

**ONTARIO MENU SPRING/SUMMER 2023**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3	May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4	May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5	May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6	May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7	May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9
<b>BREAKFAST</b>	Cranberry Juice Oatbran Cereal Poached Egg Whole Wheat Toast Fruit Cocktail <b>OR</b> Variety of Cold Cereals Cheddar Cheese Raisin Toast	Apple Juice Oatmeal Cereal Hard Boiled Egg Whole Wheat Toast Banana Half <b>OR</b> Variety of Cold Cereals Smooth Vanilla Bean Cottage Cheese Mini Danish	Orange Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Strawberries <b>OR</b> Variety of Cold Cereals Creamy Vanilla Yogurt Lemon Cranberry Muffin	Cranberry Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Cantaloupe Chunks <b>OR</b> Variety of Cold Cereals Cream Cheese Whole Wheat Bagel	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Papaya <b>OR</b> Variety of Cold Cereals Peanut Butter Apple Fritter	Orange Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Banana Half <b>OR</b> Variety of Cold Cereals Peanut Butter Rye Toast	Cranberry Juice Cream of Wheat Fried Egg Whole Wheat Toast Diced Pears <b>OR</b> Variety of Cold Cereals Bacon Strips Toasted English Muffin
<b>AM</b>	<b>Apple Juice</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>LUNCH</b>	Beef Barley Soup Asiago & Parmesan Quiche Green Peas Orange Sections <b>OR</b> Ham Sandwich on Rye Sping Mix Lettuce Salad Date Square	Tuscan Bean & Vegetable Soup Beef Taco Salad Diced Pears <b>OR</b> Captain Burger on WW Bun Creamy Coleslaw Ice Cream Sandwich	Chicken Pastina Soup Chicken Strips Plum Sauce French Fries Kernel Corn Crushed Pineapple <b>OR</b> Deli & Pasta Salad Plate White Dinner Roll Mango Mousse Cake	Turkey Vegetable Soup Pizza of Choice Spring Mix Salad Fruit Cocktail <b>OR</b> Sloppy Joes Whole Wheat Bun Sliced Carrots Maple Swirl Ice Cream	Chicken Vegetable Barley Soup Cottage Cheese & Fruit Plate Raspberry Yogurt Muffin Mandarin Oranges <b>OR</b> Cod Nuggets Potato Bites Florentine Vegetable Mix Wildberry Macaroon Cake	Italian Wedding Soup Hot Dog on Bun Caesar Salad Diced Peaches <b>OR</b> Four Cheese Penne Pasta Casserole Garlic Bread Kale Vegetable Blend Butterscotch Pudding	Cream Of Mushroom Soup Tuna Salad on Whole Wheat Red Beet Salad Watermelon <b>OR</b> Chicken Wings with Sauce Roasted Potato Wedges Green Peas Pistachio Dark Chocolate Bar
<b>PM</b>	<b>Iced Tea Drink</b> <b>Fig Newton Cookie</b>	<b>Lemonade Drink</b> <b>Digestive Cookie</b>	<b>Peach Drink</b> <b>Strawberry Viva Puffs</b>	<b>Fruit Punch Drink</b> <b>Chocolate Chip Cookie</b>	<b>Pear Drink</b> <b>Oatmeal Date Cookie</b>	<b>Mango Drink</b> <b>Shortbread Cookie</b>	<b>Peach Drink</b> <b>Strawberry Turnover Cookie</b>
<b>DINNER</b>	Country Style Chicken Chicken Gravy Mashed Potatoes Broccoli Florets Chocolate Mousse <b>OR</b> BBQ Pork Chops Mashed Potatoes Sauteed Garlic Mushrooms Honeydew Melon	Oktoberfest Sausage Herbed Potatoes Pork Gravy Cocktail Vegetables Caramel Cheesecake <b>OR</b> Veal Cutlet Herbed Potatoes Brussels Sprouts Diced Peaches	Pasta with Meat Sauce Garlic Bread Italian Mix Vegetables Rice Pudding <b>OR</b> Sole with Lemon Pepper Mashed Potatoes Gravy Prince Edward Island Vegetables Mango	Creamy Chicken & Mushroom Fluffy Rice Bistro Vegetables Blueberry Crisp <b>OR</b> Hawaiian Ham Fluffy Rice Seasoned Green Beans Apricot Halves	Salisbury Steak with Gravy Boiled Potatoes Parslied Cauliflower Triple Chocolate Fudge Cake <b>OR</b> Teriyaki Turkey Boiled Potatoes Zucchini Medley Apple Slices	Lemon Pepper Chicken Breast Scalloped Potatoes Sunrise Vegetables Black Forest Cake <b>OR</b> Mediterranean Glazed Salmon Scalloped Potatoes Whipped Squash Grapes	Roast Beef Beef Gravy Yorkshire Pudding Diced Turnip Chocolate Cream Mint Pie <b>OR</b> Turkey Meatloaf w/Gravy Mashed Potatoes Grilled Peppers & Onions Tropical Fruit Salad
<b>HS</b>	<b>Donut Holes &amp; Creamy Strawberry Yoqurt</b> <b>Milk 2%</b>	<b>Carrot Loaf &amp; Cheese</b> <b>Milk 2%</b>	<b>Peanut Butter &amp; Jam Sandwich</b> <b>Milk 2%</b>	<b>Ritz Crackers &amp; Cheese</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Mini Pancakes &amp; Creamy Peach Yoqurt</b> <b>Milk 2%</b>	<b>Lemon Loaf &amp; Cheese</b> <b>Milk 2%</b>

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)

