

ONTARIO MENU 2014

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Orange Juice Oatmeal Cereal Boiled Egg Raisin Toast Banana	Cranberry Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast Orange Sections	Apple Juice Oatmeal Cereal Fried Egg Whole Wheat Toast Apple Sauce	Orange Juice Cream of Wheat Cereal Cheddar Cheese Bran Muffin Stewed Prunes	Cranberry Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Banana	Apple Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast Mandarin Orange Sections	Orange Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Applesauce
	OR	OR	OR	OR	OR	OR	OR
	Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Variety of Cold Cereals Peanut Butter	Variety of Cold Cereals Peanut Butter	Variety of Cold Cereals Scrambled Egg Whole Wheat Toast	Variety of Cold Cereals Peanut Butter	Variety of Cold Cereals Peanut Butter	Variety of Cold Cereals Peanut Butter
AM	Raspberry Drink	White Grape Drink	Peach Drink	Cranapple Juice	Orange Mango Drink	Strawberry Kiwi Drink	Pineapple Juice
LUNCH	Harvest Vegetable Soup Pulled Pork on a Bun Coleslaw Vinaigrette Sliced Peaches	French Onion Soup Sliced Turkey Sandwich Greek Salad Pears	Cream of Tomato Soup Breaded Fish Sticks Potato Nuggets Creamy Coleslaw Plums	Parsnip and Carrot Soup with Basil Sliced Roast Beef Sandwich Citrus Romaine Salad Strawberries	Roasted Garlic and Lentil Soup Vegetarian Tofu Oriental Steamed Rice Brussel Sprouts Fruit Cocktail	Beef & Barley Soup Chicken Tenders with Plum Sauce Sweet Potato Fries Tossed Salad Dressing Pineapple Tidbits	Chicken Noodle Soup Cheese Tortellini with Tomato Basil Tour Italian Mix Vegetables Fresh Fruit Salad
	OR	OR	OR	OR	OR	OR	OR
	Baked Beans with Weiners Cornmeal Muffin Garden Salad Crème Caramel Pudding	Veal Stew Tea Biscuit Pickled Beets Lemon Chiffon	Macaroni & Cheese Green Peas Vanilla Ice Cream	Baked Spanish Omelet Toasted Gluten Free Bread Broccoli Florets Raspberry Jello	GF Ham and Cheese Sandwich Tomato & Cucumber Salad Peach Passion Mousse	Egg Salad Sandwich Four Bean Salad Strawberries & Rhubarb Compote	Tuna Salad Sandwich Spinach and Lettuce Salad Maple Twist Icecream
PM	Concord Grape Drink Mini Blueberry Muffin	Tropical Fruit Drink Apple Cinnamon Coffee Cake	Orange Banana Drink Spice Snap Cookies	Cherry Drink Coconut Macaroons	Apple Juice Bran Crunch Cookies	Cranberry Juice Date Turnover Cookies	Cranberry Peach Drink Mini Brownies
DINNER	Beef Stroganoff Fine Buttered Egg Noodles Carrot and Bean Medley Gluten Free Cheese Cake	Chicken Cacciatore Whipped Potato Spinach Triple Chocolate Fudge Cake	Honey Garlic Pork Chops Oven Roasted Red Potatoes Winter Blend Vegetables Old Fashioned Pound Cake	Braised Liver with Sauteed Onions Mashed Potatoes Montego Mix Vegetables Banana Cream Pie	Breaded Haddock Fillet Parsley Potatoes San Francisco Mix Vegetables Lemon Tarts	Seasoned Pork Roast Scalloped Potatoes Peas and Pearl Onions Raspberry Struesel Cake	Roast Turkey with Cranberry Sauce Mashed Potatoes Butternut Squash Dinner Roll Fruit Pie
	OR	OR	OR	OR	OR	OR	OR
	Baked Basa Fish Fillet White Seafood Sauce Mashed Potatoes Asparagus Spears Pineapple Tidbits	Savory Lamb Roast Whipped Potato Pearl Harvest Vegetable Mix Raspberries	Homemade Shepherd's Pie Beef Gravy Creamed Corn Baked Apple Slices	Roasted Chicken Leg Mashed Potatoes Buttered Green Cabbage Apricots	Chunky Turkey and Fall Vegetable Stew Parsley Potatoes Sauteed Mixed Pepper Mixed Berries	Salisbury Steak Scalloped Potatoes Diced Turnip Sliced Peaches	Roast Veal with Gravy Mashed Potatoes California Vegetable Mix Mango
HS	Blueberry Scones Milk 2%	Tuna Salad Sandwich Milk 2%	Cheese & Crackers Milk 2%	Oatmeal Raisin Cookie Milk 2%	Banana Fruit Bread Milk 2%	Peanut Butter Sandwich Milk 2%	Raisin Bread with Margarine Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

