

**ONTARIO MENU FALL/WINTER 2023-2024**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct 16, Nov 6, Nov 27, Dec 18, Jan 8, Jan 29, Feb 19, Mar 11, Apr 1, April 22,	Oct 17, Nov 7, Nov 28, Dec 19, Jan 9, Jan 30, Feb 20, Mar 12, Apr 2, April 23,	Oct 18, Nov 8, Nov 29, Dec 20, Jan 10, Jan 31, Feb 21, Mar 13, Apr 3, April 24,	Oct 19, Nov 9, Nov 30, Dec 21, Jan 11, Feb 1, Feb 22, Mar 14, Apr 4, April 25,	Oct 20, Nov 10, Dec 1, Dec 22, Jan 12, Feb 2, Feb 23, Mar 15, Apr 5, April 26,	Oct 21, Nov 11, Dec 2, Dec 23, Jan 13, Feb 3, Feb 24, Mar 16, Apr 6, April 27,	Oct 22, Nov 12, Dec 3, Dec 24, Jan 14, Feb 4, Feb 25, Mar 17, Apr 7, April 28,
<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 Marble Cheese Raisin Bread Orange Wedges <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Boiled Egg  Canteloupe <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Sausage French Toast 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>	Squash Soup Veal Cutlet in Herb Sauce Oven Baked Diced Potato Yellow & Green Beans Peaches <b>OR</b> Turkey Cranberry Sandwich Sliced Tomato  Butterscotch Pudding	Sauerkraut Soup w/sour cream Smoked Salmon Cucumber Salad Sweet and Sour Bread Peaches <b>OR</b> Meat Lasagna Ceasar Salad Garlic Bread  Swiss Mocha Pudding	Beet Borscht w/sour cream garnish Chilli Dinner Roll  Peaches <b>OR</b> Onion Bacon Spinach Frittata Dinner Roll Baked Tomato  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 Boneless Chicken Wings with Sauce Mixed Veg Potato Salad Mandarin Orange Sections <b>OR</b> Grilled Cheese & Tomato Sandwich Pickled Beet & Onion Salad  Cappicino Cake	Vegetable Barley Soup Veal Stew Dinner Roll  Pineapple Tidbits <b>OR</b> 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 <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>Mini Danish</b>	<b>Ice Tea</b> <b>Turnover Cookies</b>	<b>Pear</b> <b>Donut</b>
<b>DINNER</b>	Harvest Pork Stew Fine Buttered Egg Noodles Sliced Carrot w/Butter Apple Cinnamon Pudding Cake  <b>OR</b> Battered Cod w/Tartar Sauce  French Fries Vinegrette Coleslaw Pineapple Tidbits	Baked Chicken in Sour Cream Gravy 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> Homemade Shepherd's Pie Beef Gravy Broccoli Apricots	Liver with Onions Beef Gravy Mashed Potatoes Fall Medley Mix Carmel Swirl Cake  <b>OR</b> Stuffed Chicken Breast Mashed Potato Green Beans Baked Apple Slices	Lemon Crusted Haddock Coin Fries Winter Blend Carrot Cake  <b>OR</b> Salisbury Steak with Gravy Mashed Potato Turnips Fruit Compote	Roast Pork Pork Gravy Baby Roasted Potatoes Sauerkraut Maple Chocolate Mania Cake  <b>OR</b> Apricot Braised Chicken Thigh Mashed Potatoes Cream Spinach 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>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Deli Sandwich</b> <b>Milk 2%</b>	<b>Liver Pate on Rye</b> <b>Milk 2%</b>	<b>Raisin</b> <b>Milk 2%</b>



