

Ontario Menu		Ontario						Week 1
Meal	Monday Oct-19, Nov-16, Dec-14, Jan-11, Feb-8, Mar-8, Apr-5	Tuesday Oct-20, Nov-17, Dec-15, Jan-12, Feb-9, Mar-9, Apr-6	Wednesday Oct-21, Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-7	Thursday Oct-22, Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-8	Friday Oct-23, Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-9	Saturday Oct-24, Nov-21, Dec-19, Jan-16, Feb-13, Mar-13, Apr-10	Sunday Oct-25, Nov-22, Dec-20, Jan-17, Feb-14, Mar-14, Apr-11	
B R F S T	Orange Juice Red River Cereal Boiled Egg Rye Toast Banana	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Orange Sections	Apple Juice Oatbran Cereal Poached Egg Sliced Bacon Whole Wheat Toast Fruit Salad	Orange Juice Red River Cereal Yogurt Maple Hot Cakes Cantaloupe	Cranberry Juice Oatmeal Cereal Scrambled Egg Raisin Toast Stewed Prunes	Apple Juice Oatbran Cereal Cheddar Cheese Whole Wheat Toast Banana	Orange Juice Cream of Wheat Cereal Poached Egg English Muffin Honeydew	
A L T	Cold Cereal Peanut Butter Portion Whole Wheat Toast	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Boiled Egg Whole Wheat Toast	Cold Cereal Peanut Butter Portion Whole Wheat Toast	Cold Cereal Fried Egg	Cold Cereal Peanut Butter Portion Whole Wheat Toast	
A M	Raspberry Juice	Grape Juice	Peach Juice	Cranapple Juice	Apricot Juice	Citrus 5 Juice	Pineapple Juice	
L U N C H	Chicken Julienne Soup Shaved Pastrami Sandwich Dill Pickle Creamy Coleslaw Apricot Halves	Potato Dill Soup Vegetarian Chill Whole Wheat Dinner Roll Baby Spinach Salad Raspberries	Vegetarian Vegetable Soup Grilled Cheese Sandwich Pickled Beet Salad Tangerine Mousse	Scotch Broth Soup Open Face Turkey Sandwich Poultry Gravy California Mixed Vegetables Mango	Cream of Leek Soup Cabbage Rolls Mixed Vegetables Strawberries	Hearty Vegetable Soup Veal Florentine Savoury Diced Potato Sautéed Mushrooms Mandarin Oranges	Chicken Gumbo Soup French Toast Peameal Bacon Tropical Fruit Salad Lemon Chiffon	
A L T	Cheese Cappelletti with Marinara Sauce French Style Green Beans Date Square	Hot Prime Rib Sandwich Peas with Mushrooms French Cream Cake with fruit topping	Chicken A La King Herbed Tea Biscuit Parmesan Baked Tomato Cherries	Spanish Omelet Multigrain Toast Mixed Green salad Butterscotch Pudding	Winter Cottage Cheese & Fruit Plate Bran Muffin Rainbow Sorbet	Egg Salad Sandwich on a Croissant Carrot and Raisin Salad Grape Jello with Whip Topping	Mediterranean Pizza Garden Salad Peaches	
P M	Cherry Fruit Juice Assorted Mini Donut's	Orange Mango Juice Vanilla Wafers	Fruit Punch Juice Mini Carrot Muffin	White Grape Juice Banana Fruit Bread	Apple Cider Juice Maple Leaf Cream Cookie	Cranberry Peach Juice Mini Lemon Tart	Raspberry Lemonade Juice Mini Brownie	
D I N N E R	French Veal Stew Oven Browned Potatoes Broccoli Florets Maple Pudding Cake	Turkey Shepherd's Pie Poultry Gravy Brussel Sprouts Swiss Mocha Ice Cream	Oven Baked Meatloaf Onion Gravy Chive Whipped Potatoes Seasoned Zucchini Chocolate Cream Pie	Glazed Ham Slices Scalloped Potatoes Mashed Turnip Vanilla Caramel Swirl Cake	Baked Sole Fillets Lemon Wedge Rice Pilaf Asparagus Spears with Hollandaise Sauce Blueberry Crisp	Vegetarian Lasagna Texas Garlic Toast Caesar Salad Black Forest Cake	Pot Roast Beef Gravy Garlic Mashed Potato Scandinavian Mixed Vegetables Cherry Pie	
