cottage Cheese Sour Cream Diced Cucumber & Tomato Slices Butterscotch Pudding	Sauerkraut Soup w/sour cream Estonian Sausage Sandwich Mixed Green Salad Pears <b>OR</b> Vegetable Lasagna Mixed Green Salad Garlic Bread Swiss Mocha Pudding	Pickle Soup Smoked Salmon Cucumber Salad Sweet and Sour Bread Plums <b>OR</b> Baked Macaroni & Cheese Green Peas Vanilla Ice Cream	Tomato Bisque Roast Beef Sandwich Citrus Romaine Salad Strawberries <b>OR</b> Baked Spanish Omelet Dinner Roll Broccoli Florets Jello	Beet Borscht w/sour cream garnish Cabbage Rolls Fried Cabbage Steamed Rice Mandarin Orange Sections <b>OR</b> Grilled Cheesewich on Sweet Danini Bread Beet salad Peach Passion Mousse	Vegetable Barley Soup Veal Stew Dinner Roll Pineapple Tidbits <b>OR</b> Egg Salad on a Croissant Bean Salad with Italian Dressing Coffee Cake	Chicken Noodle Soup Cheese Tortellini with Tomato Basil Sauce Garlic Bread Mix Vegetables Tropical Fruit Salad <b>OR</b> Salmon Sandwich Spinach and Lettuce Salad Maple Twist Ice Cream
<b>PM</b>	<b>Peach</b> <b>Mini Blueberry Muffin</b>	<b>White Grape Juice</b> <b>Lemon Loaf</b>	<b>Mango Orange</b> <b>Cookie Fig Newton</b>	<b>Cherry</b> <b>Two Bite Coconut Macaroon</b>	<b>Tropical Fruit</b> <b>Tea Biscuit</b>	<b>Ice Tea</b> <b>Date Turnover Cookies</b>	<b>Pear</b> <b>Cup cake</b>
<b>DINNER</b>	Hungarian Goulash Fine Buttered Egg Noodles Sliced Carrot w/Butter Apple Cinnamon Pudding Cake <b>OR</b> Baked Talapia Fish Fillet Pan Roasted Potatoes Broccoli Pineapple Tidbits	Roast Chicken Whipped Potato Butternut Squash Triple Chocolate Cake <b>OR</b> Lemon Thyme Lamb Roast Whipped Potato California Vegetable Mix Orange Sections	Grilled Pork Chops Oven Roasted Red Potatoes Sauerkraut Debess Manna <b>OR</b> Stuffed Chicken Breast Mashed Potatoe Green Beans Apricots	Liver with Onions Beef Gravy Mashed Potatoes Vegetables Mix Carmel Swirl Cake <b>OR</b> Homemade Shepherd's Pie Beef Gravy Butter Cabbage Baked Apple Slices	Lemon Crusted Haddock Parsley Potatoes Mix Vegetables Carrot Cake <b>OR</b> Rosemary Garlic Chicken Thigh Mashed Potatoes Cream Spinach Dried Fruit Compote	Seasoned Thyme Pork Roast Pork Gravy Baby Roasted Potatoes Sauerkraut Chocolate Cream puff <b>OR</b> Salisbury Steak with Gravy Baby Roasted Potatoes Turnips Grapes	Turkey Roast with Cranberry sauce Mashed Potatoes Baby Carrots w/butter & dill Pie <b>OR</b> Veal Roast Mashed Potatoes PEI Vegetable Mix Fruit Cocktail
<b>HS</b>	<b>Cherry Loaf with Cream Cheese</b> <b>Milk 2%</b>	<b>Tuna Salad Sandwich</b> <b>Milk 2%</b>	<b>Cheese and Crackers</b> <b>Milk 2%</b>	<b>Scone with butter</b> <b>Milk 2%</b>	<b>Banana Fruit Bread</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Raisin Bread with Butter</b> <b>Milk 2%</b>

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)

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**ONTARIO MENU FALL/WINTER 2020-2021**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 9, Nov 30, Dec 21, Jan 11, Feb 1, Feb 22, Mar15, Apr 5, Apr 26, May 17,	Nov 10, Dec 1, Dec 22, Jan 12, Feb 2, Feb 23, Mar16, Apr 6, Apr 27, May 18,	Nov 11, Dec 2, Dec 23, Jan 13, Feb 3, Feb 24, Mar17, Apr 7, Apr 28, May 19,	Nov 12, Dec 3, Dec 24, Jan 14, Feb 4, Feb 25, Mar18, Apr 8, Apr 29, May 20,	Nov 13, Dec 4, Dec 25, Jan 15, Feb 5, Feb 26, Mar19, Apr 9, Apr 30, May 21,	Nov 14, Dec 5, Dec 26, Jan 16, Feb 6, Feb 27, Mar20, Apr 10, May 1, May 22,	Nov 15, Dec 6, Dec 27, Jan 17, Feb 7, Feb 28, Mar21, Apr 11, May 12, May 23,
