

ONTARIO MENU SPRING/SUMMER 2023

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May -22 June-12, July-03, July 24, Aug 14, Sept 4, Sept 25,	May -23 June-13, July-04, July 25, Aug 15, Sept 5, Sept 26,	May -24 June-14, July-05, July 26, Aug 16, Sept 6, Sept 27,	May -25 June-15, July-06, July 27, Aug 17, Sept 7, Sept 28,	May -26 June-16, July-07, July 28, Aug 18, Sept 8, Sept 29,	May -27 June-17, July-08, July 29, Aug 19, Sept 9, Sept 30,	May -28 June-18, July-09, July 30, Aug 20, Sept 10, Oct 1
BREAKFAST	Orange Juice Oatmeal Cereal Cheese Raisin Toast Orange Slices OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Creamy Yogurt Muffin Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Cantaloupe 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 Blueberry 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	Pear
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 Macaroni Salad 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 Red Green Salad Bread Pudding	Mushroom Barley Soup Pancakes w/ Syrup Sausage Rhubarb/Strawberry Compote Raspberry Mousse Cake OR Salmon & Salad Plate Dinner Roll Diced Peaches	Potato Leek Soup Hot Dog on a Bun w/ onion/tomato/pickle Beet Salad Cream Puff OR Shaved Pastrami Sandwich Pickles Pineapple Tidbits
PM	Peach Juice Digestive Oat bran Cookie	White Grape Juice Peanut Butter Cookie	Ice Cream Cup	Cherry Nutra Grain Bar	Tropical Fruit Cranberry Fruit Bread	Ice Tea Date Turnover Cookie	Pear Yogurt
DINNER	Country Fried Chicken Chalet Dipping Sauce Wedge Fries Mix Vegetable Berry Mousse Cup w/ Palm leaf cookie OR Battered Cod Fillet Lemon Wedge & Tartar Sauce3 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	BBQ Pork Drummie Baked Potato with Sour Cream Vegetable Medley Cappucino Cake OR Roast Beef in Gravy Mashed Potato Brussel Sprouts Diced Pears	Baked Sole Fish Fillet Lemon Wedge & Tartar Sauce Parsley Boiled Potatoes Green Beans Neapolitan Ice Cream OR Baked Chicken in Wild Mushroom Sauce Mashed Potato Glazed Carrots Four Berry Mix	Roast Veal Baby Roasted Potatoes Mashed Turnips Pudding OR Turkey Schnitzel Poultry Gravy Mashed Potato Broccoli 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%	Ritz Crackers & Cheese Milk 2%	Sweet & Sour Bread w/liverwurst Milk 2%	Egg Salad Sandwich Milk 2%	Peanut Butter 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 2022

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May 29, June 19, July 10, July 31, Aug 21, Sept 11, Oct 2	May 30, June 20, July 11, Aug 1, Aug 22, Sept 12, Oct 3	May 31, June 21, July 12, Aug 2, Aug 23, Sept 13, Oct 4	June 1, June 22, July 13, Aug 3, Aug 24, Sept 14, Oct 5	June 2, June 23, July 14, Aug 4, Aug 25, Sept 15, Oct 6	June 3, June 24, July 15, Aug 5, Aug 26, Sept 16, Oct 7	June 4, June 25, July 16, Aug 6, Aug 27, Sept 17, Oct 8
BREAKFAST	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Oranges OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Yogurt Muffin Mango 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 Havarti Cheese Raisin Toast Peaches OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Waffles with Syrup Cantaloupe OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cottage Cheese Banana Bread Blueberry 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	Pear
LUNCH	Herbed Lentil and Barley Soup Vegetarian Lasagna Garlic Toast Romaine Salad Strawberries OR Salami Sandwich Chick Pea 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 Corn Pineapple Tidbits OR Estonia on Rye Sliced Dill Pickle Potato Chips 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 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 Carrot Cream Cake	Frikadelle Soup Chicken Ceasar Salad Dinner Roll Grapes OR Fish Burger with Tartar Sauce Coleslaw Tiramisu Cake
PM	Peach	White Grape	Mango Orange	Cherry	Tropical Fruit	Ice Tea	Pear
	Maccaroon	Apple Slices	Yogurt	Lemon Wafer Cookie	Apple Spice Loaf	Ice Cream Cup	Strawberry Turnover
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 Peach Flan OR Terryaki Turkey Fried Rice Cocktail Vegetable Medley Baked Apple Slices	Farmer Sausage w/ onions Red Baked Potatoes Summer Vegetable Mix Struesel OR Baked Cod w Lemon Wedge Mashed Potato Parmesan Baked Tomato Pears	Cottage Roll Scallop Potato French Style Green Beans Mango Mousse w/Vanilla Wafer OR Chicken w/spinach/Mushroom Sauce Red Potato Broccoli Apricot Halves	Salisbury Steak Mashed Potato Corn Apple Pie OR Lemon Pepper Sole Sliced Potato Coleslaw Tropical Fruit Salad	Roast Turkey w/Gravy Roasted Potatoes Turnips Carmel Swirl Cake OR Baked Ham Slice Mashed Potato Broccoli Watermelon	Roast Pork with 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%	Pineapple Zucchini Loaf w/cream cheese 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 2022