**ONTARIO MENU FALL/WINTER 2023-2024**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct 23, Nov 13, Dec 04, Dec 25, Jan 15, Feb 05, Feb 26, Mar 18, Apr 8, Apr 29,	Oct 24, Nov 14, Dec 05, Dec 26, Jan 16, Feb 06, Feb 27, Mar 19, Apr 9, Apr 30,	Oct 25, Nov 15, Dec 06, Dec 27, Jan 17, Feb 07, Feb 28, Mar 20, Apr 10, May 1,	Oct 26, Nov 16, Dec 07, Dec 28, Jan 18, Feb 08, Feb 29, Mar 21, Apr 11, May 2,	Oct 27, Nov 17, Dec 08, Dec 29, Jan 19, Feb 09, Mar 1, Mar 22, Apr 12, May 3,	Oct 28, Nov 18, Dec 09, Dec 30, Jan 20, Feb 10, Mar 11, Mar 23, Apr 13, May 4,	Oct 29, Nov 19, Dec 10, Dec 31, Jan 21, Feb 11, Mar 12, Mar 24, Apr 14, May 5,
<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 Cantaloupe  <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 Plain 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 Sandwich 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	Onion Soup Turkey Cranberry Casserole Bun Pineapple Tidbits  <b>OR</b> Rigas Sprates Latvian Bread Potato Salad Tomato & Onion salad w/ Vinegrette Dressina Swiss Mocha Pudding	Cabbage Roll Soup Ground Beef w/ Mushroom & Gravy Mashed Potato Peas Tropical Fruit Salad  <b>OR</b> Bacon Mushroom Cheese Pizza Tossed Salad with dressing Yogurt	Beef Barley Soup Liver Pate Dark Rye, Pickles Mushroom Salad Diced Pear  <b>OR</b> Turkey Loaf with Gravy Mashed Potato Italian Veg Tangarine Mousse	Turkey Rice Soup Cottage Cheese Fruit Plate Croissant Fruit Flan  <b>OR</b> Homemade Veal Cutlet Garden Salad Dinner Roll Mango	Autumn Carrot 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>Digestive Cookie</b>	<b>Cherry</b> <b>Donut</b>	<b>Tropical Fruit</b> <b>Yogurt</b>	<b>Ice Tea</b> <b>Apple Fritter</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> Honey Garlic Chicken Mashed Potato Mixed Veg Ice Cream	BBQ Ribs Oven Roast Potato Sauerkraut Blueberries  <b>OR</b> Lamb Souvlaki W/Tatziki Sauce Rice Pilaf Winter Blend Jello	Beef Burgandy Egg Noodles Peas Trifle  <b>OR</b> Salmon w/ Dill Sauce Wedge Potato Corn Peaches	Salisbury Steak Gravy Mashed Potato Green Beans Steusel  <b>OR</b> Baked Ham with Pineapple O`Brien Potatoes Creamy Parmesan Brussel Sprouts Manadarin	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>

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 2023-2024**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct 30, Nov 20, Dec 11, Jan 1, Jan 22, Feb 12, Mar 04, Mar 25, Apr 15, May 06,	Oct 31, Nov 21, Dec 12, Jan 2, Jan 23, Feb 13, Mar 05, Mar 26, Apr 16, May 07,	Nov 01, Nov 22, Dec 13, Jan 3, Jan 24, Feb 14, Mar 06, Mar 27, Apr 17, May 08,	Nov 02, Nov 23, Dec 14, Jan 04, Jan 25, Feb 15, Mar 07, Mar 28, Apr 18, May 09,	Nov 03, Nov 24, Dec 15, Jan 05, Jan 26, Feb 16, Mar 08, Mar 29, Apr 19, May 10,	Nov 04, Nov 25, Dec 16, Jan 05, Jan 27, Feb 17, Mar 09, Mar 30, Apr 20, May 11,	Nov 05, Nov 26, Dec 17, Jan 06, Jan 28, Feb 18, Mar 10, Mar 31, Apr 21, May 12,
<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 Sausage 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 Havarti  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 Plain 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>	Havest Vegetable Soup Meat Ball in Mushroom Gravy Rice Peas Pears <b>OR</b> Rueben Sandwich on Marble Rye Garden Salad w/ Dressing  Tapioca Pudding	Turkey Rice Soup Fish Nuggets Round French Fries Apple Cranberry Coleslaw Cantaloupe <b>OR</b> Chicken Barley Stew Romaine Salad  Jello	Portobello Mushroom Bisque Grilled Cheese & Tomato Sandwich Pickled Beets & onion 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 Cabbage Rolls Fried Cabbage Steamed Rice Mandarin Oranges <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>Mini Bunt Cake</b>	<b>Cranberry</b> <b>Waffer Cookie</b>	<b>Ice Tea</b> <b>Donut</b>	<b>Apple Juice</b> <b>Yogurt</b>	<b>White Grape Juice</b> <b>Ice Cream Cup</b>	<b>Tropical Fruit</b> <b>Homemade Caramel Nut Cookie</b>	<b>Orange Mango Juice</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 w/chalet sauce Savoury Potato Wedges Corn Stewed Rhubarb	Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Sunrise Éclair <b>OR</b> Dinner Sausage W/onions Mashed Potatoes Sauerkraut Fruit Cocktail	Montreal Spiced 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 Pattie w/Mushroom Gravy Egg Noodles Sautéed Mixed Peppers Mango	Beef Brisket with Onions Mashed Potato Peas and Mushrooms Tiramisu Cake  <b>OR</b> Salmon w/Dill Sauce Rice Pilaf California Mix Baked Apple Slices	Teriyaki Turkey  Roast Potato Butternut Squash Jelly Roll <b>OR</b> Onion Crusted Meat Loaf Mashed Potatoes Green Beans Mandarin Orange Sections	Cranberry Glazed Chicken 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)

