

**ONTARIO MENU SPRING/SUMMER 2017**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	May- 29, June-19, July- 10, July-31, Aug- 21, Sep- 11, Oct-2	May-30, Jun-20, Jul 11, Aug 1, Aug-22, Sept 12, Oct 3,	May- 31, Jun-21, Jul 12, Aug 2, Aug 23, Sept 13, Oct 4,	Jun 1, Jun-22, Jul 13, Aug 3, Aug-24, Sept 14, Oct 5	Jun 2, Jun-23, Jul 14, Aug 4, Aug-25, Sept 15, Oct 6	Jun 3, Jun-24, Jul 15, Aug 5, Aug-26, Sept 16, Oct 7	Jun 4, Jun-25, Jul 16, Aug 6, Aug-27, Sept 17, Oct 8,
<b>BREAKFAST</b>	Apple Juice Oatmeal Cereal Boiled Egg Morning Glory Muffin Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Honeydew  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Cheddar Cheese Raisin Toast Mandarin Orange Sections  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Cheese Omelette Whole Wheat Toast Stewed Prunes  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Waffle Yogurt Raspberry  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Bread	Cranberry Juice Oatmeal Cereal Poached Egg English Muffin  Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Fresh Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter
	<b>AM</b>	<b>Peach Juice</b>	<b>White Grape Juice</b>	<b>Iced Tea Drink</b>	<b>Cranberry Juice</b>	<b>Lemonaide</b>	<b>Apple Juice</b>
<b>LUNCH</b>	Vegetable Barley Soup Sprats with Potato Salad & Latvian bread  Tomato, Cucumber  Latvian Bread Fresh Cantaloupe <b>OR</b> Mushroom Stuffed Ravioli W/Rose Sauce  Garlic Bread Caesar Salad Tiramisu Mousse	Pork & Cabbage Soup  Chicken Salad Plate  Dinner Roll  Dried Fruit Compote <b>OR</b> Ground Beef w/ mushroom gravy  Mashed Potato Peas Chocolate Ice Cream	Cheese and Broccoli Soup  Breaded Cod Nuggets w/tartar sauce  Dollar Coins  Coleslaw Baked Apple Slices <b>OR</b> Egg Salad Sandwich on Croissant  Mango Shrimp Salad Éclair	Country Vegetable Soup  Turkey Sausage  Sauerkraut  Dinner Roll Banana <b>OR</b> Deviled Egg Salad Plate  Orzo Pilaf  Jello	Spinach Soup  Roast Beef Sandwich  Baby Dill Pickle  Potato Fries Apricot Halves <b>OR</b> Homemade Pancakes  Breakfast Sausage  Fruit Compote Orange Cake	Chicken Rice Soup  Cottage Cheese Fruit Plate  Croissant  Pineapple Tidbit <b>OR</b> Hot Dog on a Bun w/ Onion & Tomato  Couscous Salad  Chocolate mousse	Bean Soup Grilled Cheese Sandwich on Sweet Bread  Pickled Beet Salad  Pears  <b>OR</b> Imitation Crab Salad  Mixed Green Salad Dinner Roll Rhubarb Cake
	<b>PM</b>	<b>Peach Juice</b> <b>Fig Newton Cookie</b>	<b>White Grape Juice</b> <b>Digestive Oatbran Cookie</b>	<b>Iced Tea Drink</b> <b>Fruit Crème Cookie</b>	<b>Cranberry Juice</b> <b>Danish</b>	<b>Lemonaide</b> <b>Peanut Butter Cookie</b>	<b>Apple Juice</b> <b>Mini Raspberry Tart</b>
