

**ONTARIO MENU FALL/WINTER 2021-2022**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 1, Nov 22, Dec 13 , Jan 3, Jan 24, Feb 14, Mar 7, Mar28, Apr 18, May 9,	Nov 2, Nov 23, Dec 14 , Jan 4, Jan 25, Feb 15, Mar 8, Mar29, Apr 19, May 10,	Nov 3, Nov 24, Dec 15 , Jan 5, Jan 26, Feb 16, Mar 7, Mar30, Apr 20, May 11,	Nov 4, Nov 25, Dec 16 , Jan 6, Jan 27, Feb 17, Mar 8, Mar31, Apr 21, May 12,	Nov 5, Nov 26, Dec 17 , Jan 7, Jan 28, Feb 18, Mar 9, Apr 1, Apr 22, May 13,	Nov 6, Nov 27, Dec 18 , Jan 8, Jan 29, Feb 19, Mar 10, Apr 2, Apr 23, May 14,	Nov 7, Nov 28, Dec 19 , Jan 9, Jan 30, Feb 20, Mar 11, Apr 3, Apr 24, May 15,
<b>BREAKFAST</b>	Orange Juice Oatmeal Cereal Pancakes With Syrup  Honeydew <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cottage Cheese Whole Wheat Toast Blueberry <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Eggs  Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cream Cheese Raisin Bread Orange Wedges <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Sausage French Toast Cantaloupe <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Havarti Cheese  Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Poached Egg Sliced Bacon Tomato Slice <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> Grilled CheeseSandwich Beet salad  Peach Passion Mousse Butterscotch Pudding	Sauerkraut Soup w/sour cream Smoked Salmon Cucumber Salad Sweet and Sour Bread <b>OR</b> Vegetable Lasagna Ceasar Salad Garlic Bread  Swiss Mocha Pudding	Beet Borscht w/sour cream garnish Estonian Sausage Sandwich Feta Corn Salad Pears Mango <b>OR</b> Baked Spanish Omelet Dinner Roll Broccoli Florets  Vanilla Ice Cream	Tomato Bisque Roast Beef Sandwich Citrus Romaine Salad Strawberries <b>OR</b> Herring Boiled Potato Cottage Cheese Sour Cream Diced Cucumber & Tomato Slices Jello	Potato Soup Cabbage Rolls Fried Cabbage Steamed Rice Mandarin Orange Sections <b>OR</b> Baked Macaroni & Cheese Green Peas  Vanilla Swirl Cake	Vegetable Barley Soup Veal Stew Dinner Roll  Pineapple Tidbits <b>OR</b> Egg Salad on a Croissant Cranberry Lentil & Quinoa Salad  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 Bunt Cake</b>	<b>White Grape Juice</b> <b>Fruit Bread</b>	<b>Mango Orange</b> <b>Cookie Fig Newton</b>	<b>Cherry</b> <b>Two Bite Coconut Macaroon</b>	<b>Tropical Fruit</b> <b>Apple Slices</b>	<b>Ice Tea</b> <b>Date Turnover Cookies</b>	<b>Pear</b> <b>Donut</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 Sliced Potato Maple Bacon Roasted Butternut Squash Fruit Flan <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 Potato 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 Rice Pilaf 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 Mashed Potato Turnips Grapes	Turkey Roast with Cranberry sauce Mashed Potatoes Baby Carrots w/butter & dill Raspberry Mousse Cake <b>OR</b> Veal Roast Boiled Potato PEI Vegetable Mix Fruit Cocktail
<b>HS</b>	<b>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>Liver Pate</b> <b>Milk 2%</b>	<b>Deli Sandwich</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)

**ONTARIO MENU FALL/WINTER 2021-2022**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 8, Nov 29, Dec 20, Jan 10, Jan 31, Feb 21, Mar 14, Apr 4, Apr 25, May 16,	Nov 9, Nov 30, Dec 21, Jan 11, Feb 1, Feb 22, Mar 15, Apr 5, Apr 26, May 17,	Nov 10, Dec 1, Dec 22, Jan 12, Feb 2, Feb 23, Mar 16, Apr 6, Apr 27, May 18,	Nov 11, Dec 2, Dec 23, Jan 13, Feb 3, Feb 24, Mar 17, Apr 7, Apr 28, May 19,	Nov 12, Dec 3, Dec 24, Jan 14, Feb 4, Feb 25, Mar 18, Apr 8, Apr 29, May 20,	Nov 13, Dec 4, Dec 25, Jan 15, Feb 5, Feb 26, Mar 19, Apr 9, Apr 30, May 21,	Nov 14, Dec 5, Dec 26, Jan 16, Feb 6, Feb 27, Mar 20, Apr 10, May 1, May 22,
<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 Honey dew  <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 Orange Wedge  <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 Beef Pot Pie Mixed Green Salad Apricots  <b>OR</b> Ham Salad Chick Pea Salad Dinner Roll Orange 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 Banana Pudding	Turkey Rice soup Kielbasa Cabbage & Potato Stew  Bun Jello <b>OR</b> Rigas Sprates Latvian Bread Potato Salad Tomato & Onion salad w/ Vinegrette Dressing Swiss Mocha Pudding	Cabbage Roll Soup Ground Beef w/ Mushroom & Gravy Mashed Potato Peas Tropical Fruit Salad  <b>OR</b> Cheese Pizza Tossed Salad with dressing Yogurt	Beef Barley 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 Fruit Flan  <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>Coconut Macaroon</b>	<b>White Grape Juice</b> <b>Fruit Loaf</b>	<b>Mango Orange</b> <b>Apple Slices</b>	<b>Cherry</b> <b>Donut</b>	<b>Tropical Fruit</b> <b>Yogurt</b>	<b>Ice Tea</b> <b>Palm Leaf Cookie</b>	<b>Pear</b> <b>Apple Turnover Cookie</b>
