

ONTARIO MENU FALL/WINTER 2017-2018

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-30, Nov-20, Dec-11, Dec 25, Jan 1, Jan-22, Feb 12, Mar-5, Mar 26, Apr 16, May 7	Oct-31, Nov-21, Dec-12, Dec 26, Jan 2, Jan-23, Feb 13, Mar-6, Mar 27, Apr 17, May 8	Nov 1, Nov-22, Dec-13, Dec 27, Jan 3, Jan-24, Feb 14, Mar-7, Mar 28, Apr 18, May 9	Nov 2, Nov-23, Dec-14, Dec 28, Jan 4, Jan-25, Feb 15, Mar-8, Mar 29, Apr 19, May 10	Nov 3, Nov-24, Dec-15, Dec 29, Jan 5, Jan-26, Feb 16, Mar-9, Mar 30, Apr 20, May 11	Nov 4, Nov-25, Dec-16, Dec 30, Jan 6, Jan-27, Feb 17, Mar-10, Mar 31, Apr 21, May 12	Nov 5, Nov-26, Dec 17, Dec-31, Jan 7, Jan-28, Feb 18, Mar-11, Apr 1, Apr 22, May 13
BREAKFAST	Orange Juice Oatmeal Cereal Pancakes With Syrup Vanilla Yogurt Berry Mix OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Eggs Waffle Deluxe Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Cream Cheese Raisin Bread Orange Section OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Sausage Waffle Fresh Cantaloupe OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Havarti Cheese Bran Muffin Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Poached Egg Sliced Bacon English Muffin Honeydew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast
	AM	Apple Juice	White Grape Juice	Peach Juice	Cranberry Juice	Ice Tea	Lemonaide
LUNCH	Harvest Vegetable Soup Veal Cutlet in Herb Sauce Oven Baked Diced Potato Yellow & Green Beans Peaches OR Herring Boiled Potato Cottage Cheese Sour Cream Cucumber & Tomato Slices Butterscotch Pudding	Sauerkraut Soup w/sour cream garnish Estonian Sausage Sandwich Mixed Green Salad Pears OR Vegetable Lasagna Mixed Green Salad Garlic Bread Swiss Mocha Pudding	Pickle Soup Smoked Salmon Cucumber Salad Sweet and Sour Bread Plums OR Baked Macaroni & Cheese Green Peas Vanilla Ice Cream	Tomato Bisque Roast Beef Sandwich Citrus Romaine Salad Strawberries OR Baked Spanish Omelet Dinner Roll Broccoli Florets Jello	Beet Borscht w/sour cream garnish Cabbage Rolls Steamed Rice Mandarin Orange Sections OR Grilled Cheese Sandwich on Sweet Panini Bread Baked Beans Peach Passion Mousse	Vegetable Barley Soup Veal Stew Dinner Roll Spiced Beets Pineapple Tidbits OR Egg Salad on a Croissant Bean Salad with Italian Dressing 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	Apple Juice Mini Blueberry Muffin	White Grape Juice Lemon Loaf	Peach Juice Cookies Spice Snaps	Cranberry Juice Two Bite Coconut Macaroon	Ice Tea Bran Crunch Cookie	Lemonaide Date Turnover Cookies
DINNER	Hungarian Goulash Fine Buttered Egg Noodles Sliced Carrot w/Butter Apple Cinnamon Pudding Cake OR Baked Basa Fish Fillet White Seafood Sauce Pan Roasted Potatoes Asparagus Cuts Pineapple Tidbits	Roast Chicken Whipped Potato Butternut Squash Triple Chocolate Cake OR Lemon Thyme Lamb Roast Whipped Potato Vegetable Mix Orange Sections	Grilled Pork Chops Oven Roasted Red Potatoes Sauerkraut Debess Manna OR Rosemary Garlic Chicken Thigh Garlic Mashed Potatoes Buttered Cabbage Apricots	Liver with Onions Beef Gravy Garlic Mashed Potatoes Vegetables Mix Carmel Swirl Cake OR Homemade Shepherd's Pie Beef Gravy Creamed Spinach Baked Apple Slices	Lemon Crusted Haddock Parsley Potatoes Mix Vegetables Carrot Cake OR Chunky Turkey and Fall Vegetable Stew Boiled Potato Dried Fruit Compote	Seasoned Thyme Pork Roast Pork Gravy Baby Roasted Potatoes Sauerkraut Apple Pie OR Mince Beef Pattie w/Gravy Baby Roasted Potatoes Turnips Grapes	Turkey Roast with Linonberry sauce Mashed Potatoes Baby Carrots w/butter & dill Rhubarb Cake OR Veal Roast Mashed Potatoes Vegetable Mix Fruit Cocktail
	HS	Cherry Loaf with Cream Cheese Milk 2%	Tuna Salad Sandwich Milk 2%	Cheese and Crackers Milk 2%	Scone with butter Milk 2%	Banana Fruit Bread Milk 2%	Peanut Butter 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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SILVER GROUP PURCHASING

