

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

WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-31,Nov-21,Dec-12,Jan-2, Jan-23, Feb-13, Mar-5,Mar-27, Apr-17	Nov-1,Nov-22,Dec-13,Jan-3, Jan-24, Feb-14, Mar-6,Mar-28, Apr-18	Nov-2,Nov-23,Dec-14,Jan-4, Jan-25, Feb-15, Mar-7,Mar-29, Apr-19	Nov-3,Nov-24,Dec-15,Jan-5, Jan-26, Feb-16, Mar-8,Mar-30, Apr-20	Nov-4,Nov-25,Dec-16,Jan-6, Jan-27, Feb-17, Mar-9,Mar-31, Apr-21	Nov-5,Nov-26,Dec-17,Jan-7, Jan-28, Feb-18, Mar-10, Apr-1	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11,Apr-2, Apr-23
BREAKFAST		Assorted Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Assorted Juice Oatbran Cereal Poached Eggs Whole Wheat Toast Strawberries OR Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Creamy Vanilla Yogurt Apple Muffin Banana OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Mandarin Oranges OR Variety of Cold Cereals Peanut Butter	Assorted Juice Cinnamon Oatmeal Cheddar Cheese Raisin Toast Stewed Prunes OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Assorted Juice Oatbran Cereal Poached Eggs Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Scrambled Eggs Bacon Whole Wheat Toast Fruit Salad OR Variety of Cold Cereals Peanut Butter
	AM	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
LUNCH		Chicken Barley Soup Ham Salad Sandwich Carrot Raisin Salad Mandarin Oranges OR Steak & Mushroom Pot Pie Winter Vegetables Raspberry Ice Cream	Beef Rice Soup Chicken Burger Vinaigrette Coleslaw Pineapple Tidbits OR Tuna Noodle Casserole Green Beans Chocolate Pudding	Cream of Tomato Soup Grilled Cheese Sandwich Cucumber & Onion Salad Peaches OR Sliced Egg Plate w/ Pickled Beets & Chickpea Salad Dinner Roll Strawberry Mousse	Italian Wedding Soup Pasta Primavera Toasted Garlic Bread Italian Mix Vegetables Tropical Fruit Salad OR Turkey Sandwich Hot w/ Gravy Romaine & Onion Salad Raspberry Jell-o with Vanilla Whipped Cream	Creamy Vegetable Soup Oktoberfest on a Bun Triple Bean Salad Honeydew OR Omelet Harvard Beets Whole Wheat Toast Brownie Stickwich Ice Cream	Chicken Cappalletti Soup Vegetable Pizza Carrots Apricot Halves OR Smoked Pulled Beef on Bun Caesar Salad Lemon Mousse	Corn Chowder Salmon Salad on Wheat Mixed Green Salad with Dressing Diced Pear OR Chicken Nuggets w/ Plum Sauce French Fries Green Peas Tropical Fruit Chiffon
	PM	Fruit Punch Drink Oatmeal Cookie	Iced Tea Drink Date Turnover Cookie	Lemonade Drink Chocolate Chip Cookie	Peach Drink Maple Cookie Sandwich	Fruit Punch Drink Mini Cheese Danish	Iced Tea Drink Shortbread Cookie	Lemonade Drink Black Forest Turnover Cookie
DINNER		Baked Basa Mashed Potatoes Sunrise Mix Vegetables Butter Tart OR Veal Paprika Steamed Rice Zucchini Medley Diced Pears	Meatloaf Beef Gravy Roasted Potatoes Diced Squash Triple Berry Crumble OR Irish Lamb Stew Tea Biscuit Scandinavian Mix Vegetables Apricot Halves	Glazed Chicken Thighs Scalloped Potatoes Diced Turnips Vanilla Bean Dream Cake OR Honey Mustard Pork Chop Steamed Rice Oriental Mix Vegetables Mango	Maple Glazed Ham Chive Whipped Potatoes Parslied Parsnips Iced Banana Cake OR Swiss Steak Chive Whipped Potatoes Peas Apple Slices	Lemon Pepper Cod Oven Browned Potatoes PEI Mix Vegetables Rice Pudding OR Chicken Cacciatore Oven Browned Potatoes Cauliflower Fruit Cocktail	Roast Turkey Turkey Gravy Mashed Potatoes Herbed Green Beans Maple Chocomania Cake OR Veal Schnitzel Mashed Potatoes Buttered Cabbage Stewed Rhubarb	Pork Roast Pork Gravy Mashed Potatoes Broccoli Apple Blackberry Crumble Cake OR Swedish Meatballs Buttered Egg Noodles Red & Green Peppers Orange Sections
	HS	Peanut Butter & Jelly Sandwich Milk 2%	Cheese & Crackers Milk 2%	Ham Salad Sandwich Milk 2%	Pineapple Zucchini Loaf with Marble Cheese Milk 2%	Roast Beef Salad Sandwich Milk 2%	Egg Salad Sandwich Milk 2%	Raisin Bran Loaf with 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)