<b>BREAKFAST</b>	Cranberry Juice Cream of Wheat Scrambled Eggs Waffle Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Cottage Cheese Banana Bread Mandarine Oranges  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Egg, Sausage & Cheese on English Muffin Whole Wheat Toast Honey dew  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Canteloupe  <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Cream of Wheat Cheddar Cheese Raisin Bread Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal French Toast Vanilla Yogurt Blueberries  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Tomato Slice  <b>OR</b> Variety of Cold Cereals Peanut Butter
<b>AM</b>	<b>Peach</b>	<b>White Grape Juice</b>	<b>Mango Orange</b>	<b>Cherry</b>	<b>Tropical Fruit</b>	<b>Ice Tea</b>	<b>Pear</b>
<b>LUNCH</b>	Cauliflower Soup Steak and Mushroom Pot Pie Mixed Green Salad Apricots Peaches <b>OR</b> Ham Salad Chick Pea Salad Dinner Roll Black Forest Cake	Spinach Soup with Sour Cream Garnish Imitation Crab Salad Red Onion & Cucumber Salad Rye Bread Grapes <b>OR</b> Homemade Pancakes Bacon Fruit Compote Lemon Chiffon	Turkey Rice soup Roast Beef & Gravy Boiled Potato Bean Mix <b>OR</b> Rigas Sprates Sweet & Sour Bread Potato Salad Tomato & Onion salad w/ Vinagrette Dressing Swiss Mocha Pudding	Beef Barley Soup Ground Beef w/ Mushroom & Gravy Mashed Potato Peas Tropical Fruit Salad <b>OR</b> Cheese Pizza Tossed Salad with dressing Yogurt	Fish Soup Liver Pate Dark Rye, Pickles Mushroom Salad Diced Pear <b>OR</b> Homemade Veal Cutlet Garden Salad Dinner Roll Tangarine Mousse	Pea Soup Cottage Cheese Fruit Plate Croissant Lemon Crunch Cake <b>OR</b> Turkey Loaf with Warm Pineapple Salsa Steamed Rice Italian Veg Mango	Pork & Cabbage Soup Hot dog on Bun Onion Mustard, Ketchup, Relish Baked Beans Baked Apple <b>OR</b> Krakovska Sausage Sandwich Pea & Carrot Salad White Chocolate Mousse
<b>PM</b>	<b>Peach</b> <b>Two Bite Coconut Macaroon</b>	<b>White Grape Juice</b> <b>Fruit Loaf</b>	<b>Mango Orange</b> <b>Raspberry Turnover</b>	<b>Cherry</b> <b>Crueller</b>	<b>Tropical Fruit</b> <b>Almond Almonette Cookie</b>	<b>Ice Tea</b> <b>Mini Vanilla Cup Cake</b>	<b>Pear</b> <b>Apple Turnover Cookie</b>
<b>DINNER</b>	Butter Chicken Rice Zucchini Carrot Cake  <b>OR</b> Meatloaf Red Baked Potato Peas & Carrots Diced Pear	Stuffed Chicken Breast Scallop Potato w/bacon Corn Rice Pudding  <b>OR</b> Pork Schnitzel Country Potato Sauerkraut Banana	Baked Cod Loin Mashed Potato Sauteed Squash Orange Cake  <b>OR</b> BBQ Ribs Oven Roast Potato Winter Blend Blueberries	Country Fried Pork Chop Fried Sliced Potato Sauerkraut Blueberry Yogurt Cake  <b>OR</b> Roast Leg of Lamb Mashed Potato Cauliflower with Cheese Sauce Pineapple Tidbits	Marinated Cowboy Steak Baked Potato w/ sour cream Sauteed Mushroom & Onions Trifle  <b>OR</b> Cottage Roll O`Brien Potatoes Honey Glazed Turnips Peaches	Salisbury Steak Gravy Paprika Potato Green Beans Apple Crisp <b>OR</b> Roast Pork with Gravy Mashed Potato Sauerkraut Mandarin Oranges	Maple Syrup & Apricot Glazed Ham Scalloped Potato Edamame Beans Blueberry Pie  <b>OR</b> Greek Style Chicken Breast Paprika Potato Buttered Cabbage Peaches
<b>HS</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Liver Pate w/Sweet &amp; Sour Bread</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf w/cream cheese</b> <b>Milk 2%</b>	<b>Salmon Sandwich</b> <b>Milk 2%</b>	<b>Peanut Butter &amp; Jam Sandwich</b> <b>Milk 2%</b>	<b>Tuna Sandwich</b> <b>Milk 2%</b>	<b>Cheese and Crackers</b> <b>Milk 2%</b>

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 FALL/WINTER 2020-2021**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 16, Dec 7, Dec 28 , Jan 18, Feb 8, Mar 1, Mar 22, Apr 12, May 3, May 24,	Nov 17, Dec 8, Dec 29 , Jan 19, Feb 9, Mar 2, Mar 23, Apr 13, May 4, May 25,	Nov 18, Dec 9, Dec 30 , Jan 20, Feb 10, Mar 3, Mar 24, Apr 14, May 5, May 26,	Nov 19, Dec 10, Dec 31 , Jan 21, Feb 11, Mar 4, Mar 25, Apr 15, May 6, May 27,	Nov 20, Dec 11, Jan 1 , Jan 22, Feb 12, Mar 5, Mar 26, Apr 16, May 7, May 28,	Nov 21, Dec 12, Jan 2 , Jan 23, Feb 13, Mar 6, Mar 27, Apr 17, May 8, May 29,	Nov 22, Dec 13, Jan 3 , Jan 24, Feb 14, Mar 7, Mar 28, Apr 18, May 9, May 30
