ONTARIO MENU SPRING/SUMMER 2026 — WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May -18, June 8, June-29, July 20,Aug 10, Aug 31, Sept 21, Oct 12, Nov 2	May -19 June 9, June-30, July 21,Aug 11, Sept 1, Sept 22, Oct 13, Nov 3	May 20, June 10, July 1, July 22,Aug 12, Sept 2, Sept 23, Oct 14, Nov 4	May 21, June 11, July 1, July 23,Aug 13, Sept 3, Sept 24, Oct 15, Nov 5	May 22, June 12, July 2, July 24,Aug 14, Sept 4, Sept 25, Oct 16, Nov 6	May 23, June 13, July 3, July 25,Aug 15, Sept 5, Sept 26, Oct 17, Nov 7	May 24, June 14, July 4, July 26,Aug 16, Sept 6, Sept 27, Oct 18, Nov 8
BREAKFAST	Orange Juice Oatmeal Cereal Creamy Yogurt Muffin **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Cheese Raisin Toast Variety of Cold Cereals Peanut Butter Whole Wheat Toast Peanut Butter	Apple Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Sausage Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Poached Egg Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Apple Juice Cream of wheat Cottage cheese Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Fried Egg Bacon Whole Wheat Toast Tomato **OR** Variety of Cold Cereals Peanut Butter
AM	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**
LUNCH	Cream of Broccoli Cheeseburger on a Bun Ketchup, Mustard, Relish, Onion Cucumber and Red Onion Salad Watermelon **OR** Grilled Chicken & Asiago Caesar Plate Grape Tomatoes Latvian Bread Frozen Yogurt	Pickle Soup Turkey Sandwich Tex-Mex Potato Salad Tomato Slice Baked apple Slices **OR** Chicken Pot Pie w/gravy Peas Tangerine Pudding	Sauerkraut Soup Krunchie Basa Potato Dollar Chips Creamy Coleslaw Fruit Kissels **OR** Tomato , Cheese, Lettuce on Croissant Potato Salad Pickle Lime Jell-O Whipped Topping	Turkey Rice Soup Herring Plate With cottage cheese, cucumber & Tomato Slices Boiled Potato Latvian Bread Banana **OR** Spaghetti w/Meat sauce Garlic Bread Ceasar Salad	Chicken Gnocci Soup Macaroni & Cheese Scalloped Tomatoes Tropical Fruit Salad **OR** Ham Sandwich Tossed Salad w/ Vinaigreete Dressing Lemon Pudding	Mushroom Barley Soup Crepes w/ Sour Cream & Syrup Sausage Rhubarb/Strawberry Compote Raspberry Mousse Cake **OR** Turkey Pasta Salad Plate with Pickled Beets Dill Potato salad Diced Peaches	Potato Leek Soup Spinach Quiche Tossed Salad w/Raspberry dressing Dinner Roll Cake Carmel Salted cake **OR** Shaved Pastrami Sandwich Pickles Pineapple Tidbits
PM	**Peach Juice** **Digestive Oat bran Cookie**	**Assorted Beverages** **Peanut Butter Cookie**	**Assorted Beverages** **Ice Cream Cup**	**Assorted Beverages** **Nutra Grain Bar**	**Assorted Beverages** **Danish**	**Assorted Beverages** **Date Turnover Cookie**	**Assorted Beverages** **Yogurt**
DINNER	Country Fried Chicken Chalet Dipping Sauce Wedge Fries Mix Vegetable Mousse **OR** Battered Cod Fillet Lemon Wedge & Tartar Sauce Wedge Fries Mix Vegetable Peaches	Roast Turkey w/gravy Pan Roasted Potatoes Brocoli Lemon Streusel Cake **OR** Honey Garlic Pork Ribs Pan Roasted Potatoes Sauerkraut Pineapple Tidbits	Roast Chicken Mashed Potato Corn Homemade Rice Pudding **OR** Braised Liver with Onion Gravy Mashed Potato Corn Apricot Halves	BBQ Pork Drummie Baked Potato with Sour Cream Vegetable Medley Cappucino Cake **OR** Roast Beef in Gravy Baked Potato with Sour Cream Vegetable Medley Diced Pears	Baked Fish Fillet Lemon Wedge & Tartar Sauce Parsley Boiled Potatoes Green Beans Neapolitan Ice Cream **OR** Baked Chicken in Wild Mushroom Sauce Parsley Boiled Potatoes Green Beans Four Berry Mix	Roast Veal Baby Roasted Potatoes Mashed Turnips Chocolate Pudding **OR** Turkey Schnitzel with Gravy Baby Roasted Potatoes Mashed Turnips Mandarin Orange Sections	Roast Pork w/ Gravy or Apple Sauce Boiled Potato Sauerkraut Banana Cream Pie **OR** Oven Baked Meatloaf Beef Gravy Boiled Potato Caulifornia Vegetable Mix Mango
HS	**Fruit Loaf w/ Cream Cheese** **Assorted Beverages**	**Tuna Salad Sandwich** **Assorted Beverages**	**Crackers & Cheddar Cheese** **Assorted Beverages**	**Sweet & Sour Bread w/liverwurst** **Assorted Beverages**	**Egg Salad Sandwich** **Assorted Beverages**	**Peanut Butter/Jam Sandwich** **Assorted Beverages**	**Salmon Sandwich** **Assorted Beverages**

Bread, margarine offered at lunch and dinner.

