

**ONTARIO MENU SPRING/SUMMER 2023**

**WEEK 3**

		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
		May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14	May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16
<b>BREAKFAST</b>		Apple Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Blueberries  <b>OR</b> Variety of Cold Cereals Peanut Butter Raisin Toast	Orange Juice Oatbran Cereal Poached Eggs Whole Wheat Toast Banana Half  <b>OR</b> Variety of Cold Cereals Creamy Vanilla Yogurt Donuts	Cranberry Juice Oatmeal Cereal Scrambled Egg Whole Wheat Toast Diced Pears  <b>OR</b> Variety of Cold Cereals Cream Cheese Whole Wheat Bagel	Apple Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Fruit Cocktail  <b>OR</b> Variety of Cold Cereals Smooth Lemon Cottage Cheese Mini Chocolate Danish	Orange Juice Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Apricot Halves  <b>OR</b> Variety of Cold Cereals Cheddar Cheese Apple Spice Muffin	Cranberry Juice Oatbran Cereal Poached Egg Whole Wheat Toast Banana Half  <b>OR</b> Variety of Cold Cereals Peanut Butter Croissant	Apple Juice Cream of Wheat Fried Eggs Whole Wheat Toast Diced Peaches  <b>OR</b> Variety of Cold Cereals Bacon Strips Toasted English Muffin
	<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>		Beef Barley Soup Alfredo Cheese Tortellini Garlic Bread Pick of the Day Vegetable Blend Cantaloupe Chunks <b>OR</b> Sliced Turkey on Rye Tossed Salad Jello With Whipped Topping	Cream of Broccoli Soup Homestyle Beans & Weiners Bistro Vegetables Diced Peaches  <b>OR</b> Cottage Cheese Fruit Plate Cranberry Orange Scone Neapolitan Ice Cream	Garden Vegetable Soup Turkey Burger on Bun Creamy Cucumber & Onion Salad Honeydew Melon  <b>OR</b> Sausage Patty Diced Hashbrowns Broccoli Florets Tiramisu Mousse	Minestrone Soup Pasta Primavera Zucchini Medley Watermelon  <b>OR</b> Chicken Salad Sandwich Mixed Green Salad Date Square	Cream of Tomato Soup Grilled Cheese Sandwich Whole Green Beans Mango  <b>OR</b> Sliced Ham Plate Rainbow Coleslaw Dill Potato Salad French Cream Cheesecake	Chicken Rice Soup Quiche Florentine Sliced Carrots Whole Wheat Bread Crushed Pineapple <b>OR</b> Veggie Burger Garnish Tomato & Onion Slices Spring Mix Salad Lemon Tart	Cream of Vegetable Chowder Fish and Chips Tartar Sauce Kernel Corn Mandarin Oranges <b>OR</b> Egg Salad Sandwich Sliced Dill Pickle Four Bean Salad Banana Pudding
	<b>PM</b>	<b>Grape Drink Assorted Wafers</b>	<b>Iced Tea Drink Oatmeal Date Cookie</b>	<b>Lemonade Drink Chocolate Chip Cookie Hmd</b>	<b>Pear Drink Raspberry Turnover Cookie</b>	<b>Fruit Punch Drink Mini Brownie</b>	<b>Peach Drink Peanut Butter Cookie</b>	<b>Cherry Drink Nutri-Grain Bar</b>
<b>DINNER</b>		Swedish Meatballs Fluffy Rice Sliced Carrots Apple Crisp  <b>OR</b> Teriyaki Pork Loin Fluffy Rice Broccoli Florets Mandarin Oranges	Crunchy Ranch Chicken Chicken Gravy Mashed Potatoes Green Beans Cherry Cheesecake  <b>OR</b> Beef Shepherd's Pie Florentine Vegetable Mix Apricot Apple Blend	Tender Philly Steak Au Gratin Potatoes Sunrise Vegetables Triple Layer Chocolate Cake  <b>OR</b> Baked Cod Fillet w/Lemon Wedge Au Gratin Potatoes Wax Beans & Peppers Crushed Pineapple	BBQ Pork Drummies Roasted Potatoes Pork Gravy California Mixed Vegetables Vanilla Caramel Swirl Cake  <b>OR</b> Meat Lasagna Garlic Bread Tossed Salad Orange Sections	Salmon w/ Lemon Dill Sauce Rice Pilaf Diced Squash Chocolate Ice Cream Bar  <b>OR</b> Turkey Stirfry Rice Pilaf Green Peas Fresh Grapes	Spaghetti & Meat Sauce Garlic Bread Herbed Cauliflower Date Pudding Cake  <b>OR</b> Montreal Spice Chicken Boiled Red Potatoes Chicken Gravy Cocktail Vegetables Honeydew Melon	Pork Roast Pork Gravy Garlic Mashed Potatoes Italian Mixed Vegetables Cherry Pie <b>OR</b> Veal Parmesan Garlic Mashed Potatoes Asparagus Deluxe Fruit Salad
	<b>HS</b>	<b>Banana Bran Loaf &amp; Cheese Milk 2%</b>	<b>Peanut Butter &amp; Jam Sandwich Milk 2%</b>	<b>Blueberry Loaf &amp; Cheese Milk 2%</b>	<b>Mini Pancakes &amp; Creamy Peach Yogurt Milk 2%</b>	<b>Carrot Loaf &amp; Cream Cheese Milk 2%</b>	<b>Ritz Crackers &amp; Cheese Milk 2%</b>	<b>Mini Cream Puffs &amp; Creamy Strawberry Yogurt 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)

