

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

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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
BREAKFAST	Assorted Juice Oatbran Cereal Cheddar Cheese Raisin Toast Peach Slices OR Variety of Cold Cereals Poached Egg Whole Wheat Toast	Assorted Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Assorted Juice Cream of Wheat Cereal Creamy Vanilla Yogurt Bran Muffin Mixed Berries OR Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Assorted Juice Cinnamon Oatmeal Boiled Egg English Muffin Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Assorted Juice Oatbran Cereal Poached Egg Whole Wheat Toast Applesauce OR Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Assorted Juice Cream of Wheat Cereal Poached Egg Bacon Whole Wheat Toast Fruit Cocktail OR Variety of Cold Cereals Peanut Butter
AM	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
LUNCH	Beef Barley Soup Potato Leek Quiche Sliced Carrot Pear Halves OR 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 OR Cottage Cheese Plate Fruit Salad Whole Wheat Roll Peach Jell-o with Vanilla Whipped Cream	Chicken Rice Soup Macaroni & Cheese Stewed Tomato Pineapple Tidbits OR Vegetable Omelet Multigrain Toast Beet & Onion Salad Chocolate Mousse	Country Bean & Vegetable Soup Fish 'n' Chips Savory Carrots Peach OR Sliced Turkey on Wheat Creamy Coleslaw Ambrosia Salad	Cream of Asparagus Soup Beef & Cabbage Casserole Fall Medley Vegetables Blueberries OR Egg Salad Sandwich Caesar Salad Lemon Chiffon	Broccoli Cheese Soup Hamburger on Wheat Bun Tossed Salad with Dressing Pear OR 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 OR Pork & Potato Saute Whole Wheat Roll Seasoned Green Peas Butterscotch Pudding
PM	Iced Tea Drink Black Forest Turnover Cookie	Lemonade Drink Oatmeal Date Cookie	Peach Drink Shortbread Cookie	Fruit Punch Chocolate Chip Cookie	Iced Tea Drink Raspberry Turnover Cookie	Lemonade Drink Mini Danish	Peach Drink Cinnamon Bites
DINNER	Braised Veal Tips Steamed Rice Broccoli Date Square OR Turkey Schnitzel Mashed Potatoes Sautéed Spinach Mandarin Oranges	Baked Pork Chops Baked Baby Potato Zucchini Banana Pudding OR 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 OR Liver & Onions Roasted Potatoes Sunrise Mix Vegetables Apple Slices	Salisbury Steak Beef Gravy Whipped Potatoes Butternut Squash Nanaimo Bar OR Pork Tenderloin Whipped Potatoes Wax Beans Apricots	Chicken Breast with Chalet Sauce Mashed Potatoes Niagara Mix Vegetables Country Carrot Cake OR Vegetarian Chilli Corn Bread Parslied Cauliflower Fruit Cocktail	Baked Ham in Pineapple Juice Scalloped Potatoes Parsnips Chocolate Cake OR Broiled Fish Dill Sauce Scalloped Potatoes Mexican Mixed Vegetables Strawberries	Roast Turkey with Gravy Cranberry Sauce Mashed Potatoes Green Beans Cherry Pie OR Farmers Sausage Mashed Potatoes Buttered Cabbage Apple Slices
HS	Cherry Loaf with Swiss Cheese Milk 2%	Cheese and Crackers Milk 2%	Tuna Salad Sandwich Milk 2%	Peanut Butter Sandwich Milk 2%	Pineapple Zucchini Loaf with Marble Cheese Milk 2%	Turkey Salad Sandwich Milk 2%	Roast Beef 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)