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	June-5, June 26, July-17, Aug 7, Aug 28, Sep-18, Oct 9	June-6, June 27, July-18, Aug 8, Aug 29, Sep-19, Oct 10	June-7, June 28, July-19, Aug 9, Aug 30, Sep-20, Oct 11	June-8, June 29, July-20, Aug 10, Aug 31, Sep-21, Oct 12	June-9, June 30, July-21, Aug 11, Sept 1, Sep-22, Oct 13	June-10, July 1, July-22, Aug 12, Sept 2, Sep-23, Oct 14	June-11, July 2, July-23, Aug 13, Sept 3, Sep-24, Oct 15
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 Omellete 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 Swiss cheese Mini Cinnamon Bun Banana 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 Egg Salad with Croissant Mango Shrimp Salad Fresh Cantaloupe OR Ground Beef w/ mushroom gravy Mashed Potato Peas White Chocolate Pudding	Pork & Cabbage Soup Pizza with Cheese, Bacon, Onion, Peppers Garden Salad Dried Fruit Compote OR Breaded Cod Nuggets w/tartar sauce Dollar Coins Coleslaw Strawberry Ice Cream	Beet Borscht Mushroom Quiche Tossed Salad Baked Apple Slices OR Sprats with Potato Salad & Latvian bread Tomato, Cucumber Cappuccino Cake	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 Apricot Halves OR Homemade Pancakes Breakfast Sausage Fruit Compote Orange Cake	Chicken Rice Soup Cottage Cheese Fruit Plate Croissant Pineapple Tidbit OR Hot Dog on a Bun w/ Onion & Tomato Coin Fries Peach mousse	Bean Soup Grilled Cheese Sandwich on Sweet Bread Pickled Beet Salad Pears OR Imitation Crab Salad Mixed Green Salad Dinner Roll Chocolate Iced Cream Puff
	PM	Peach	White Grape	Mango Orange	Cherry	Tropical Fruit	Ice Tea
DINNER	Fig Newton Cookie	Oatmeal Date Cookie	Digestive Oatbran Cookie	Mini Bunt	Peanut Butter Cookie	Ice Cream Cup	Banana Fruit Bread
	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Carrot Cake OR Oven Fried Cod Fillet Lemon Wedge Potato Au Gratin Italian Vegetables Apricot Halves	Beef Stroganoff Egg Noodles Cauliflower Raspberry Flan OR Grilled Chicken Thighs Poultry Gravy Baby Roasted Potatoes Butter Squash Fruit Cocktail	Meatballs in Mushroom Gravy Steamed Rice PEI Veg mix Mango Pineapple Cream Cake OR Turkey in Gravy Mashed Potato Green Peas Strawberries	Stuffed Chicken Breast Mashed Potato Whole Green Beans ice Cream OR Hawaiian Ham Pan Roasted Potatoes Corn Grapes	Poached Salmon Mashed Potatoes Vegetable Blend Cinnamon Coffee Cake OR Turkey Meatloaf with Gravy Mashed Potatoes Broccoli Florets Mango	Roasted Chicken Leg Parsley Potatoes Creamed Spinach Cream Jelly Roll OR Veal Roast w/Gravy Mashed Potato Brussel Sprouts Mandarine Orange	Roast Beef with Gravy 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%	Dark Rye w/Salami 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)