<b>DINNER</b>	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Apple Crisp  <b>OR</b> Oven Fried Blue Cod Fillet Lemon Wedge Potato Au Gratin Italian Mixed Vegetables Apricot Halves	Beef Tips in Red Wine Gravy Mashed Potatoes Cauliflower w/ Thyme  Pudding Cake <b>OR</b> Breaded Pork Chop Baby Roasted Potatoes Broccoli Florets Fruit Cocktail	Salisbury Steak in Mushroom Sauce Mashed Potato Creamed Spinach Lemon Meringue Pie  <b>OR</b> Grilled Chicken Thighs Poultry Gravy Baby Roasted Potatoes Butter Squash Strawberries	Stuffed Chicken Breast Mashed Potato Whole Green Beans Cinnamon Coffee Cake  <b>OR</b> Hawaiian Ham Pan Roasted Potatoes Creamed Corn Grapes	Poached Salmon Lemon Potatoes Vegetable Blend Vanilla Truffle Ice Cream  <b>OR</b> Turkey in Gravy Mashed Potato Green Peas Mango	Roasted Chicken Leg Chalet Dipping Sauce Parsley Potatoes Sunrise Vegetable Mix Lemon Buttermilk Cake  <b>OR</b> Veal Roast w/Gravy Mashed Potato Seasoned Zucchini Honeydew	Sliced Pork Roast Gravy Mashed Potatoes Sauerkraut Pie  <b>OR</b> Silver Hake Fish Fille w/Lemon Slice Mashed Potatoes Carrot Coins Peaches
	<b>HS</b>	<b>Carrot Muffin w Cream Cheese</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Latvian Bread w/ Liver Pate</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Scone w/ cheese</b> <b>Milk 2%</b>	<b>Salmon 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)



**ONTARIO MENU SPRING/SUMMER 2017**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	May -15, June-5, June- 26, July -17, Aug-7, Aug-28, Sep-18,Oct-9	May -16, Jun-6, Jun-27, July-18 , Aug- 8, Aug-29, Sep-19, Oct -10	May -17, Jun-7, Jun-28 , July 19, Aug 9, Aug-30, Sep-20, Oct 11	May -18, Jun-8, Jun-29 , July -20, Aug 10, Aug-31, Sep-21, Oct 12	May -19, Jun-9, June- 30 , Jul-21, Aug 11, Sept 1, Sep-22, Oct 13	May -20, Jun-10, Jul-1, Jul-22, Aug-12, Sept -2, Sept 23, Oct-14	May -21 Jun-11, Jul-2, Jul-23, Aug-13, Sept 3, Sep-24, Oct-15
	Orange Juice Oatmeal Cereal Cheese Raisin Toast Mandarin Orange Sections  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Creamy Yogurt Muffin Blueberry  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Deluxe Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Sausage Whole Wheat Toast Peaches  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Omelet Bran Muffin Honey Dew  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Cottage cheese Whole Wheat Toast Cantaloupe  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Fried Egg Bacon Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Peanut Butter
<b>AM</b>	<b>Peach Juice</b>	<b>White Grape Juice</b>	<b>Mango Orange Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cherry Juice</b>	<b>Tropical Juice</b>
<b>LUNCH</b>	Potato Dill Soup  Hamburger on a Bun  Cucumber and Red Onion Salad Watermelon  <b>OR</b> Grilled Chicken & Asiago Caesar Plate Grape Tomatoes Sour Bread Frozen Yogurt	Pickle Soup  Ham Sandwich  Tossed Salad w/Vinaigrette dressing  <b>OR</b> Spaghetti w/meat sauce Garlic Bread Broccoli Florets Debess Manna	Sauerkraut Soup  Krunchie Basa  Potato Dollar Chips Creamy Coleslaw Fruit Kissels  <b>OR</b> Krakovska Sausage Sandwich Tri Berry Spinach Lime Jell-O Whipped Topping	Turkey Rice Soup  Herring Plate With cottage cheese, cucumber & Tomato Slices  Boiled Potato Latvian Bread Banana  <b>OR</b> Chicken Pot Pie w/gravy Peas Tangerine Mousse	Butternut Squash Soup  Macaroni & Cheese  Scalloped Tomatoes Tropical Fruit Salad  <b>OR</b> Turkey Sandwich Raspberry Lemon Salad  Bread Pudding	Mushroom Barley Soup  Pancakes  Sausage Rhubarb/Strawberry Compote French Cream Cake  <b>OR</b> Cold Fish in Tomato sauce Cold Pea Salad Rye Bread Peaches	Sausage & Cabbage Soup  Hot Dog on a Bun w/ onion/tomato/pickle  Beet Salad Cream Puff w/caramel sauce  <b>OR</b> Shaved Pastrami Sandwich Loaded Potato Salad Pineapple Tidbits
