

ONTARIO MENU FALL/WINTER 2022-2023

WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--|--|--|---|--|--|
| | Oct 24, Nov 14, Dec 5, Dec 26, Jan 16, Feb 6, Feb 27, Mar 20, Apr 10, May 1, | Oct 25, Nov 15, Dec 6, Dec 27, Jan 17, Feb 7, Feb 28, Mar 21, Apr 11, May 2, | Oct 26, Nov 16, Dec 7, Dec 28, Jan 18, Feb 8, Mar 1, Mar 22, Apr 12, May 3, | Oct 27, Nov 17, Dec 8, Dec 29, Jan 19, Feb 9, Mar 2, Mar 23, Apr 13, May 4, | Oct 28, Nov 18, Dec 9, Dec 30, Jan 20, Feb 10, Mar 3, Mar 24, Apr 14, May 5, | Oct 29, Nov 19, Dec 10, Dec 31, Jan 21, Feb 11, Mar 4, Mar 25, Apr 15, May 6, | Oct 30, Nov 20, Dec 11, Jan 1, Jan 22, Feb 12, Mar 5, Mar 26, Apr 16, May 7, |
| BREAKFAST | Orange Juice Oatmeal Cereal Pancakes With Syrup Honeydew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Cranberry Juice Cream of Wheat Cottage Cheese Whole Wheat Toast Blueberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Apple Juice Oatmeal Cereal Scrambled Eggs Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Orange Juice Oatmeal Cereal Cream Cheese Raisin Bread Orange Wedges OR Variety of Cold Cereals Peanut Butter | Cranberry Juice Cream of Wheat Sausage French Toast Canteloupe OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Apple Juice Oatmeal Cereal Havarti Cheese Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Orange Juice Oatmeal Cereal Poached Egg Sliced Bacon Tomato Slice OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast |
| AM | Peach | White Grape Juice | Mango Orange | Cherry | Tropical Fruit | Ice Tea | Pear |
| LUNCH | Harvest Vegetable Soup Veal Cutlet in Herb Sauce Oven Baked Diced Potato Yellow & Green Beans Peaches OR Grilled Cheese Sandwich Beet salad Peach Passion Mousse | Sauerkraut Soup w/sour cream Smoked Salmon Cucumber Salad Sweet and Sour Bread OR Vegetable Lasagna Ceasar Salad Garlic Bread Swiss Mocha Pudding | Beet Borscht w/sour cream garnish Estonian Sausage Sandwich Feta Corn Salad Pears Mango OR Baked Spanish Omelet Dinner Roll Broccoli Florets Vanilla Ice Cream | Tomato Bisque Roast Beef Sandwich Citrus Romaine Salad Strawberries OR Herring Boiled Potato Cottage Cheese Sour Cream Diced Cucumber & Tomato Slices Jello | Potato Soup Cabbage Rolls Fried Cabbage Steamed Rice Mandarin Orange Sections OR Baked Macaroni & Cheese Green Peas Cappicino Cake | Vegetable Barley Soup Veal Stew Dinner Roll Pineapple Tidbits OR Egg Salad on a Croissant Vinagrette Coleslaw Coffee Cake | Chicken Noodle Soup Cheese Tortellini with Tomato Basil Sauce Garlic Bread Mix Vegetables Tropical Fruit Salad OR Salmon Sandwich Spinach and Lettuce Salad Maple Twist Ice Cream |
| PM | Peach Mini Bunt Cake | White Grape Juice Fruit Bread | Mango Orange Cookie Fig Newton | Cherry Two Bite Coconut Macaroon | Tropical Fruit Apple Slices | Ice Tea Turnover Cookies | Pear Donut |
| DINNER | Hungarian Goulash Fine Buttered Egg Noodles Sliced Carrot w/Butter Apple Cinnamon Pudding Cake OR Baked Talapia Fish Fillet Pan Roasted Potatoes Creamy Coleslaw Pineapple Tidbits | Roast Chicken Sliced Potato Maple Bacon Roasted Butternut Squash Fruit Flan OR Lemon Thyme Lamb Roast Whipped Potato California Vegetable Mix Orange Sections | Grilled Pork Chops Oven Roasted Red Potatoes Sauerkraut Debess Manna OR Stuffed Chicken Breast Mashed Potato Green Beans Apricots | Liver with Onions Beef Gravy Mashed Potatoes Fall Medley Mix Carmel Swirl Cake OR Homemade Shepherd's Pie Beef Gravy Butter Cabbage Baked Apple Slices | Lemon Crusted Haddock Coin Fries Winter Blend Carrot Cake OR Rosemary Garlic Chicken Thigh Mashed Potatoes Cream Spinach Fruit Compote | Roast Pork Pork Gravy Baby Roasted Potatoes Sauerkraut Chocolate Cream puff OR Salisbury Steak with Gravy Mashed Potato Turnips Grapes | Turkey Roast with Cranberry sauce Mashed Potatoes Baby Carrots w/butter & dill Raspberry Mousse Cake OR Veal Roast Boiled Potato PEI Vegetable Mix Fruit Cocktail |
| HS | Loaf with Cream Cheese Milk 2% | Tuna Salad Sandwich Milk 2% | Cheese and Crackers Milk 2% | Peanut Butter Sandwich Milk 2% | Deli Sandwich Milk 2% | Liver Pate Milk 2% | Raisin Bread with Butter |