Coffee, tea, water, juice 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 2026 — WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May 12,June 2, June 23, July 14, Aug 4, Aug 25, Sept 15, Oct 6	May 25,June 15, July 6, July 27, Aug 17, Sept 7, Sept 28, Oct 19, Nov 9	May 26,June 16, July 7, July 28, Aug 18, Sept 8, Sept 29, Oct 20, Nov 10	May 27,June 17, July 8, July 29, Aug 19, Sept 9, Sept 30, Oct 21, Nov 11	May 28,June 18, July 9, July 30, Aug 20, Sept 10, Oct 01, Oct 22, Nov 12	May 29,June 19, July 10, July 31, Aug 21, Sept 11, Oct 02, Oct 23, Nov 13	May 30,June 20, July 11, Aug 1, Aug 22, Sept 13, Oct 03, Oct 24, Nov 14
BREAKFAST	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Yogurt Muffin **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Sausage, Egg, Cheese on English Muffin **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Havarti Cheese Raisin Toast **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Waffles with Syrup Back Bacon **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cottage Cheese Banana Bread **OR** Whole Wheat Toast Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Fried Egg Bacon Tomato Slice **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast
AM	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**
LUNCH	Cream of Potato Leek Soup Vegetarian Lasagna Garlic Toast Romaine Salad Strawberries **OR** Salami Sandwich Romaine Salad Pudding Cake Cake Blake Forest	Beef Vegetable soup Torpedo Shrimp Greek Salad Trifle **OR** Cottage Cheese & Summer Fruit Plate Croissant Ice Cream Sandwich	Beet Borscht Chicken Wings w/Plum sauce French Fries Corn Pineapple Tidbits **OR** Corn Beef on Rye Sliced Dill Pickle Potato Chips Butterscotch Pudding	Tomato Bisque Liver Pate Mushroom Salad, Pickles, Latvian Bread Mango **OR** Four Cheese Penne Pasta Casserole Garlic Bread Mixed Vegetable Ice cream	Spinach Soup Perogie w/bacon, onion & Sour Cream Diced Carrots Mandarin Orange **OR** Chicken Salad Sweet/Sour Bread Tomato & Cucumber Salad Jello	Chicken Vegetable Noodle Smoked Salmon Plate Latvian Bread Peaches **OR** Grilled Cheese Sandwich Pickled Beet Salad Carrot Cake	Frikadelle Soup Chicken Ceasar Salad Dinner Roll Watermelon **OR** Fish Burger with Tartar Sauce Coleslaw Tiramisu Cake
PM	**Peach** **Macaroon**	**Assorted Beverages** **Peanut Butter Cookie**	**Assorted Beverages** **Yogurt**	**Assorted Beverages** **Lemon Wafer Cookie**	**Assorted Beverages** **Digestive Cookie**	**Assorted Beverages** **Ice Cream Cup**	**Assorted Beverages** **Strawberry Turnover**
DINNER	Paprika Chicken Oven Browned Potatoes Scandinavian Mixed Vegetables Butterscotch Pudding **OR** Beef Burgundy Rice Scandinavian Mixed Vegetables Honeydew	Pork Chop in Mushroom Sauce Mashed Garlic Potatoes Parslied Cauliflower Triple Chocolate Mousse Cake **OR** Turkey Cacciatore Mashed Garlic Potatoes Parslied Cauliflower Baked Apple Slices	Farmer Sausage w/ onions Oven Baked Potatoes Summer Vegetable Mix Mocha Mousse Cake **OR** Baked Cod w Lemon Wedge Oven Baked Potatoes Summer Vegetable Mix Pears	Terryaki Pork Fried Rice Roasted Root Vegetable Mango Mousse Cake **OR** Chicken Leg w/ Chalet Dipping Sauce Fried Rice Roasted Root Vegetable Apricot Halves	Salisbury Steak Sliced Potato Corn Chocolate Cake **OR** Breaded Sole Sliced Potato Coleslaw Tropical Fruit Salad	Roast Turkey w/Gravy Roasted Potatoes Cocktail Vegetable Medley Carmel Swirl Cake **OR** Shepherd's Pie Cocktail Vegetable Medley Grapes	Roast Pork with Gravy Mashed Potato Sauerkraut Peach Pie **OR** Roast Lamb Mashed Potato Italian Mixed Veg Strawberries
HS	**Salmon Sandwich** **Milk 2%**	**Raisin Bread w/Butter** **Assorted Beverages**	**Peanut Butter & Jam Sandwich** **Assorted Beverages**	**Egg Salad Sandwich** **Assorted Beverages**	**Tuna Sandwich** **Assorted Beverages**	**Cheese Sandwich** **Assorted Beverages**	**Pineapple Zucchini Loaf w/cheese** **Assorted Beverages**