A L T	Country Fried Pork Chop Oven Browned Potatoes Creamed Corn Fruit Cocktail	Lemon Pepper Cod O'Brien Potatoes Baby Carrots Plums	Rosemary Roast Lamb Mint Jelly Chive Whipped Potatoes Cauliflower with Thyme Papaya	Hungarian Goulash Buttered Noodles Wax Beans with Red Pepper Baked Apple Slices	Chicken Breast with Garlic Oregano Marinade Baked Red Potatoes Oriental Mixed Vegetables Grapes	BBQ Pork Ribs Oven Browned Potatoes Parsnips Pears	Turkey Stroganoff Garlic Mashed Potatoes Butternut Squash Four Berry Mix	
S N K	Digestive Cookies Milk 2%	Scone with Jam Milk 2%	Raisin Bread with Margarine Milk 2%	Peanut Butter Sandwich Milk 2%	Pineapple Zucchini Loaf w Cream Cheese Milk 2%	Cheese Sandwich Milk 2%	Bran Crunch Cookies 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)

Ontario Menu FW 2009-2010		Ontario						Week 2
Meal	Monday Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-15, Apr-12	Tuesday Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13	Wednesday Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17, Apr-14	Thursday Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15	Friday Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16	Saturday Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17	Sunday Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18	
B R F S T	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Stewed Prunes	Orange Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast Cantaloupe	Cranberry Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana	Apple Juice Red River Cereal Cheddar Cheese Bran Muffin Fruit Salad	Orange Juice Cream of Wheat Cereal Poached Egg English Muffin Honeydew	Cranberry Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Banana	
A L T	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Boiled Egg Whole Wheat Toast	Cold Cereal Peanut Butter Portion Whole Wheat Toast	Cold Cereal Peanut Butter Portion	
A M	Grape Juice	Peach Juice	Cranapple Juice	Apricot Juice	Citrus 5 Juice	Pineapple Juice	Raspberry Juice	
L U N C H	Cream of Celery Soup Monte Cristo Sandwich Russian Winter Salad Plums	French Onion Soup Dairy Cold Plate Apricot Halves	Plantation Vegetable Soup Macaroni and Cheese Stewed Tomato Pear Halves	Chicken Vegetable Soup Mini Submarine Sandwich Cucumber and Onion Salad Strawberry Jello with Whip Topping	Split Pea Soup Sloppy Joe on a Bun Greek Salad Papaya	Turkey Vegetable Soup Perogie Casserole Harvard Beets Tropical Fruit Salad	Cream of Broccoli Soup Cheese Lettuce and Tomato Sandwich Mixed Bean Salad Blueberries	
A L T	Home Baked Beans Buttermilk Tea Biscuit Romaine Salad Peacan Streusel Cake	Hot Chicken Sandwich Chalet Dipping Sauce Potato Salad Buttered Corn Marble Pudding Cake	Crab Salad Sandwich on a Croissant Spring Mix Salad Tiramisu Mousse	Potato & Spinach Casserole Ketchup Mixed Vegetables Mandarin Orange Sections	Luncheon Strata French Bread Seasoned Zucchini Butterscotch Ice Cream	Maple Hot Cakes Yogurt Rhubarb Strawberry Compote Cherry Tart	Cod Nuggets Tartar Sauce French Fries Oil and Vinegar Coleslaw Cinnamon Coffee Cake	