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 2022-2023

WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|---|---|--|---|--|--|
| | Oct 31, Nov 21, Dec 12, Jan 02, Jan 23, Feb 13, Mar 06, Mar 27, Apr 17, May 08 | Nov 1, Nov 22, Dec 13, Jan 03, Jan 24, Feb 14, Mar 07, Mar 28, Apr 18, May 09 | Nov 2, Nov 23, Dec 14, Jan 04, Jan 25, Feb 15, Mar 08, Mar 29, Apr 19, May 10 | Nov 3, Nov 24, Dec 15, Jan 05, Jan 26, Feb 16, Mar 07, Mar 30, Apr 20, May 11 | Nov 4, Nov 25, Dec 16, Jan 06, Jan 27, Feb 17, Mar 08, Mar 31, Apr 21, May 12 | Nov 5, Nov 26, Dec 17, Jan 07, Jan 28, Feb 18, Mar 09, April 1, Apr 22, May 13 | Nov 6 Nov 27, Dec 18, Jan 08, Jan 29, Feb 19, Mar 10, April 2, Apr 23, May 14 |
| BREAKFAST | Cranberry Juice Cream of Wheat Scrambled Eggs Waffle Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Apple Juice Oatmeal Cereal Cottage Cheese Banana Bread Honey dew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Cranberry Juice Oatmeal Cereal Egg, Sausage & Cheese on English Muffin Whole Wheat Toast Orange Wedge OR Variety of Cold Cereals Peanut Butter | Cranberry Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Cantaloupe OR Variety of Cold Cereals Peanut Butter | Apple Juice Cream of Wheat Cheddar Cheese Raisin Bread Banana OR Variety of Cold Cereals Peanut Butter | Orange Juice Oatmeal Cereal French Toast Vanilla Yogurt Blueberries OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Cranberry Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Tomato Slice OR Variety of Cold Cereals Peanut Butter |
| AM | Peach | White Grape Juice | Mango Orange | Cherry | Tropical Fruit | Ice Tea | Pear |
| LUNCH | Cauliflower Soup Beef Pot Pie Mixed Green Salad Apricots OR 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 OR Homemade Pancakes Bacon Fruit Compote Banana Pudding | Turkey Rice soup Kielbasa Cabbage & Potato Stew Bun Pineapple Tidbits OR 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 OR Cheese Pizza Tossed Salad with dressing Yogurt | Beef Barley Soup Liver Pate Dark Rye, Pickles Mushroom Salad Diced Pear OR Homemade Veal Cutlet Garden Salad Dinner Roll Tangarine Mousse | Pea Soup Cottage Cheese Fruit Plate Croissant Fruit Flan OR 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 OR Krakovska Sausage Sandwich Pea & Carrot Salad White Chocolate Mousse |
| PM | Peach Coconut Macaroon | White Grape Juice Fruit Loaf | Mango Orange Apple Slices | Cherry Donut | Tropical Fruit Yogurt | Ice Tea Palm Leaf Cookie | Pear Apple Turnover Cookie |
| DINNER | Butter Chicken Rice Broccoli Carrot Cake OR Meatloaf Red Baked Potato Peas & Carrots Diced Pear | Baked Cod Loin Mashed Potato Sauteed Squash Rice Pudding OR Pork Schnitzel Country Diced Potato Sauerkraut Banana | Country Fried Pork Chop Fried Sliced Potato Cauliflower with Cheese Sauce Cappucino Cake OR Stuffed Chicken Breast Scallop Potato w/bacon Corn Ice Cream | BBQ Ribs Oven Roast Potato Sauerkraut Blueberries OR Roast Leg of Lamb Mashed Potato Winter Blend Jello | Marinated Steak Baked Potato w/ sour cream Sauteed Mushroom & Onions Trifle OR Salmon w/ Dill Sauce Rice Broccoli Peaches | Salisbury Steak Gravy Mashed Potato Green Beans Steusel OR Cottage Roll O`Brien Potatoes Creamy Parmesan Brussel Sprouts Manadarin | Roast Pork with Gravy Mashed Potato Sauerkraut Lemon Merigue Pie OR Roast Beef Boiled Potato Italian Mandarin Oranges |
| HS | Egg Salad Sandwich Milk 2% | Liver Pate w/Sweet & Sour Bread Milk 2% | Carrot Pineapple Loaf w/cream cheese Milk 2% | Salmon Sandwich Milk 2% | Peanut Butter & Jam Sandwich Milk 2% | Tuna 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)