15/11/2017 - 9:21 AM

ONTARIO MENU FALL/WINTER 2017-2018

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov 6, Nov-27, Dec 18 , Jan 8, Jan-29, Feb 19, Mar-12, Apr 2, Apr 23, May 14	Nov 7, Nov-28, Dec-19 , Jan 9, Jan-30, Feb 20, Mar-13, Apr 3, Apr 24, May 15	Nov 8, Nov-29, Dec20 , Jan 10, Jan31, Feb 21, Mar14, Apr 4, Apr 25, May 16	Nov 9, Nov-30, Dec-21 , Jan 11, Feb 1, Feb 22, Mar15, Apr 5, Apr 26, May 17	Nov 10, Dec 1, Dec22 , Jan 12, Feb 2, Feb 23, Mar16, Apr 6, Apr 27, May 18	Nov 11, Dec 2, Dec23 , Jan 13, Feb 3, Feb 24, Mar17, Apr 7, Apr 28, May 19	Nov 12, Dec 3, Dec24 , Jan 14, Feb 4, Feb 25, Mar18, Apr 8, Apr 29, May 20
BREAKFAST	Cranberry Juice Oatmeal Cereal Scrambled Eggs Waffle Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Cottage Cheese Banana Bread Mandarine Oranges OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Sausage Whole Wheat Toast Honey dew OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Canteloupe OR Variety of Cold Cereals Peanut Butter	Apple Juice Oatmeal Cereal Cheddar Cheese Raisin Bread Banana OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Waffle 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	White Grape Juice	Peach Juice	Cranberry Juice	Ice Tea	Lemonaide	Pineapple Juice	Apple Juice
LUNCH	Cauliflower Soup Roast Beef & Gravy Boiled Potato Bean Mix Peaches OR Ham Salad Chick Pea Salad Dinner Roll Black Forest Cake	Spinach soup with sour cream Imitation Crab Salad Red Onion & Cucumber Salad Rye Bread Grapes OR Homemade Pancakes Bacon Fruit Compote Lemon Chiffon	Turkey Rice soup Steak and Mushroom Pot Pie Mixed Green Salad Apricots OR Rigas Sprates Sweet & Sour Bread Potato Salad Tomato & Onion salad w/ Vinegrette Dressing Swiss Mocha Pudding	Beef Barley Soup Ground Beef w/gravy Mashed Potato Mushroom Tropical Fruit Salad OR Cheese Pizza Tossed Salad with dressing Yogurt	Fish 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 Lemon Crunch Cake OR Turkey Loaf with Warm Pineapple Salsa Steamed Rice Vegetable Mix 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	White Grape Juice Two Bite Coconut Macaroon	Peach Juice Fruit Loaf	Cranberry Juice Raspberry Turnover	Ice Tea Crueller	Lemonaide Almond Almonette Cookie	Pineapple Juice Mini Vanilla Cup Cake	Apple Juice Apple Turnover Cookie
DINNER	Butter Chicken Rice Zucchini Carrot Cake OR Meatloaf Red Baked Potato Peas & Carrots Diced Pear	Stuffed Chicken Breast Scallop Potato w/bacon Corn Rice Pudding OR Pork Schnitzel Country Potato Sauerkraut Banana	Creole Baked Cod Loin Mashed Potato Sauteed Squash Orange Cake OR BBQ Ribs Oven Roast Potato Mix Vegetables Blueberries	Country Fried Pork Chop Fried Sliced Potato Sauerkraut Blueberry Yogurt Cake OR Roast Leg of Lamb Paprika Potato Cauliflower with Cheese Sauce Pineapple Tidbits	Mince Beef Pattie Gravy Paprika Potato Green Beans Trifle OR Cottage Roll O`Brien Potatoes Honey Glazed Turnips Peaches	Veal Scallopini Mashed Potato Vegetable Mix Apple Crisp OR Roast Pork with Gravy Mashed Potato Sauerkraut Mandarin Oranges	Maple Syrup & Apricot Glazed Ham Scalloped Potato Edamame Beans Blueberry Pie OR Greek Style Chicken Breast Paprika Potato Buttered Cabbage Peaches
HS	Egg Salad Sandwich Milk 2%	Liver Pate w/Sweet & Sour Bread Milk 2%	Pineapple Zucchini Loaf w/cream cheese Milk 2%	Salmon Sandwich Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Tuna Sandwich Milk 2%	Cheese and Crackers 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 FALL/WINTER 2017-2018