P M	Orange Mango Juice 2 Bite Carrot Cake	Fruit Punch Juice Strawberry Wafers	Raspberry Lemonade Juice Date Turnover Cookie	Apple Cider Juice Cruellers	Cranberry Peach Juice Shortbread Swirl Cookie	White Grape Juice Mini Cup Cake	Cherry Fruit Juice Mini Apple Danish	
D I N N E R	Grilled Salmon Loin with Lime, Cracked Pepper & Cilantro Butter Paprika Potatoes PEI Mixed Vegetables Rhubarb Crisp	Oriental Pepper Steak Steamed Rice Winter Blend Vegetables Orange Sheet Cake	Smoked Ham Steak Mustard Parslied Potato Buttered Red and Green Cabbage Boston Cream Pie	Roast Turkey Poultry Gravy Pan Roasted Potatoes Squash Raspberries	Lemon Parmesan Tilapia Roasted Baby Potatoes Seasoned Asparagus Spears Maple Chocolate Mania Cake	Grilled Chicken Thighs Cranberry Poultry Gravy Au Gratin Potatoes Steamed Spinach Apple Fruit Stick	Sliced Pork Roast Pork Gravy Mashed Sweet Potatoes Brussel Sprouts Lemon Meringue Pie	
A L T	Cheese and Spinach Cannelloni with Rose Sauce Italian Bread Marinated Grilled Vegetables Pineapple Tidbits	Herbed Lamb Roast Whipped Potatoes Pea and Pearl Onion Fruit Cocktail	Veal Scaloppini Parslied Potato Italian Mixed Vegetables Mango	Braised Liver Beef Gravy Pan Roasted Potatoes Broccoli Florets Rice Pudding	Honey Glazed Pork Chop Roasted Baby Potatoes Carrot Coins Four Berry Mix	Beef Sirloin Stir Fry Steamed Rice Oriental Mixed Vegetables Plums	Swedish Meat Balls Mashed Sweet Potatoes Green Beans with Pimento Sliced Peaches	
S N K	Peanut Butter & Jam Sandwich Milk 2%	Social Tea Lemon Cookies Milk 2%	Cherry Loaf with Cream Cheese Milk 2%	Cheese Sandwich Milk 2%	Blueberry Scone Milk 2%	Tuna Sandwich Milk 2%	Spice Snap Cookies 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)

Ontario Menu FW 2009-2010		Ontario						Week 3
Meal	Monday Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19	Tuesday Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar- 23, Apr-20	Wednesday Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, Mar- 24, Apr-21	Thursday Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar- 25, Apr-22	Friday Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar- 26, Apr-23	Saturday Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar- 27, Apr-24	Sunday Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar- 28, Apr-25	
B R F S T	Apple Juice Oatbran Cereal Boiled Egg Whole Wheat Toast Stewed Prunes	Orange Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Cantaloupe	Cranberry Juice Oatmeal Cereal Fried Egg Whole Wheat Toast Banana	Apple Juice Red River Cereal Scrambled Egg Whole Wheat Toast Honeydew	Orange Juice Cream of Wheat Cereal Yogurt French Toast Fruit Salad	Cranberry Juice Oatmeal Cereal Fried Egg Sliced Bacon Whole Wheat Toast Banana	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Orange Sections	
A L T	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Boiled Egg Whole Wheat Toast	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	
A M	Peach Juice	Cranapple Juice	Apricot Juice	Citrus 5 Juice	Pineapple Juice	Raspberry Juice	Grape Juice	
L U N C H	Beef Vegetable Soup Montreal Smoked Meat Sandwich Romaine Salad Baked Apple Slices	Cream of Mushroom Soup Turkey Chili Whole Wheat Dinner Roll Garden Salad Mango	Vegetarian Vegetable Soup Buttermilk Pancakes Maple Syrup Pork Sausage Link Tropical Fruit Salad Neopolitan Ice Cream	Cream of Tomato Soup Lamb Pot Pie with Feta Potato Crust Brussel Sprouts Sliced Peaches	Italian Wedding Soup Onion and Swiss Quiche French Bread Harvard Beets Cherries	Creole Rice Soup Hamburger on a Bun Tomato Cucumber Salad Watermelon	Cream of Asparagus Soup Tuna Noodle Casserole Mixed Green Salad Blueberries	
