

ONTARIO MENU FALL/WINTER 2022 - 2023

WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|--|---|--|---|--|---|--|
| | Nov-7,Nov-28,Dec-19,Jan-9, Jan-30, Feb-20, Mar-12,Apr-3, Apr-24 | Nov-8,Nov-29,Dec-20,Jan-10, Jan-31, Feb-21, Mar-13, Apr-4, Apr-25 | Nov-9,Nov-30,Dec-21,Jan-11, Feb-1, Feb-22, Mar-14, Apr-5, Apr-26 | Nov-10,Dec-1,Dec-22,Jan-12, Feb-2, Feb-23, Mar-15, Apr-6, Apr-27 | Nov-11,Dec-2,Dec-23,Jan-13, Feb-3, Feb-24, Mar-16, Apr-7, Apr-28 | Nov-12,Dec-3,Dec-24,Jan-14, Feb-4, Feb-25, Mar-17, Apr-8, Apr-29 | Nov-13,Dec-4,Dec-25,Jan-15, Feb-5, Feb-26, Mar-18, Apr-9, Apr-30 |
| BREAKFAST | Cranberry Juice Oatbran Cereal Poached Egg Whole Wheat Toast Fruit Cocktail | Apple Juice Oatmeal Cottage Cheese Raisin Toast Banana Half | Orange Juice Cream of Wheat Assorted Creamy Yogurt Pancakes Blueberries | Cranberry Juice Cinnamon Oatmeal Hard Boiled Egg Raisin Toast Mandarin Oranges | Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Chilled Tropical Fruit | Orange Juice Oatmeal Fried Egg Whole Wheat Toast Banana Half | Cranberry Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Deluxe Fruit Salad |
| | Assorted Cold Cereal Peanut Butter Blueberry Muffin | Assorted Cold Cereal Hard Boiled Egg Whole Wheat Toast | Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast | Assorted Cold Cereal Peanut Butter Whole Wheat Toast | Assorted Cold Cereal Assorted Creamy Yogurt Bran Muffin | Assorted Cold Cereal Bacon Toasted English Muffin | Assorted Cold Cereal Cottage Cheese |
| AM | Orange Juice | Cranberry Juice | Apple Juice | Orange Juice | Cranberry Juice | Apple Juice | Orange Juice |
| LUNCH | Cream of Tomato Soup Grilled Cheese Sandwich Pickle Spear Tomato & Cucumber Salad Chilled Diced Pears | Garden Vegetable Soup BBQ Teriyaki Beef Ribette Mashed Potatoes Green Peas Honeydew Melon | Beef Noodle Soup Egg & Potato Salad Plate Whole Wheat Roll Mango | Cream of Chicken Soup Macaroni & Cheese Mixed Vegetables Fresh Grapes | Cheese Tortellini Soup Chicken Pot Pie Cauliflower & Red Peppers Sliced Strawberries | Chicken Noodle Soup Fish 'n Chips Tartar Sauce Creamy Coleslaw Blueberries | Vegetable Barley Soup Meatballs & Mushroom Sauce Egg Noodles Julienne Carrots Chilled Diced Peaches |
| | Chili Con Carne Garlic Bread Broccoli Florets Ice Cream Sandwich | Turkey Sandwich w/Cranberry Mayo Chopped Salad with Dressing Peach Cobbler | Homestyle Beans and Wieners Diced Zucchini Cornbread Vanilla Ice Cream | Salmon Salad Sandwich Greek Salad Lemon Tart | Cheeseburger on Wheat Bun Mustard/Ketchup, Tomato Slice Mixed Salad with French Dressing Ambrosia | Waffles w/Syrup Sausage Links Summer Fruit Salad Coconut Pudding | Garden Veg Cheese Omelette Sunrise Vegetables Dinner Roll Carrot Cake |
| PM | Fruit Punch Shortbread Swirl Cookie | Cherry Drink Oatmeal Raisin Cookie | Pear Drink Fig Newton Cookie | Peach Drink Fresh Fruit | Apple Cider Drink Nutri-Grain Apple Cinnamon Bar | Iced Tea Drink Chocolate Pudding | Grape Drink Peanut Butter Cookies |
| DINNER | Lemon Herb Baked Chicken Thighs Roasted Potatoes Dill Carrot Coins Mandarin Oranges | Honey Glazed Pork Chops Mushroom Gravy Baked Potato California Vegetables Chilled Tropical Fruit | Country Style Fried Chicken Mashed Potatoes Fall Medley Vegetables Stewed Rhubarb | Italian Herb Beef Stew New England Veg Chilled Apricots | Lemon Herb Pollock Scalloped Potatoes Mexican Vegetables Chilled Diced Pears | Turkey Vegetable & Potato Hash Broccoli Florets Cantaloupe Chunks | Pork Roast with Gravy Herbed Potatoes Diced Squash Crushed Pineapple |
| | Oktoberfest Sausage Roasted Potatoes Tossed Salad & Italian Dressing Mango Mousse Cake | Sole w/Lemon Pepper Baked Potato Creamed Corn Banana Pudding | Liver & Onions Mashed Potatoes Beef Gravy Sauteed Spinach Apple Crumble | Breaded Turkey Cutlet Turkey Gravy Boiled Red Potato Whole Green Beans Vanilla Caramel Swirl Cake | Baked Ham Scalloped Potatoes Dilled Peas Triple Chocolate Fudge Cake | Roasted Vegetable Lasagna Caesar Salad Boston Cream Cake | Honey Garlic Chicken Herbed Potatoes Tossed Salad & Italian Dressing Apple Pie |
| HS | 2% Milk Peanut Butter Sndw Snack WW | 2% Milk Vanilla Smooth Cottage Cheese Ritz Crackers | 2% Milk Cheese Whiz & Tricuit Crackers | 2% Milk Lemon Poppyseed Loaf Marble Cheese Slice | 2% Milk Egg Salad on WW | 2% Milk Cheddar Cheese Slice Blueberry Loaf | 2% Milk Creamy Strawberry Yogurt Carrot Muffin |

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.