<b>DINNER</b>	Butter Chicken Rice Broccoli Carrot Cake  <b>OR</b> Meatloaf Red Baked Potato Peas & Carrots Diced Pear	Baked Cod Loin Mashed Potato Sauteed Squash Rice Pudding  <b>OR</b> Pork Schnitzel Country Diced Potato Sauerkraut Banana	Country Fried Pork Chop Fried Sliced Potato Cauliflower with Cheese Sauce Cappucino Cake  <b>OR</b> Stuffed Chicken Breast Scallop Potato w/bacon Corn Ice Cream	BBQ Ribs Oven Roast Potato Sauerkraut Blueberries  <b>OR</b> Roast Leg of Lamb Mashed Potato Winter Blend Pineapple Tidbits	Marinated Steak Baked Potato w/ sour cream Sauteed Mushroom & Onions Trifle  <b>OR</b> Salmon w/ Dill Sauce Rice Broccoli Peaches	Salisbury Steak Gravy Mashed Potato Green Beans Steusel  <b>OR</b> Cottage Roll O'Brien Potatoes Creamy Parmesan Brussel Sprouts Mandarin	Roast Pork with Gravy Mashed Potato Sauerkraut Lemon Merigue Pie  <b>OR</b> Roast Beef Boiled Potato Italian Mandarin Oranges
<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>Carrot Pineapple 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 2021-2022**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Nov 15, Dec 6, Dec 27 , Jan 17, Feb 7, Feb 28, Mar 21, Apr 11, May 2, May 23,	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,
<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 Havarti Cheese Raisin Toast Peaches <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Poached Egg  Honeydew <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Sausage  Orange Wedge <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Scrambled Egg  Blueberry <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Yogurt French Toast w/ syrup Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg Bacon Tomato Slices <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 <b>OR</b>  Shrimp  Garden Salad w/ Dressing  Dinner Roll Tapioca Pudding	Turkey Rice Soup  Fish Nuggets  Round French Fries Apple Cranberry Coleslaw Cantaloupe <b>OR</b> Chicken Vegetable Casserole  Romaine Salad  Apricots  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  Ice Cream	Fricadelle Soup Perogies w/onions & sour cream  Diced Carrots Pineapple Tidbits  <b>OR</b> Chicken Finger  San Francisco Mix  Coin Fries Tiramisu Mousse	Potato Soup Sausage, Egg & Hashbrown Casserole  Italian Mix Apricots  <b>OR</b> Liver Pate Plate Mushroom Salad  Pickle  Rye Bread Chocolate Raspberry Cake	Spinach Soup with Sour Cream Garnish Herring Plate Tomato Slices & Cucumber Diced Boiled Potato Latvian Bread Grapes <b>OR</b> Hamburger on Bun  Potato Salad Onion, Tomato and Lettuce Peach Pudding	Sausage & Cabbage Soup Fettuccini Primavera Garlic Toast Broccoli 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>Mini Bunt Cake</b>	<b>Waffer Cookie</b>	<b>Apple slices</b>	<b>Yogurt</b>	<b>Donut</b>	<b>Homemade Caramel Nut Cookie</b>	<b>Fruit Loaf</b>
<b>DINNER</b>	Baked White Fish Lemon Wedge Herbed Vegetable Orzo Mixed Vegetable Mexican Maple Pudding Cake <b>OR</b> Easy Oven Fried Chicken Savoury Potato Wedges Broccoli Stewed Rhubarb	Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Sunrise Éclair <b>OR</b> Dinner Sausage W/onions Mashed Potatoes Sauerkraut Fruit Cocktail	Roast Chicken Roasted Baby Potatoes Creamed Spinach Carrot Cream Cake  <b>OR</b> Bacon Wrapped Pork Medallion Mashed Potato Scandinavian Veg 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 Tiramisu Cake  <b>OR</b> Salmon w/Dill Sauce Rice Pilaf California Mix Baked Apple Slices	Roast Turkey Poultry Gravy Roast Potato Butternut Squash Jelly Roll <b>OR</b> Onion Crusted Meat Loaf Mashed Potatoes Green Beans Oregano Mandarin Orange Sections	Baked Chicken in Mushroom Sauce Boiled Potato Corn Pie  <b>OR</b> Pork Roast Mashed Potato Sauerkraut Strawberries
<b>HS</b>	<b>Deli Meat Sandwich</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>Cheese Sandwich</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)