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)



SILVER GROUP PURCHASING

ONTARIO MENU 2014

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Apple Juice Oatmeal Cereal Cheddar Cheese Morning Glory Muffin Banana OR Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Orange Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast Mandarin Orange Sections OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Fried Egg English Muffin Applesauce OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Cereal Poached Egg Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Waffles with Syrup Vanilla Yogurt Mixed Berries OR Variety of Cold Cereals Scrambled Egg Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Fried Egg & Bacon Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter
AM	White Grape Drink	Peach Drink	Cranapple Juice	Orange Mango Drink	Strawberry Kiwi Drink	Pineapple Juice	Raspberry Drink
LUNCH	French Canadian Pea Soup Pulled Beef and Potato Casserole Florentine Vegetable Mix Strawberries OR Ham Salad Cold Plate Whole Wheat Dinner Roll Rice Pudding	Italian Wedding Soup Egg and Vegetable Macaroni Bake Chickpea Salad Grapes OR Pancakes with Syrup Sausage Links Ambrosia Salad Tangerine Mousse	Sweet Potato Bisque Steak and Mushroom Pie Mixed Green Salad Apricots OR Meat Lasagna Garlic Fingers Green Peas Strawberry Frozen Yogurt	Beef Noodle Soup Sliced Turkey Sandwich Pickled Beets Tropical Fruit Salad OR Hamburger on a Bun with Condiments Black Bean and Corn Salad Cherry Jello	Cream of Vegetable Soup Krunchie Perch Fillets Potato Nuggets Creamy Coleslaw Diced Pears OR Pepperoni & Cheese Pizza Caesar Salad Butterscotch Ripple Ice Cream	Heartland Bean Medley Cottage Cheese and Fruit Plate Oatmeal Muffin Lemon Crunch Bar OR Turkey Loaf with Warm Pineapple Salsa Steamed Rice Asparagus Spears Apple Slices	Cauliflower & Cheese Soup Tuna Noodle Casserole Fancy Mixed Vegetables Mango OR Chicken Salad Sandwich Carrot Raisin Salad Chocolate Mousse
PM	Orange Banana Drink Two Bite Coconut Macaroon	Tropical Fruit Drink Peanut Butter Cookie	Concord Grape Drink Dark Chocolate Omega 3 Flax Cookie	Apple Juice Mini Cream filled Croissants	Cranberry Juice Strawberry Turnovers	Cranberry Peach Drink Mini Vanilla Cup Cake	Cherry Drink Apple Turnover Cookie
DINNER	Lemon Chicken Oven Roasted Red Potatoes Zucchini Black Forest Cake OR Savory Meatloaf Oven Roasted Red Potatoes Cauliflower with Cheese Sauce Diced Pears	Oriental Beef Steamed Basmati Rice Brussel Sprouts Nanaimo Bar OR Bacon Wrapped Pork Medallion Mashed Potatoes Sunrise Vegetable Mix Apple Slices	Parmesan Crusted Tilapia with Tuscan Herbs Chive Whipped Potatoes Carrot Coins Cherry Pineapple Cobbler OR Roasted Chicken Legs Chive Whipped Potatoes Italian Mixed Vegetables Blueberries	Country Style Pork Chops O'Brien Potatoes Seasoned Spinach Apple Brown Betty OR Roast Leg of Lamb O'Brien Potatoes Glazed Turnips Honeydew Melon	Marinated Steak with Mushrooms Baked Potatoes & Sour Cream Green Beans Homestyle Carrot Cake OR Greek Style Chicken Breast Mashed Potatoes Buttered Green Cabbage Peaches	Veal Roulade with Corn Bread Stuffing Mashed Potatoes Pearl Harvest Vegetable Mix Date Square OR Pork Drummies Mashed Potatoes Broccoli Florets Mandarin Orange Sections	Glazed Ham Scalloped Potatoes California Mixed Vegetables Bumbleberry Pie OR Beef Pot Roast au Jus Scalloped Potatoes Peas & Carrots Pineapple Tidbits
HS	Cheese Sandwich Milk 2%	Cranberry Citrus Oat Cookie Milk 2%	Pineapple Zucchini Loaf with Cream Cheese Milk 2%	Cinnamon Scones Milk 2%	Banana Bread Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Cheese and Crackers Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

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)