SILVER GROUP PURCHASING

ONTARIO MENU FALL/WINTER 2022-2023

WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|--|--|--|--|--|---|
| | Nov 7, Nov 18, Dec 19, Jan 9, Jan 30, Feb 20, Mar 13, Apr 3, April 24, May 15, | Nov 8, Nov 19, Dec 20, Jan 10, Jan 31, Feb 21, Mar 14, Apr 4, April 25, May 16, | Nov 9, Nov 20, Dec 21, Jan 11, Feb 1, Feb 22, Mar 15, Apr 5, April 26, May 17, | Nov 10, Nov 21, Dec 22, Jan 12, Feb 2, Feb 23, Mar 16, Apr 6, April 27, May 18, | Nov 11, Nov 22, Dec 23, Jan 13, Feb 3, Feb 24, Mar 17, Apr 7, April 28, May 19, | Nov 12, Nov 23, Dec 24, Jan 14, Feb 4, Feb 25, Mar 18, Apr 8, April 29, May 20, | Nov 13, Nov 24, Dec 25, Jan 15, Feb 5, Feb 26, Mar 19, Apr 9, April 30, May 21, |
| BREAKFAST | Apple Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter | Orange Juice Oatmeal Cereal Havarti Cheese Raisin Toast Peaches OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Cranberry Juice Oatmeal Cereal Poached Egg Honeydew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Apple Juice Oatmeal Cereal Sausage Orange Wedge OR Variety of Cold Cereals Peanut Butter | Orange Juice Oatmeal Cereal Scrambled Egg Blueberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Cranberry Juice Oatmeal Cereal Yogurt French Toast w/ syrup Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast | Apple Juice Oatmeal Cereal Fried Egg Bacon Tomato Slices OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast |
| AM | Peach Juice | Cranberry Juice | Ice Tea | Apple Juice | White Grape Juice | Tropical Fruit | Pineapple Juice |
| LUNCH | Salmon Dill Chowder Meat Ball in Mushroom Gravy Rice Peas Pears OR Shrimp Garden Salad w/ Dressing Dinner Roll Tapioca Pudding | Turkey Rice Soup Fish Nuggets Round French Fries Apple Cranberry Coleslaw Cantaloupe OR Chicken Vegetable Casserole Romaine Salad Apricots Jello | Portobello Mushroom Bisque Grilled Cheese Sandwich on Sweet Bread Pickled Beets Salad Fruit Kissel OR Fish in Tomato Sauce Peas & Carrot Salad Ice Cream | Fricadelle Soup Perogies w/onions & sour cream Diced Carrots Pineapple Tidbits OR Chicken Finger San Francisco Mix Coin Fries Tiramisu Mousse | Potato Soup Sausage, Egg & Hashbrown Casserole Italian Mix Apricots OR 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 OR Hamburger on Bun Potato Salad Onion, Tomato and Lettuce Peach Pudding | Sausage & Cabbage Soup Fettuccini Primavera Garlic Toast Broccoli Blueberry OR Shaved Pastrami Sandwich Garden Salad Bread Pudding |
| PM | Peach Juice | Cranberry | Ice Tea | Apple Juice | White Grape Juice | Tropical Fruit | Orange Mango Juice |
| | Mini Bunt Cake | Waffer Cookie | Apple slices | Yogurt | Donut | Homemade Caramel Nut Cookie | Fruit Loaf |
| DINNER | Baked White Fish Lemon Wedge Herbed Vegetable Orzo Mixed Vegetable Mexican Maple Pudding Cake OR Easy Oven Fried Chicken Savoury Potato Wedges Broccoli Stewed Rhubarb | Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Sunrise Éclair OR Dinner Sausage W/onions Mashed Potatoes Sauerkraut Fruit Cocktail | Roast Chicken Roasted Baby Potatoes Creamed Spinach Carrot Cream Cake OR Bacon Wrapped Pork Medallion Mashed Potato Scandinavian Veg Peaches | Roast Duck Mashed Potato Sauerkraut Orange Sheet Cake OR Veal Paprika with Sour Cream Egg Noodles Sautéed Mixed Peppers Mango | Beef Brisket with Onions Mashed Potato Peas and Mushrooms Tiramisu Cake OR Salmon w/Dill Sauce Rice Pilaf California Mix Baked Apple Slices | Roast Turkey Poultry Gravy Roast Potato Butternut Squash Jelly Roll OR Onion Crusted Meat Loaf Mashed Potatoes Green Beans Oregano Mandarin Orange Sections | Baked Chicken in Mushroom Sauce Boiled Potato Corn Pie OR Pork Roast Mashed Potato Sauerkraut Strawberries |
| HS | Deli Meat Sandwich Milk 2% | Salmon Salad Sandwich Milk 2% | Applespice Loaf with Cream Cheese Milk 2% | Cheese & Crackers Milk 2% | Peanut Butter Sandwich Milk 2% | Egg Salad 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)



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