A L T	Vegetarian Lasagna Garden Peas Banana Sheet Cake	Winter Cottage Cheese and Fruit Plate Oatmeal Muffin Chocolate Mousse	Cabbage Rolls Wax Beans with Tarragon Butter Papaya	Grilled Cheese Sandwich Tossed Salad Lemon Pudding	Reuben Sandwich Dill Pickle Creamy Coleslaw Lime Jello with Whip Topping	Chicken Fingers Plum Sauce French Fries Carrot and Raisin Salad Vanilla Ice Cream	Cheese Pizza Marinated Grilled Vegetables Lemonicious Bar	
P M	Fruit Punch Juice Assorted Mini Donut's	White Grape Juice Strawberry Turnover Cookie	Apple Cider Juice Mini Raisin Bran Muffin	Cranberry Peach Juice Blueberry Fruit Bread	Raspberry Lemonade Juice 2 Bite Carmel Coffee Cake	Cherry Fruit Juice Chocolate Chip Cookies	Orange Mango Juice Mini Brownie	
D I N N E R	Rotisserie Style Chicken Leg Chalet Dipping Sauce O'Brien Potatoes California Mixed Vegetables Bread Pudding	Beef Stew Garlic Mashed Potatoes Glazed Carrots Vanilla Caramel Swirl Cake	Cheese Manicotti with Alfredo Sauce Garlic Dinner Roll Italian Mixed Vegetables Rhubarb Crisp	Cantonese Pork Strips Steamed Rice Sautéed Mixed Peppers Chocolate Raspberry Pudding Cake	Oven Fried Blue Cod Loin Paprika Whipped Potatoes Seasoned Zucchini Date Square	Roasted Tuscan Turkey Breast Poultry Gravy Pan Roasted Potatoes Peas with Mushrooms Coconut Cream Pudding	Shaved Roast Beef Au Jus Yorkshire Pudding Mashed Potatoes French Style Green Beans Apple Pie	
A L T	Roast Lamb Onion Gravy O'Brien Potatoes Squash Raspberries	Poached Sliver Hake Fish Fillet Lemon Wedge Garlic Mashed Potatoes Mexican Corn Grapes	Creole Baked Veal Lyonnaise Potatoes Diced Turnip Mandarin Oranges	BBQ Chicken Roasted Baby Potatoes Scandinavian Mixed Vegetables Pineapple Tidbits	Marinated Rib Eye Steak Baked Potato with Sour Cream PEI Mixed Vegetables Pears	Veal Parmesan Pan Roasted Potatoes Winter Blend Vegetables Strawberries	Pork Tenderloin Mushroom Gravy Mashed Potatoes Parsnips Apricot Halves	
S N K	Raisin Bread with Margarine Milk 2%	Ham Salad Sandwich Milk 2%	Peanut Butter Sandwich Milk 2%	Bran Crunch Cookies Milk 2%	Apple Spice Loaf w Cream Cheese Milk 2%	Scone with Jam Milk 2%	Digestive Cookies 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)

Ontario Menu FW 2009-2010		Ontario						Week 4
Meal	Monday Nov-9, Dec-7, Jan-4, Feb-1, Mar-1, Mar-29	Tuesday Nov-10, Dec-8, Jan-5, Feb-2, Mar-2, Mar-30	Wednesday Nov-11, Dec-9, Jan-6, Feb-3, Mar-3, Mar-31	Thursday Nov-12, Dec-10, Jan-7, Feb-4, Mar-4, Apr-1	Friday Nov-13, Dec-11, Jan-8, Feb-5, Mar-5, Apr-2	Saturday Nov-14, Dec-12, Jan-9, Feb-6, Mar-6, Apr-3	Sunday Nov-15, Dec-13, Jan-10, Feb-7, Mar-7, Apr-4	
B R F S T	Orange Juice Cream of Wheat Cereal Yogurt Raisin Bread Toast Cantaloupe	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Banana	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Fruit Salad	Orange Juice Cream of Wheat Cereal Fried Egg Whole Wheat Toast Honeydew	Citrus 5 Juice Red River Cereal Poached Egg Whole Wheat Toast Banana	Cranberry Juice Oatbran Cereal Cheddar Cheese Bran Muffin Stewed Prunes	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections	