<b>BREAKFAST</b>	Apple Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Whole Wheat Toast Sausage Peaches <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Poached Egg Waffle Honeydew <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Havarti Cheese Raisin Toast Orange Sections <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Blueberry <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Yogurt Lemon Cranberry Muffin Raspberry <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg Bacon Deluxe Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<b>Peach Juice</b>	<b>Cranberry Juice</b>	<b>Ice Tea</b>	<b>Apple Juice</b>	<b>White Grape Juice</b>	<b>Tropical Fruit</b>	<b>Pineapple Juice</b>
<b>LUNCH</b>	Salmon Dill Chowder Meat Ball in Mushroom Gravy  Rice Peas Pears OR  Shrimp Greek Salad Dinner Roll Tapioca Pudding	Turkey Rice Soup Fish Nuggets Round French Fries Coleslaw Cantaloupe OR Hamburger on Bun Potato Salad Onion, Tomato and Lettuce  Jello	Portobello Mushroom Bisque Grilled Cheese Sandwich on Sweet Bread Pickled Beets Salad  Fruit Kissel  <b>OR</b> Fish in Tomato Sauce Peas & Carrot Salad Neapolitan Ice Cream	Fricadelle Soup Perogies w/onions Sauteed Cabbage & Apple Pineapple Tidbits  <b>OR</b> Zesty Turkey Breast Strips  Rice Pilaf Mix Vegetables Tiramisu Mousse	Potato Soup Rustic Chicken Vegetable Casserole  Romaine Salad Apricots  <b>OR</b> Liver Pate Plate Mushroom Salad  Pickle Rye Bread Chocolate Raspberry Pudding Cake	Spinach Soup with Sour Cream Garnish Herring Salad (Rassol) Tomato Slices & Cucumber Diced Sweet & Sour Bread Grapes  <b>OR</b> Chicken Finger Mix Vegetables Coin Fries Tripleberry Crumble	Sausage & Cabbage Soup Fettuccini Primavera Garlic Toast Zucchini Blueberry  <b>OR</b> Shaved Pastrami Sandwich  Gardenf Salad Bread Pudding
<b>PM</b>	<b>Peach Juice</b>	<b>Cranberry</b>	<b>Ice Tea</b>	<b>Apple Juice</b>	<b>White Grape Juice</b>	<b>Tropical Fruit</b>	<b>Orange Mango Juice</b>
	<b>Dutch Fudge Cookie</b>	<b>Assorted Mini Donuts</b>	<b>Blackforest Turnover Cookie</b>	<b>Yogurt</b>	<b>Mini Blueberry Muffin</b>	<b>Homemade Caramel Nut Cookie</b>	<b>Windmill Cookie</b>
<b>DINNER</b>	Cape Capensis White Fish Lemon Wedge Herbed Vegetable Orzo Mixed Vegetables Maple Pudding Cake <b>OR</b> Easy Oven Fried Chicken Savoury Potato Wedges Broccoli Stewed Rhubarb	Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Éclair <b>OR</b> Dinner Sausage W/onions Mashed Potatoes Carrots Fruit Cocktail	Roast Chicken Roasted Baby Potatoes Cream Corn Cheese cake <b>OR</b> Lamb Curry Rice Vegetable Mix Peaches	Roast Duck Mashed Potato Sauerkraut Orange Sheet Cake  <b>OR</b> Veal Paprika with Sour Cream Egg Noodles Sauteed Mixed Peppers Mango	Beef Brisketf with Onions Mashed Potato Peas and Mushrooms Lemon Meringue Pie  <b>OR</b> Salmon w/Dill Sauce Mashed Potato Mix Vegetables Baked Apple Slices	Roast Turkey Poultry Gravy Mashed Potatoes Butternut Squash Caramilla Cake <b>OR</b> Onion Crusted Meat Loaf Mashed Potatoes Green Beans Oregano Mandarin Orange Sections	Baked Chicken in Mushroom Sauce Roasted Ranch Potatoes Cream Spinach Pie  <b>OR</b> Pork Roast Mashed Potato Sauerkraut Strawberries
<b>HS</b>	<b>Mini Carrot Muffin</b> <b>Milk 2%</b>	<b>Salmon Salad Sandwich</b> <b>Milk 2%</b>	<b>Applespice Loaf with Cream Cheese</b> <b>Milk 2%</b>	<b>Cheese &amp; Crackers</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Fruit bread with Cream Cheese</b> <b>Milk 2%</b>

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)