

ONTARIO MENU SPRING/SUMMER 2023

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-2, May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-3, May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21	May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1, Oct-22	May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2, Oct-23
BREAKFAST	Orange Juice Oatmeal Cereal Hard Boiled Egg Whole Wheat Toast Strawberries OR Variety of Cold Cereals Peanut Butter Rye Toast	Cranberry Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast Banana Half OR Variety of Cold Cereals Creamy Vanilla Yogurt Fruit Extreme Muffin	Apple Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Mandarin Orange Sections OR Variety of Cold Cereals Cream Cheese Whole Wheat Bagel	Orange Juice Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Blueberries OR Variety of Cold Cereals Creamy Vanilla Yogurt Raisin Toast	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Honeydew Melon OR Variety of Cold Cereals Smooth Lemon Cottage Cheese Mini Danish	Apple Juice Cream of Wheat Cereal Hard Boiled Egg Whole Wheat Toast Banana Half OR Variety of Cold Cereals Cheddar Cheese Bran Muffin	Orange Juice Cinnamon Oatmeal Fried Eggs Whole Wheat Toast Cantaloupe Chunks OR Variety of Cold Cereals Bacon Strips Toasted English Muffin
	AM	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
LUNCH	Garden Vegetable Soup Hamburger on Bun Sauteed Peppers & Onions Watermelon OR Turkey w/ Lettuce on Whole Wheat Greek Salad Butterscotch Ice Cream	Beef Noodle Soup Macaroni & Cheese Garlic Bread Stewed Tomatoes Cantaloupe Chunks OR Bologna Sandwich Tossed Ranch Salad Apple Cobbler	Cream of Chicken Soup English Style Battered Pollock French Fries Creamy Coleslaw Fruit Cocktail OR Herbed Omelet Mini Croissant Sliced Carrots Coconut Pudding	Homemade Vegetable Barley Soup Pastrami on Rye Sandwich Carrot Raisin Salad Diced Peaches OR Chicken Caesar Salad Whole Wheat Roll Strawberry Mousse	Cream of Potato Bacon Soup Toasted Western Sandwich Italian Mixed Grilled Vegetables Tropical Fruit Salad OR BBQ Pulled Beef on Bun Lettuce Tomato Salad French Cream Cake	Chicken Noodle Soup Mini Submarine Sandwich Spring Mix Salad Mandarin Orange Sections OR Perogies w/ Bacon & Onions Sour Cream Green Beans Black Forest Pudding	Cream of Cauliflower Soup Salmon & Potato Salad Plate Four Bean Salad Dinner Roll Diced Pears OR Country Sausage Pancakes with Syrup Strawberry and Rhubarb Compote Tiger Paw Ice Cream Bar
	PM	Lemonade Drink Peach Applesauce	Peach Drink Shorbread Swirl Cookie	Fruit Punch Drink Chocolate Chip Cookies	Iced Tea Drink Strawberry Viva Puffs	Lemonade Drink Maple Cream Cookie	Peach Drink Assorted Wafer Cookies
DINNER	Pork Chops & Mushroom Gravy Mashed Potatoes Butternut Squash Lemon Chiffon OR Battered Cod Fillet Lemon Wedge Mashed Potatoes Brussel Sprouts Diced Pears	BBQ Chicken Scalloped Potatoes Oriental Mix Vegetables Strawberry Shortcake OR Baked Ham in Pineapple Juice Scalloped Potatoes Beets Fresh Grapes	Meat Pie (Tortiere) Mashed Potatoes Beef Gravy Oregano Green Beans Maple Chocolate Mania Cake OR Turkey Cacciatore Fluffy Rice Parslied Cauliflower Apricots	Spaghetti & Meatballs Broccoli Florets Citrus Orange Cake OR Pork Souvlaki Pork Gravy Mashed Potatoes Pick Of The Day Vegetables Apple Slices	Chicken Cordon Bleu Chicken Gravy Oven Browned Potatoes Mexican Vegetables Vanilla Ice Cream OR Lemon Herb Fish Fillet Oven Browned Potatoes Green Peas Mango	Meatloaf Beef Gravy Whipped Potatoes California Vegetables Red Velvet Cake OR Honey Garlic Ribs with Sauce Whipped Potatoes Buttered Corn Crushed Pineapple	Roast Turkey Turkey Gravy Herbed Potatoes Sunrise Mix Vegetables Apple Pie OR Tuscan Style Vegetable Lasagna Garlic Bread Mixed Green Salad with Dressing Watermelon
	HS	Banana Loaf & Cheese Milk 2%	Digestive Cookies & Creamy Peach Yogurt Milk 2%	Lemon Loaf & Cheese Milk 2%	Peanut Butter & Crackers Milk 2%	Egg Salad Sandwich Milk 2%	Graham Crackers & Vanilla Yogurt Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner. Offer both Vegetable choices at both Lunch and Dinner and fruit as first choice of dessert at all meals as part of CFG

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)



SILVER GROUP PURCHASING