	<b>PM</b>	<b>Peach Juice</b> <b>Digestive Oat bran Cookie</b>	<b>White Grape Juice</b> <b>Peanut Butter Cookie</b>	<b>Mango Orange Juice</b> <b>Assorted Mini Donuts</b>	<b>Cranberry Juice</b> <b>Oatmeal Cookie</b>	<b>Apple Juice</b> <b>Cranberry Fruit Bread</b>	<b>Cherry Juice</b> <b>Date Turnover Cookie</b>
<b>DINNER</b>	Roast Leg of Lamb Oven Browned Potato Mix Vegetable Apricot Cake  <b>OR</b> Oven Baked Basa Fish Fillets in a White Seafood Sauce Lemon Wedge Rice Pilaf French Style Green Beans Peaches	Turkey in Gravy Mashed Potatoes Butternut Squash Fruit Sponge Cake  <b>OR</b> Honey Garlic Pork Ribs Pan Roasted Potatoes Sauerkraut Pineapple Tidbits	Roast Chicken Oven Browned Potatoes Parsnips with Pimento Homemade Rice Pudding  <b>OR</b> Braised Liver with Onion Gravy  Mashed Potato Sautéed Mixed Peppers Apricot Halves	Pork Schnitzel Gravy Baked Potato Vegetable Medley Coconut Cream Pie  <b>OR</b> Roast Beef in Gravy  Mashed Potato Brussel Sprouts Diced Pears	Baked Sole Fish Fillet Parsley Potatoes Green Beans Hollandaise Sauce Neapolitan Ice Cream  <b>OR</b> Baked Chicken in Wild Mushroom Sauce  Mashed Potato Glazed Carrots Four Berry Mix	Lemon Baked Veal Baby Roasted Potatoes Mashed Turnips Pudding  <b>OR</b> Turkey Schnitzel  Poultry Gravy Mashed Potato Seasoned Zucchini Mandarin Orange Sections	Roast Pork Gravy Boiled Potato Sauerkraut Peach Pie  <b>OR</b> Oven Baked Meatloaf  Beef Gravy Mashed Potato Wax Beans with Tarragon Butter Mango
	<b>HS</b>	<b>Fruit Loaf w/ Cream Cheese</b> <b>Milk 2%</b>	<b>Tuna Salad Sandwich</b> <b>Milk 2%</b>	<b>Crackers &amp; Cheese</b> <b>Milk 2%</b>	<b>Sweet &amp; Sour Bread w/liverwurst</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Peanut Butter 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)



**ONTARIO MENU SPRING/SUMMER 2017**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	May-22, Jun-12, July-3, Jul-24, Aug-14, Sep 4, Sep-25	May-23, Jun-13, July-4, Jul-25, Aug-15, Sep 5, Sep-26,	May-24, Jun-14, July-5, Jul-26, Aug-16, Sep 6, Sep-27,	May-25, Jun-15, July-6, Jul-27, Aug-17, Sep 7, Sep-28,	May-26, Jun-16, July-7, Jul-28, Aug-18, Sep 8, Sep-29	May-27, Jun-17 July-8, Jul-29, Aug-19, Sep 9, Sep-30	May-28, Jun-18, July-9, Jul-30, Aug-20, Sep 10, Oct 1
<b>BREAKFAST</b>	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Fresh Orange Sections <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Cottage Cheese Banana Bread Melon <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Sausage, Egg, Cheese on English Muffin  Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Cheese Raisin Toast Melon <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatmeal Cereal Waffles with Syrup  Raspberry <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatmeal Cereal Yogurt Whole Wheat Toast Fresh Blue Berry <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Fried Egg Bacon Fresh Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<b>White Grape Juice</b>	<b>Peach Juice</b>	<b>Cherry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Drink</b>	<b>Tropical Juice</b>	<b>Manago Orange</b>