SILVER GROUP PURCHASING

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ONTARIO MENU 2014

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Apple Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Orange Juice Cream of Wheat Cereal Vanilla Yogurt Apple Cinnamon Muffin Mixed Berries OR Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Poached Egg Raisin Toast Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Cereal Waffles with Syrup Vanilla Yogurt Raspberries OR Variety of Cold Cereals Scrambled Egg Whole Wheat Toast	Orange Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Applesauce OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Cereal Cheddar Cheese Lemon Cranberry Muffin Stewed Prunes OR Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Apple Juice Oatmeal Cereal Fried Egg & Bacon English Muffin Mandarin Orange Sections OR Variety of Cold Cereals Whole Wheat Toast Peanut Butter
AM	Peach Drink	Cranapple Juice	Orange Mango Drink	Strawberry Kiwi Drink	White Grape Drink	Raspberry Drink	Pineapple Juice
LUNCH	Pineapple Juice Chili Con Carne Whole Wheat Toast Tossed Salad Plums OR Egg Salad Sandwich Mixed Bean Salad Cherry Jello with Whipped Topping	Cream of Carrot Soup Dusted Pork Bites Sweet & Sour Sauce Sweet Potato Fries Coleslaw Tropical Fruit Salad OR Chef's Salad Plate Whole Wheat Dinner Roll Tapioca Pudding	Beef & Vegetable Soup Mini Submarine Sandwich Greek Salad Diced Pears OR Lentil Casserole Cucumber & Onion Salad Strawberry Ice Cream	Cream of Tomato Soup Grilled Cheese Sandwich Pickled Beets Salad Pineapple Tidbits OR Zesty Turkey Breast Strips Rice Pilaf Winter Mix Vegetables Tiramisu Mousse	Italian Wedding Soup Rustic Chicken Vegetable Casserole Romaine Salad Apricots OR Veggie Burger on a Bun Sliced Onion, Tomato and Lettuce Vanilla Pudding	Chicken Rice Soup Pepper and Onion Quiche White Bean Fiesta Salad Grapes OR Hot Dog on a Bun with Condiments Creamy Potato Salad Lime Jello	Vegetable Beef and Barley Soup Meat Ravioli in Tomato Sauce Garlic Bread Fingers Sliced Zucchini Cantaloupe OR Corned Beef Sandwich on Rye Carrot Raisin Salad Triple Berry Crumble
PM	Tropical Fruit Drink Maple Cream Cookie	Grape Drink Assorted Mini Donuts	Apple Juice Fruit Cream Cookies	Cranberry Juice Assorted Mini Danishes	Cherry Drink Vanilla Wafer Cookies	Orange Banana Drink 2 Bite Strawberry Shortcake	Cranberry Peach Drink Flaxseed Cookie
DINNER	Breaded Sole Fillet With Fresh Lemon Savory Potato Wedges Asparagus Spears Chocolate Raspberry Pudding Cake OR Oven Fried Chicken Savory Potato Wedges Butternut Squash Stewed Strawberries & Rhubarb	Spaghetti with Meat Sauce Garlic Focaccia Bread Stick Italian Mixed Vegetables Orange Iced Cake OR Turkey Dinner Sausage with Mustard Mashed Potatoes Broccoli Florets Fruit Cocktail	Oven Baked Chicken Thighs Mashed Potatoes Sunrise Vegetable Mix Lemon Meringue Pie OR Lamb Curry Basmati Rice Seasoned Spinach Peaches	Roasted Pork Loin with Orange Ginger Zesty Sauce O'Brien Potatoes Brussel Sprouts Banana Cake OR Veal Steakette O'Brien Potatoes Carrot Coins Mango	Braised Beef with Onions Baby Roasted Potatoes Peas and Mushrooms Jelly Roll OR Salmon Fillets with Lemon Wedges Baby Roasted Potatoes Montego Mix Vegetables Baked Apple Slices	Turkey Schnitzel Scalloped Potatoes Butternut Squash Caramilla Cake OR Savory Meat Loaf with Gravy Scalloped Potatoes Green Beans Oregano Watermelon	Baked Chicken in Mushroom Sauce Roasted Ranch Potatoes Scandinavian Mixed Vegetables Apple Pie OR Breaded Italian Veal Cutlet Roasted Ranch Potatoes Broccoli Strawberries
HS	Mini Carrot Muffin Milk 2%	Tuna Salad Sandwich Milk 2%	Cheddar Cheese & Crackers Milk 2%	Blueberry Turnover Cookies Milk 2%	Peanut Butter Sandwich Milk 2%	Digestive Cookies Milk 2%	Two Bite Cinnamon Roll Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

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)



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