

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

**WEEK 2**

		<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, Apr-22	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11,Apr-2, Apr-23
<b>BREAKFAST</b>		<b>Orange Juice</b> <b>Oatmeal</b> <b>Poached Egg</b> <b>Old Fashioned Donut</b> <b>Sliced Strawberries</b>	<b>Cranberry Juice</b> <b>Cream of Wheat</b> <b>Waffles</b> <b>Banana Half</b>	<b>Apple Juice</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> <b>Chilled Tropical Fruit</b>	<b>Orange Juice</b> <b>Oatbran Cereal</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> <b>Mandarin Oranges</b>	<b>Cranberry Juice</b> <b>Cream of Wheat</b> <b>Cottage Cheese</b> <b>Raisin Toast</b> <b>Honeydew Melon</b>	<b>Apple Juice</b> <b>Oatbran Cereal</b> <b>Poached Egg</b> <b>Whole Wheat Toast</b> <b>Banana Half</b>	<b>Orange Juice</b> <b>Cinnamon Oatmeal</b> <b>Fried Egg</b> <b>Whole Wheat Toast</b> <b>Cantaloupe Chunks</b>
		Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Hard Boiled Egg Whole Wheat Toast	Assorted Cold Cereal Peanut Butter Rye Toast	Assorted Cold Cereal Assorted Creamy Yogurt Lemon Cranberry Muffin	Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast	Assorted Cold Cereal Assorted Creamy Yogurt Bran Muffin	Assorted Cold Cereal Bacon Whole Wheat 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>		<b>Beef Fall Vegetable Soup</b> <b>Chicken Fingers</b> <b>Plum Sauce</b> <b>Tator Tots</b> <b>Zesty Balsamic Carrots</b> <b>Cantaloupe Chunks</b>	<b>French Canadian Pea Soup</b> <b>Potato &amp; Cheese Perogies</b> <b>Sour Cream</b> <b>Sunrise Vegetables</b> <b>Mandarin Oranges</b>	<b>Chicken Vegetable Noodle Soup</b> <b>Hearty Turkey Chili</b> <b>Cornbread</b> <b>New England Veg</b> <b>Crushed Pineapple</b>	<b>Broccoli Cheese Soup</b> <b>Breaded Haddock</b> <b>Tartar Sauce</b> <b>French Fries w/Ketchup</b> <b>Buttered Corn</b> <b>Blueberries</b>	<b>Tomato &amp; Macaroni Soup</b> <b>Pulled Pork on WW Bun</b> <b>Tossed Ranch Salad</b> <b>Deluxe Fruit Salad</b>	<b>Beef Vegetable Barley Soup</b> <b>Taco Cassesrole</b> <b>Zucchini</b> <b>Fresh Grapes</b>	<b>Cream of Cauliflower Soup</b> <b>Hot Turkey Sandwich w/ Gravy</b> <b>Grilled Vegetables</b> <b>Chilled Diced Peaches</b>
		Corned Beef on Rye Tossed Ranch Salad Butter Tarts	Egg Salad Sandwich on Wheat Mixed Salad with French Dressing English Toffee Cake	Cottage Cheese & Fruit Plate Carrot Muffin Butterscotch Icecream	Chicken Salad on WW Bun Tomato & Cucumber Salad Frosted Banana Cake	Broccoli Cheese Frittata Italian Mixed Vegetables Vanilla Ice Cream	Shaved Ham on Whole Wheat Pickle Spear Caesar Salad Tapioca Pudding	Homestyle Tuna Salad Croissant Salad with Raspberry Vinaigrette Red Velvet Cake
<b>PM</b>		<b>Pear Drink</b> <b>Assorted Cream Cookie</b>	<b>Mango Drink</b> <b>Apple Turnover</b>	<b>Peach Drink</b> <b>Shortbread Swirl Cookie</b>	<b>Fruit Punch</b> <b>Date Cookie</b>	<b>Iced Tea Drink</b> <b>Chocolate Chip Cookie</b>	<b>Cherry Drink</b> <b>Nutri-Grain Blueberry Bar</b>	<b>Grape Drink</b> <b>Peanut Butter Cookies</b>
<b>DINNER</b>		<b>Honey Garlic Ribs</b> <b>Parisienne Potatoes</b> <b>Whole Green Beans</b> <b>Hot Spiced Apples</b>	<b>Chicken With Mushrooms Sauce</b> <b>Oven-Browned Potatoes</b> <b>Winter Vegetables</b> <b>Fruit Cocktail</b>	<b>Glazed Ham</b> <b>Mashed Potatoes</b> <b>Brussels Sprouts</b> <b>Chilled Apricots</b>	<b>Hamburger Steak w/Caramelized Onions</b> <b>Beef Gravy</b> <b>Mashed Potatoes</b> <b>Diced Squash</b> <b>Stewed Rhubarb</b>	<b>Maple Glazed Salmon Loin</b> <b>Lemon Wedge</b> <b>Boiled Red Potato</b> <b>Fall Medley Vegetables</b> <b>Mango</b>	<b>Montreal Spiced Chicken</b> <b>Poultry Gravy</b> <b>Mashed Potatoes</b> <b>Parsley Carrots</b> <b>Chilled Diced Pears</b>	<b>Beef Pot Roast</b> <b>Beef Gravy</b> <b>Mashed Potatoes</b> <b>Apple Glazed Turnips</b> <b>Crushed Pineapple</b>
		Meatloaf Parisienne Potatoes Cauliflower Brownie	Baked Sole Fillet w/ Buttermilk Dill Sauce Oven-Browned Potatoes Green Peas Cherry Crisp	Cabbage Rolls Mashed Potatoes California Vegetables Lemonicious Bar	Cheese Stuffed Canneloni w/Tomato Basil Sauce Sunrise Vegetables Coconut Cream Pie	Salisbury Steak Boiled Red Potato Beef Gravy Minted Peas Wildberry Macaroon Cake	Bolognese Sauce Buttered Spaghetti Green Beans Date Square	Sweet & Sour Pork Vegetable Fried Rice Asian Vegetables Lemon Meringue Pie
<b>HS</b>		<b>2% Milk</b> <b>Creamy Peach Yogurt</b> <b>Blueberry Muffin</b>	<b>2% Milk</b> <b>Peanut Butter Jam Sandwich</b>	<b>2% Milk</b> <b>Cheddar Cheese Slice</b> <b>Fresh Apple Slices</b>	<b>2% Milk</b> <b>Ritz Crackers</b> <b>Vanilla Smooth Cottage Cheese</b>	<b>2% Milk</b> <b>Marble Cheese Slice</b> <b>Carrot Pineapple Loaf</b>	<b>2% Milk</b> <b>Egg Salad on WW</b>	<b>2% Milk</b> <b>Breadsticks &amp; Cheese Whiz</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.