

**F. J. Davey Home - ONTARIO MENU FALL/WINTER 2016 - 2017**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct-24,Nov-14,Dec-5,Dec-26, Jan-16, Feb-6, Feb-27,Mar-20, Apr-10,May-1	Oct-25,Nov-15,Dec-6,Dec-27, Jan-17, Feb-7, Feb-28,Mar-21, Apr-11,May-2	Oct-26,Nov-16,Dec-7,Dec-28, Jan-18, Feb-8, Feb-29,Mar-22, Apr-12,May-3,	Oct-27,Nov-17,Dec-8,Dec-29, Jan-19, Feb-9, Mar-1,Mar-23, Apr-13,May-4	Oct-28,Nov-18,Dec-9,Dec-30, Jan-20, Feb-10, Mar-2,Mar-24, Apr-14,May-5	Oct-29,Nov-19,Dec-10,Dec-31, Jan-21, Feb-11, Mar-3,Mar-25, Apr-15,May-6	Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-26, Apr-16,May-7
<b>BREAKFAST</b>	Assorted Juice Oatbran Cereal Cheddar Cheese Raisin Toast Peach Slices  <b>OR</b> Variety of Cold Cereals Poached Egg Whole Wheat Toast	Assorted Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Cream of Wheat Cereal Creamy Vanilla Yogurt Bran Muffin Mixed Berries  <b>OR</b> Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Assorted Juice Cinnamon Oatmeal Boiled Egg English Muffin Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Assorted Juice Oatbran Cereal Poached Egg Whole Wheat Toast Applesauce  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Cream of Wheat Cereal Poached Egg Bacon Whole Wheat Toast Fruit Cocktail <b>OR</b> Variety of Cold Cereals Peanut Butter
<b>AM</b>	<b>Apple Juice</b>	<b>Orange Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Orange Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>
<b>LUNCH</b>	Beef Barley Soup Potato Leek Quiche Sliced Carrot Pear Halves  <b>OR</b> Salami on Wheat with Pickles Mixed Green Salad with Dressing Ice Cream Sandwich	Cream of Mushroom Soup Hot Roast Beef on Bun Marinated Vegetables Tropical Fruit Salad  <b>OR</b> Cottage Cheese Plate Fruit Salad Whole Wheat Roll Peach Jell-o with Vanilla Whipped Cream	Chicken Rice Soup Macaroni & Cheese Stewed Tomato Pineapple Tidbits  <b>OR</b> Vegetable Omelet Multigrain Toast Beet & Onion Salad Chocolate Mousse	Country Bean & Vegetable Soup Fish 'n' Chips Savory Carrots Peach  <b>OR</b> Sliced Turkey on Wheat Creamy Coleslaw Ambrosia Salad	Cream of Asparagus Soup Beef & Cabbage Casserole Fall Medley Vegetables Blueberries  <b>OR</b> Egg Salad Sandwich Caesar Salad Lemon Chiffon	Broccoli Cheese Soup Hamburger on Wheat Bun Tossed Salad with Dressing Pear  <b>OR</b> Spinach & Mushroom Ravioli in Alfredo Sauce Garlic Bread Italian Mix Vegetables Pineapple Jello with Vanilla Whipped Cream	Garden Vegetable Soup Chicken Salad on Wheat Marinated Cucumbers Honeydew  <b>OR</b> Pork & Potato Saute Whole Wheat Roll Seasoned Green Peas Butterscotch Pudding
<b>PM</b>	<b>Iced Tea Drink</b> <b>Black Forest Turnover Cookie</b>	<b>Lemonade Drink</b> <b>Oatmeal Date Cookie</b>	<b>Peach Drink</b> <b>Shortbread Cookie</b>	<b>Fruit Punch</b> <b>Chocolate Chip Cookie</b>	<b>Iced Tea Drink</b> <b>Raspberry Turnover Cookie</b>	<b>Lemonade Drink</b> <b>Mini Danish</b>	<b>Peach Drink</b> <b>Cinnamon Bites</b>
<b>DINNER</b>	Braised Veal Tips Steamed Rice Broccoli Date Square  <b>OR</b> Turkey Schnitzel Mashed Potatoes Sautéed Spinach Mandarin Oranges	Baked Pork Chops Baked Baby Potato Zucchini Banana Pudding  <b>OR</b> Penne & Meatballs in Marinara Sauce Parmesan Cheese Italian Mix vegetables Stewed Rhubarb	Herb Baked Chicken Breast Roasted Potatoes Buttered Brussel Sprouts Vanilla Caramel Swirl Cake  <b>OR</b> Liver & Onions Roasted Potatoes Sunrise Mix Vegetables Apple Slices	Salisbury Steak Beef Gravy Whipped Potatoes Butternut Squash Nanaimo Bar  <b>OR</b> Pork Tenderloin Whipped Potatoes Wax Beans Apricots	Chicken Breast with Chalet Sauce Mashed Potatoes Niagara Mix Vegetables Country Carrot Cake  <b>OR</b> Vegetarian Chilli Corn Bread Parslied Cauliflower Fruit Cocktail	Baked Ham in Pineapple Juice Scalloped Potatoes Parsnips Chocolate Cake  <b>OR</b> Broiled Fish Dill Sauce Scalloped Potatoes Mexican Mixed Vegetables Strawberries	Roast Turkey with Gravy Cranberry Sauce Mashed Potatoes Green Beans Cherry Pie  <b>OR</b> Farmers Sausage Mashed Potatoes Buttered Cabbage Apple Slices
<b>HS</b>	<b>Cherry Loaf with Swiss Cheese</b> <b>Milk 2%</b>	<b>Cheese and Crackers</b> <b>Milk 2%</b>	<b>Tuna Salad Sandwich</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf with Marble Cheese</b> <b>Milk 2%</b>	<b>Turkey Salad Sandwich</b> <b>Milk 2%</b>	<b>Roast Beef Salad 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)