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 2026 — WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	June- 1, June 22, July-13, Aug 03, Aug 24, Sept 14, Oct 5, Oct 26, Nov 16	June- 2, June 23, July-14, Aug 04, Aug 25, Sept 15, Oct 6, Oct 27, Nov 17	June- 3, June 24, July-15, Aug 05, Aug 26, Sept 16, Oct 7, Oct 28, Nov 18	June- 4, June 25, July-16, Aug 07, Aug 27, Sept 17, Oct 8, Oct 29, Nov 19	June- 5, June 26, July-17, Aug 08, Aug 28, Sept 18, Oct 9, Oct 30, Nov 20	June- 6, June 27, July-18, Aug 09, Aug 29, Sept 19, Oct 10, Oct 31, Nov 21	June- 7, June 28, July-19, Aug 10, Aug 30, Sept 20, Oct 11, Nov 1, Nov 22
BREAKFAST	Apple Juice Cream of Wheat Boiled Egg Morning Glory Muffin **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cheese Omelette Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal French Toast Cottage cheese **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter	Orange Juice Cream of Wheat Swiss Cheese Danish **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Bread	Cranberry Juice Oatmeal Cereal Waffle w/syrup Yogurt **OR** Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg & Sliced Bacon Whole Wheat Toast **OR** Variety of Cold Cereals Peanut Butter
AM	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**
LUNCH	Vegetable Barley Soup Egg Salad with Croissant Mango Shrimp Salad Fresh Cantaloupe **OR** Ground Beef w/ mushroom gravy Mashed Potato Peas Chocolate Pudding	Squash Soup Pizza with Cheese, Pepperoni, bacon, Onion, Peppers Garden Salad Peaches **OR** Herring Salad (Rassol) Sweet/Sour Bread Tomato & Cucumber Slices Strawberry Ice Cream	Dumpling Soup Turkey Sandwich Creamy Cucumber Salad Baked Apple Slices **OR** Crepe Pancakes Breakfast Sausage Fruit Compote Cappuccino Cake	Vegetable Soup Mushroom Stuffed Ravioli W/Rose Sauce Garlic Bread Caesar Salad Banana **OR** Roast Beef Sandwich Baby Dill Pickle Potato Fries Jello	Italian Wedding Soup Sliced Egg, Beets & Potato Salad Plate Mini Croissant Apricot Halves **OR** Breaded Cod Nuggets w/tartar sauce Dollar Coins Coleslaw Orange Cake	Chicken Rice Soup Cottage Cheese Fruit Plate Croissant Pineapple Tidbit **OR** Hot Dog on a Bun w/ Onion & Tomato Coin Fries Lemon Pudding	Tomato Soup Grilled Cheese & Tomato Sandwich Pickled Beet Salad Pears **OR** Imitation Crab Salad Mixed Green Salad Dinner Roll Choclate Éclair
PM	**Assorted Beverages** **Fig Newton Cookie**	**Assorted Beverages** **Oatmeal Date Cookie**	**Assorted Beverages** **Digestive Oatbran Cookie**	**Assorted Beverages** **Mini Bunt**	**Assorted Beverages** **Peanut Butter Cookie**	**Assorted Beverages** **Ice Cream Cup**	**Assorted Beverages** **Banana Fruit Bread**
DINNER	Roasted Chicken Leg Parsley Potatoes Creamed Spinach Choclate Cake **OR** Oven Fried Cod Fillet/ lemon wedge Potato Au Gratin Broccoli Apricot Halves	Korean Short Ribs Steamed Rice Corn Tapioca Pudding **OR** Turkey in Gravy Mashed Potato Corn Fruit Cocktail	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Red Velvet Cake **OR** English Style Fish'n Chips With Tartar Sauce Coleslaw Strawberry	Stuffed Chicken Breast Mashed Potato Whole Green Beans Ice Cream **OR** Turkey Meatballs Feta/Yogurt Lemon Orso Past Saute Pepper & onion Grapes	Poached Salmon Mashed Potatoes Vegetable Blend Cinnamon Coffee Cake **OR** Tender Philly Steak Aug Gratin Potatoes Montego Vegetables Mango	Roast Chicken Poultry Gravy Baby Roasted Potatoes Butter Squash Jelly Roll **OR** Veal Roast w/Gravy Mashed Potato Brussel Sprouts Mandarine Orange	Roast Beef with Gravy Mashed Potatoes Sauerkraut Boston Cream Pie **OR** Baked Fish w/Lemon Slice Mashed Potatoes Carrot Coins Watermelon
HS	**Turkey Sandwich** **Assorted Beverages**	**Egg Salad Sandwich** **Assorted Beverages**	**Latvian Bread w/ Liver Pate** **Assorted Beverages**	**Peanut Butter/ Jam Sandwich** **Assorted Beverages**	**Loaf w/ cheese** **Assorted Beverages**	**Salmon Sandwich** **Assorted Beverages**	**Ham Sandwich** **Assorted Beverages**

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)