

**ONTARIO MENU FALL/WINTER 2022 - 2023**

**WEEK 1**

<b>ONTARIO MENU FALL/WINTER 2022 - 2023</b>								
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
		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	Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-26, Apr-16
<b>BREAKFAST</b>		<b>Apple Juice</b> Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Blueberries	<b>Orange Juice</b> Oatbran Cereal French Toast Banana Half	<b>Cranberry Juice</b> Oatmeal Hard Boiled Egg Raisin Toast Fruit Cocktail	<b>Apple Juice</b> Cream of Wheat Scrambled Egg Whole Wheat Toast Mandarin Oranges	<b>Orange Juice</b> Cinnamon Oatmeal Cottage Cheese Rye Toast Pineapple	<b>Cranberry Juice</b> Oatbran Cereal Assorted Creamy Yogurt Pancake Banana Half	<b>Apple Juice</b> Cream of Wheat Fried Egg Whole Wheat Toast Chilled Diced Peaches
		Assorted Cold Cereal Peanut Butter	Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Assorted Creamy Yogurt Fruit Extreme Muffin	Assorted Cold Cereal Poached Egg Whole Wheat Toast	Assorted Cold Cereal Scrambled Egg Whole Wheat Toast	Assorted Cold Cereal Bacon English Muffin
	<b>AM</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>Cranberry Juice</b>
<b>LUNCH</b>		Cream of Tomato Soup Grilled Ham & Cheese Sandwich Carrot Raisin Salad Pickles Mandarin Oranges	Beef Noodle Soup Rib-o-Pork on Bun Creamy Cucumber & Onions Pineapple	Potato and Bacon Soup Pizza - Chef's Choice Vinaigrette Coleslaw Chilled Diced Peaches	Chicken Florentine Soup Homemade Beef Chili Naan Bread Broccoli Florets Apples Slices	Minestrone Soup Hot Roast Beef Sandwich w/ Gravy French Fries California Vegetables Mango	Italian Wedding Soup Hot Dog on Wheat Bun Creamy Coleslaw Fruit Cocktail	Cream of Mushroom Soup Honey Balsamic Salmon Lemon Wedge Fluffy Rice Sunrise Vegetables Chilled Diced Pears
		Chicken Stir-Fry Fluffy Rice  Mixed Green Italian Salad Maple Chocolate Mania Cake	Herbed Omelet Potato Hashbrowns  Sautéed Zucchini & Red Peppers Butterscotch Pudding	Cottage Cheese Fruit Salad Plate Apple Spice Muffin  Strawberry Mousse	Ham & Tomato Sandwich Caesar Salad  Chocolate Ice Cream	Turkey Deli & Pasta Salad Plate Dinner Roll  Lemon Buttermilk Cake	Vegetable Quiche Harvard Beets  Jello with Whipped Topping	Mini Submarine Sandwich Four Bean Salad  Haystack Brownie
<b>PM</b>		<b>Pear Drink</b>  <b>Strawberry Oatmeal Cookie</b>	<b>Peach Drink</b>  <b>Shortbread Cookies</b>	<b>Fruit Punch</b>  <b>Strawberry Turnover</b>	<b>Grape Drink</b>  <b>Assorted Wafer Cookie</b>	<b>Cherry Drink</b>  <b>Peanut Butter Cookies</b>	<b>Peach Drink</b>  <b>Fruit Creme Cookie</b>	<b>Fruit Punch</b> <b>Cinnamon Applesauce w/ Bread Stick</b>
		Turkey Schnitzel Poultry Gravy  Mashed Potatoes Sautéed Red Peppers, Mushrooms & Onions Mango	Chicken Supreme Rosemary & Garlic Roasted Potato  Sunrise Vegetables  Chilled Apricots	Philly Steak Mashed Potatoes  Seasoned Diced Turnips  Chilled Diced Pears	Herb Baked Chicken Leg Poultry Gravy  Chive Whipped Potatoes  New England Vegetables Blueberries	Baked Cod Fillet Lemon Wedge  Roasted Potatoes  Mashed Squash Honeydew Melon	Beef Shepherd's Pie Beef Gravy  Cocktail Vegetables  Stewed Rhubarb	Roast Turkey & Cranberry Sauce Mashed Potatoes  Fall Medley Vegetables  Chilled Tropical Fruit
<b>DINNER</b>		Macaroni & Beef Casserole  Winter Vegetables Strawberry Ice Cream	Herb Baked Fish  Lemon Wedge Rosemary & Garlic Roasted Potato Green Peas Apple Crumble	Turkey Pot Pie Mashed Potatoes Green & Yellow Beans Toffee Pudding Cake	Meat Lasagna  Greek Salad Iced Banana Cake	Teriyaki Pork Loin  Roasted Potatoes Italian Mixed Vegetables Rice Pudding	Chicken Cacciatore  Fluffy Rice Green Peas Caramel Cheesecake	Spaghetti & Meatballs  Broccoli Florets Pumpkin Pie
	<b>HS</b>	<b>2% Milk</b> <b>Banana Loaf</b> <b>Vanilla Pudding</b>	<b>2% Milk</b> <b>Egg Salad on WW</b>	<b>2% Milk</b> <b>Carrot Muffin</b> <b>Lemon Smooth Cottage Cheese</b>	<b>2% Milk</b> <b>Ritz Crackers</b> <b>Cheddar Cheese Slice</b>	<b>2% Milk</b> <b>Creamy Vanilla Yogurt</b> <b>Blueberry Loaf</b>	<b>2% Milk</b> <b>Peanut Butter Sandwich WW</b>	<b>2% Milk</b> <b>Swiss Cheese Slice</b> <b>Caramel Coffee Muffin</b>

Bread, margarine and/or crackers offered at lunch and dinner. Offer both vegetable choices at both Lunch and Dinner

Coffee, tea, water and milk offered at each meal and nourishment.