

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

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oct-17,Nov-7, Nov-28, Dec-19, Jan-9, Jan-30, Feb-20, Mar-13, Apr-3, Apr 24	Oct-18, Nov-8, Nov-29, Dec-20, Jan-10, Jan-31, Feb-21, Mar-14, Apr-4, Apr 25	Oct-19, Nov-9, Nov-30, Dec-21, Jan-11, Feb-1, Feb-22, Mar-15, Apr-5, Apr-26	Oct-20, Nov-10,Dec-1,Dec-22, Jan-12, Feb-2, Feb-23, Mar-16, Apr-6, Apr-27	Oct-21, Nov-11,Dec-2,Dec-23, Jan-13, Feb-3, Feb-24, Mar-17, Apr-7, Apr-28	Oct-22, Nov-12,Dec-3,Dec-24, Jan-14, Feb-4, Feb-25, Mar-18, Apr-8, Apr-29	Oct-23, Nov-13,Dec-4,Dec-25, Jan-15, Feb-5, Feb-26,Mar-19, Apr-9, Apr-30
	Assorted Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Assorted Juice Cream of Wheat Cereal Creamy Vanilla Yogurt Blueberry Bran Muffin Banana OR Variety of Cold Cereals Poached Egg Whole Wheat Toast	Assorted Juice Cinnamon Oatmeal Boiled Egg Raisin Toast Honeydew OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Assorted Juice Oatbran Cereal Cheddar Cheese Whole Wheat Toast Bananas OR Variety of Cold Cereals Scrambled Eggs	Assorted Juice Oatmeal Cereal Boiled Egg English Muffin Peach OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Assorted Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast Mandarin Sections OR Variety of Cold Cereals Peanut Butter	Assorted Juice Cinnamon Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter
AM	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
LUNCH	Butternut Squash Soup Pulled Pork on Wheat Bun Spinach Salad Peach OR Beef Macaroni Cauliflower Butterscotch Pudding	Chicken Noodle Soup Cheese Quiche New England Vegetables Stewed Rhubarb OR Turkey Salad Sandwich Mixed Lettuce Salad with Dressing Orange Sherbet	Cream of Celery Soup Grilled Chicken Sandwich Tomato Cucumber Salad Mango OR Perogies with Sour Cream Steamed Broccoli Cherry Jello with Vanilla Whipped Cream	Minestrone Soup Egg Salad on Wheat Tossed Salad with Dressing Pineapple Tidbits OR Beef Sausage with Mashed Potatoes California Vegetables Tapioca Pudding	Split Pea Soup Sausage Links French Toast Fruit Compote Apricot Halves OR Spinach & Cheese Cannelloni Harvard Beets Vanilla Ice Cream	Navy Bean Soup Turkey Pot Pie Green Beans Apple Slices OR Pastrami on Wheat Garden Salad with Dressing Grape Jello with Vanilla Whipped Cream	Cream of Potato Captain Burger Seasoned Green Peas Strawberries OR Vegetarian Lasagna Greek Salad Tangerine Mousse
	PM	Lemonade Drink Oatmeal Cookie	Peach Drink Strawberry Turnover Cookie	Fruit Punch Shortbread Cookie	Iced Tea Drink Date Turnover Cookie	Lemonade Drink Strawberry Puff Cookie	Peach Drink Chocolate Chip Cookie
DINNER	Lemon Chicken Mashed Potatoes Montego Vegetables Naked Brownie OR Crunchy Baked Cod Mashed Potatoes Creamed Corn Apricot	Bavarian Veal Egg Noodles Buttered Brussels Sprouts Orange Citrus Cake OR Baked Pork Chops Garlic Mashed Potatoes Diced Squash Fruit Cocktail	Baked Tilapia Lemon Potatoes Sliced Carrots Lemon Buttermilk Cake OR Spaghetti & Meat Sauce Parmesan Cheese Green Beans Mandarin Sections	Chicken Fricassee Home Fries Italian Mixed Vegetables Carrot Cake OR Sweet & Sour Pork Steamed Rice Seasoned Green Peas Blueberries	Beef Shepherd's Pie with Gravy California Mix Vegetables Banana Cake OR Baked Salmon Mashed Potatoes Zucchini Pears	Herb Pork Chop Oven Browned Potatoes Peppers and Onions Buttertart Square OR Veal Parmesan Oven Browned Potatoes Winter Vegetables Fruit Cocktail	Beef Pot Roast Mashed Potatoes Seasoned Diced Turnips Lemon Meringue Pie OR Herbed Chicken Mashed Potatoes Carrot Coins Pineapple Tidbits
	HS	Banana Loaf with Cheddar Cheese Milk 2%	Tuna Salad Sandwich Milk 2%	Peanut Butter Sandwich Milk 2%	Cheese and Crackers Milk 2%	Apple Spice Loaf with Marble Cheese Milk 2%	Chicken Salad 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)