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov 13, Dec 4, Dec25, Jan 15, Feb 5, Feb 26, Mar19, Apr 9, Apr 30, May 21	Nov 14, Dec 5, Dec26, Jan 16, Feb 6, Feb 27, Mar20, Apr 10, May 1, May 22	Nov 15, Dec 6, Dec27, Jan 17, Feb 7, Feb 28, Mar21, Apr 11, May 2, May 23	Nov 16, Dec 7, Dec28, Jan 18, Feb 8, Mar 1, Mar22, Apr 12, May 3, May 24	Nov 17, Dec 8, Dec29, Jan 19, Feb 9, Mar 2, Mar23, Apr 13, May 4, May 25	Nov 18, Dec 9, Dec30, Jan 20, Feb 10, Mar 3, Mar24, Apr 14, May 5, May 26	Nov 19, Dec 10, Dec31, Jan 21, Feb 11, Mar 4, Mar25, Apr 15, May 6, May 27
BREAKFAST	Apple Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Whole Wheat Toast Sausage Peaches OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Poached Egg Waffle Honeydew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Havarti Cheese Raisin Toast Orange Sections OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Cottage Cheese Whole Wheat Toast Blueberry OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Yogurt Lemon Cranberry Muffin Raspberry OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Poached Egg Bacon Deluxe Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast
AM	Peach Juice	Cranberry Juice	Ice Tea	Apple Juice	White Grape Juice	Lemonaide	Pineapple Juice
LUNCH	Salmon Dill Chowder Meat Ball in Mushroom Gravy Rice Peas Plums OR Chefs Salad Plate Cocktail Roll Tapioca Pudding	Turkey Rice Soup Fish Nuggets Round French Fries Coleslaw Canteloupe OR Hamburger on Bun Potato Salad Onion, Tomato and Lettuce Jello	Portobello Mushroom Bisque Garden Chili Dinner Roll Fruit Kissel OR Fish in Tomato Sauce Peas & Carrot Salad Neapolitan Ice Cream	Spinach Soup with Sour Cream Garnish Grilled Cheese Sandwich on Sweet Bread Pickled Beets Salad Pineapple Tidbits OR Zesty Turkey Breast Strips Rice Pilaf Mix Vegetables Tiramisu Mousse	Potato Soup Rustic Chicken Vegetable Casserole Romaine Salad Apricots OR Liver Pate Plate Mushroom Salad Pickle Rye Bread Chocolate Raspberry Pudding Cake	Fricadelle Soup Herring Salad (Rassol) Tomato Slices & Cucumber Diced Sweet & Sour Bread Grapes OR Veal Sausage Mix Vegetables Boiled Potato Tripleberry Crumble	Sausage & Cabbage Soup Fettuccini Primavera Garlic Toast Zucchini Blueberry OR Shaved Pastrami Sandwich Carrot Raisin Salad Bread Pudding
PM	Peach Juice Dutch Fudge Cookie	Cranberry Assorted Mini Donuts	Ice Tea Blackforest Turnover Cookie	Apple Juice Yogurt	White Grape Juice Mini Blueberry Muffin	Lemonaide Homemade Caramel Nut Cookie	Pineapple Juice Flaxseed Cookie
DINNER	Cape Capensis White Fish Lemon Wedge Herbed Vegetable Orzo Mixed Vegetables Maple Pudding Cake OR Easy Oven Fried Chicken Savoury Potato Wedges Broccoli Stewed Rhubarb	Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables Éclair OR Turkey Dinner Sausage Mustard Mashed Potatoes Sauerkraut Fruit Cocktail	Roast Chicken Roasted Baby Potatoes Cream Corn Cheese cake OR Lamb Curry Rice Vegetable Mix Peaches	Roast Duck Mashed Potato Sauerkraut Orange Sheet Cake OR Veal Paprika with Sour Cream Egg Noodles Sautéed Mixed Peppers Mango	Beef Brisketf with Onions Mashed Potato Peas and Mushrooms Lemon Meringue Pie OR Salmon w/Dill Sauce Mashed Potato Mix Vegetables Baked Apple Slices	Roast Turkey Poultry Gravy Mashed Potatoes Butternut Squash Caramilla Cake OR Onion Crusted Meat Loaf Mashed Potatoes Green Beans Oregano Mandarin Orange Sections	Baked Chicken in Mushroom Sauce Roasted Ranch Potatoes Cream Spinach Pie OR Pork Roast Roasted Ranch Potatoes Sauerkraut Strawberries
HS	Mini Carrot Muffin 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%	Fruit bread with 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)

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