A L T	Cold Cereal Boiled Egg Whole Wheat Toast	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Peanut Butter Portion	Cold Cereal Fried Egg Whole Wheat Toast	Cold Cereal Peanut Butter Portion	
A M	Citrus 5 Juice	Raspberry Juice	Pineapple Juice	Grape Juice	Peach Juice	Cranapple Juice	Apricot Juice	
L U N C H	Vegetarian Vegetable Soup Deli Cold Plate Whole Wheat Dinner Roll Sliced Peaches	Cauliflower & Cheese Soup Rib of Pork on a Bun Mixed Vegetables Stewed Rhubarb	Vegetable Barley Soup Chicken Wings Marinated Vegetable Salad Plums	Chicken Vegetable Soup Macaroni and Cheese Scandinavian Mixed Vegetables Apricot Halves	Plantation Vegetable Soup Hot Roast Beef Sandwich Carrot Coins Pears	Hearty Beef Soup Mini Submarine Sandwich Cucumber and Onion Salad Pineapple Tidbits	Vegetable Florentine Soup Cheese and Pasta Salad Plate Whole Wheat Dinner Roll Strawberries	
A L T	Egg Salad Sandwich Spring Mix Salad Banana Cream Pie	Sweet and Sour Veggie Stir Fry Steamed Rice Sautéed Mixed Pepper Crème Caramel	Corn Beef Sandwich on Rye Mustard Oil and Vinegar Coleslaw Apple Cinnamon Pudding Cake	Turkey Peameal on a Chibatta Lettuce and Tomato Mixed Green Salad Butter Tart Square	Home Baked Beans Buttermilk Tea Biscuit Caesar Salad Raisin Pie	Mushroom Omelet French Bread Asparagus Spears with Hollandaise Sauce Butterscotch Ice Cream	Chicken Burger Sliced Tomato, Lettuce, Mayo Marinated Grilled Vegetables Baked Custard	
P M	Cranberry Peach Juice Oatmeal Apple Cookie	White Grape Juice Blueberry Turnover Cookie	Cherry Fruit Juice Cranberry Fruit Bread	Orange Mango Juice Cruellers	Fruit Punch Juice Mini Raspberry Danish	Raspberry Lemonade Juice Chocolate Chip Cookie	Apple Cider Juice Mini Cup Cake	
D I N N E R	Lamb Souvlaki Savoury Potato Wedges Broccoli Florets Orange Cranberry Pudding Cake	Spaghetti with Bolognese Meat Sauce Parmesan Cheese Garlic Dinner Roll Garden Salad Chocolate Pudding	Grilled Mahi Mahi Fish Fillet Baked Red Potatoes Italian Mixed Vegetables Rainbow Gelatin	BBQ Pork Drummies Mashed Sweet Potato Pea and Pearl Onion Tapioca Pudding	Tangy Mandarin Orange Chicken Steamed Rice Winter Blend Vegetables Cherry Cheese Cake	Sliced Pork Pork Gravy Scalloped Potato Mashed Turnip Blueberry Tart	Roast Turkey Cranberry Sauce Paprika Whipped Potatoes Butternut Squash Pumpkin Pie with Whip Topping	
A L T	Baked Lemon Basil Chicken Savoury Potato Wedges Baby Carrots Four Berry Mix	Turkey Schnitzel Poultry Gravy Chive Whipped Potato Seasoned Zucchini Papaya	Veal Roast Beef Gravy Baked Red Potatoes Buttered Corn Sliced Peaches	Salisbury Steak Onion Gravy Mashed Sweet Potato Hot Spiced Beets Raspberries	Poached Pollock Loin Lemon Wedge Oven Browned Potatoes Green Beans Almandine Tropical Fruit Salad	Veal Picatta Scalloped Potato Brussel Sprouts Baked Apple Slices	Lemon and Thyme Lamb Roast Paprika Whipped Potatoes Italian Mixed Vegetables Mango	
S N K	Cheese Sandwich Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Social Tea Lemon Cookies Milk 2%	White Chocolate Cranberry Scone Milk 2%	Spice Snap Cookies Milk 2%	Banana Loaf with Cream Cheese Milk 2%	Egg Salad Sandwich 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)