

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

**WEEK 3**

		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
		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
<b>BREAKFAST</b>		Assorted Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Oatbran Cereal Poached Eggs Whole Wheat Toast Strawberries  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Creamy Vanilla Yogurt Apple Muffin Banana  <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Mandarin Oranges  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Cinnamon Oatmeal Cheddar Cheese Raisin Toast Stewed Prunes  <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Assorted Juice Oatbran Cereal Poached Eggs Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Assorted Juice Oatmeal Cereal Scrambled Eggs Bacon Whole Wheat Toast Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter
	<b>AM</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>Orange Juice</b>
<b>LUNCH</b>		Chicken Barley Soup Ham Salad Sandwich Carrot Raisin Salad Mandarin Oranges  <b>OR</b> Steak & Mushroom Pot Pie Winter Vegetables Raspberry Ice Cream	Beef Rice Soup Chicken Burger Vinaigrette Coleslaw Pineapple Tidbits  <b>OR</b> Tuna Noodle Casserole Green Beans Chocolate Pudding	Cream of Tomato Soup Grilled Cheese Sandwich Cucumber & Onion Salad Peaches  <b>OR</b> 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  <b>OR</b> 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  <b>OR</b> Omelet Harvard Beets Whole Wheat Toast Brownie Stickwich Ice Cream	Chicken Cappalletti Soup Vegetable Pizza Carrots Apricot Halves  <b>OR</b> Smoked Pulled Beef on Bun Caesar Salad Lemon Mousse	Corn Chowder Salmon Salad on Wheat Mixed Green Salad with Dressing Diced Pear  <b>OR</b> Chicken Nuggets w/ Plum Sauce French Fries Green Peas Tropical Fruit Chiffon
	<b>PM</b>	<b>Fruit Punch Drink</b> <b>Oatmeal Cookie</b>	<b>Iced Tea Drink</b> <b>Date Turnover Cookie</b>	<b>Lemonade Drink</b> <b>Chocolate Chip Cookie</b>	<b>Peach Drink</b> <b>Maple Cookie Sandwich</b>	<b>Fruit Punch Drink</b> <b>Mini Cheese Danish</b>	<b>Iced Tea Drink</b> <b>Shortbread Cookie</b>	<b>Lemonade Drink</b> <b>Black Forest Turnover Cookie</b>
<b>DINNER</b>		Baked Basa Mashed Potatoes Sunrise Mix Vegetables Butter Tart  <b>OR</b> Veal Paprika Steamed Rice Zucchini Medley Diced Pears	Meatloaf Beef Gravy Roasted Potatoes Diced Squash Triple Berry Crumble  <b>OR</b> Irish Lamb Stew Tea Biscuit Scandinavian Mix Vegetables Apricot Halves	Glazed Chicken Thighs Scalloped Potatoes Diced Turnips Vanilla Bean Dream Cake  <b>OR</b> Honey Mustard Pork Chop Steamed Rice Oriental Mix Vegetables Mango	Maple Glazed Ham Chive Whipped Potatoes Parslied Parsnips Iced Banana Cake  <b>OR</b> Swiss Steak Chive Whipped Potatoes Peas Apple Slices	Lemon Pepper Cod Oven Browned Potatoes PEI Mix Vegetables Rice Pudding  <b>OR</b> Chicken Cacciatore Oven Browned Potatoes Cauliflower Fruit Cocktail	Roast Turkey Turkey Gravy Mashed Potatoes Herbed Green Beans Maple Chocomania Cake  <b>OR</b> Veal Schnitzel Mashed Potatoes Buttered Cabbage Stewed Rhubarb	Pork Roast Pork Gravy Mashed Potatoes Broccoli Apple Blackberry Crumble Cake  <b>OR</b> Swedish Meatballs Buttered Egg Noodles Red & Green Peppers Orange Sections
	<b>HS</b>	<b>Peanut Butter &amp; Jelly Sandwich</b> <b>Milk 2%</b>	<b>Cheese &amp; Crackers</b> <b>Milk 2%</b>	<b>Ham Salad Sandwich</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf with Marble Cheese</b> <b>Milk 2%</b>	<b>Roast Beef Salad Sandwich</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Raisin Bran Loaf with 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)