<b>LUNCH</b>	Herbed Lentil and Barley Soup Vegetarian Lasagna Garlic Toast Romaine salad Strawberries <b>OR</b> Salami Sandwich Fruity Pasta Salad Pudding Cake	Beef Vegetable soup Octoberfest Sausage Sauerkraut Soft Bun Plums <b>OR</b> Pasta & Edamme Salad Dinner Roll Ice Cream Bar	Cold Beet Borscht Chicken Strips w/Plum sauce French Fries Carrot Pea Salad Pineapple Tidbits <b>OR</b> Cottage Cheese & Summer Fruit Plate Croissant Butterscotch Pudding	Tomato Bisque Liver Pate Mushroom Salad Pickles Latvian Dark Rye  Mango <b>OR</b> Garden Chilli Soft Bun Sliced Chocolate Symphony Ice Cream	Spinach Soup Mushroom Omelette Soft Bun Carrot Coin Mandarin Orange Sections <b>OR</b> Herring Salad (Rassol) Sweet/Sour Bread Tomato & Cucumber Slices Jello	Pickle Soup Smoked Salmon Plate Latvian Bread Tabbouleh w/Garbanzo Bean Peaches <b>OR</b> Veal Pattie in Herb Sauce  Mixed Green Salad Trifle	Frikadelle Soup Tuna Salad Plate Carrot Salad  Grapes <b>OR</b> Grilled Cheese Sandwich Dilled Potato & Bean Salad Orange Sorbet
<b>PM</b>	<b>White Grape Juice</b> <b>Cherry Turnover Cookie</b>	<b>Peach Juice</b> <b>Fudge Cookie</b>	<b>Cherry Juice</b> <b>Peach Creamy Yogurt</b>	<b>Apple Juice</b> <b>Digestive Oatbran Cookie</b>	<b>Cranberry Drink</b> <b>Apple Spice Loaf</b>	<b>Tropical Juice</b> <b>Carmel Coffee Cake</b>	<b>Manago Orange</b> <b>Fruit Danish</b>
<b>DINNER</b>	Paprika Chicken Oven Browned Potatoes Butternut Squash Peach Passion Mousse <b>OR</b> Beef Burgundy Rice Scandinavian Mixed Vegetables Honeydew	Pork Chop in Mushroom Sauce Mashed Potatoes Braised Red Cabbage Banana Sheet Cake <b>OR</b> Veal Paprika with Sour Cream Mashed Potatoes Cocktail Vegetable Medley Baked Apple Slices	Roast Duck Red Baked Potatoes Summer Vegetable Mix Boston Cream Pie <b>OR</b> Baked Fish Fillet in Creole Sauce Mashed Potato Parmesan Baked Tomato Pears	Roast Beef w/Gravy Mashed Potato PEI Vegetable Medley Cheesecake <b>OR</b> Slow Roasted Butter Chicken Rice Brussel Sprouts Apricot Halves	Salisbury Steak Mashed Potato Corn Apple Pie <b>OR</b> Cottage Roll Scalloped Potato French Style Green Beans Tropical Fruit Salad	Roast Turkey w/Gravy Roasted Potatoes Turnips  Caramilla Cake <b>OR</b> Baked Ham Slice Mashed Potato Broccoli Watermelon	Roast Pork Pork Gravy Mashed Potato Sauerkraut Raspberry Jelly Roll <b>OR</b> Roast Lamb Mashed Potato Italian Mixed Veg  Strawberries
<b>HS</b>	<b>Dark Rye w/ Veal Bolgna</b> <b>Milk 2%</b>	<b>Raisin Bread w/Butter</b> <b>Milk 2%</b>	<b>Peanut Butter &amp; Jam Sandwich</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Tuna Sandwich</b> <b>Milk 2%</b>	<b>Cheese Sandwich</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf w/cream cheese</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)



SILVER GROUP PURCHASING