

**ONTARIO MENU 2018**

**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>					RESIDENT CHOICE DINNER		
	Cranberry Juice Oatbran Cereal Poached Egg Whole Wheat Toast Fruit Cocktail <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Oatmeal Cereal Boiled Egg Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Peanut Butter Toasted English Muffin	Orange Juice Cream of Wheat Scrambled Egg Whole Wheat Toast Strawberries <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Cinnamon Oatmeal Poached Egg Raisin Toast Fresh Cantaloupe <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatbran Cereal Boiled Egg Whole Wheat Toast Papaya <b>OR</b> Variety of Cold Cereals Peanut Butter Toasted English Muffin	Orange Juice Oatmeal Cereal Poached Egg Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Creamy Vanilla Yogurt Apple Spice Muffin	Cranberry Juice Cream of Wheat Scrambled Egg Sliced Bacon Whole Wheat Toast Fruit Cocktail <b>OR</b> Variety of Cold Cereals Peanut Butter
<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>	Minestrone Soup Four Cheese Pasta Casserole Mini Garlic Toast Seasoned Spinach Orange Sections <b>OR</b> Ham Sandwich on Rye Coleslaw Vanilla Cup Cake	Creamy Cauliflower & Cheese Soup Captain Fish Burger on a Bun Tossed Salad Sliced Pear <b>OR</b> Turkey Pot Pie Poultry Gravy Green Beans Ice Cream Sandwich	Italian Wedding Soup Chicken Dippers Dipping Sauce Potato Fries Cucumber Salad Crushed Pineapple <b>OR</b> Pasta Salad Plate Whole Wheat Roll Lime Jello Whipped Topping	Cream of Mushroom Soup Cottage Cheese & Fruit Plate Fruit Extreme Muffin Sliced Chocolate Symphony Ice Cream <b>OR</b> Western Omelet Garlic Toast Glazed Carrots Fruit Cocktail	Chicken Rice Soup Pepperoni Pizza Spring Mix Salad Mandarin Orange Sections <b>OR</b> Garden Chili Corn Bread Cauliflower Butterscotch Pudding	Beef Vegetable Soup Hot Dog on Bun Potato Salad Diced Peaches <b>OR</b> Salmon Salad Sandwich Mixed Green Salad Pound Cake with Fruit Topping	Cream of Celery Soup Grilled Chicken Breast Caesar Salad Whole Wheat Roll Watermelon <b>OR</b> Cheese Quiche Green Peas Frozen Vanilla Yogurt
	<b>PM</b>	<b>Peach Juice</b> <b>Black Forest Turnover Cookie</b>	<b>Fruit Punch Juice</b> <b>Oatmeal Cookie Hmd</b>	<b>Raspberry Juice</b> <b>Chocolate Chip Cookie Hmd</b>	<b>Grape Juice</b> <b>Raspberry Turnover Cookie</b>	<b>Ice Tea</b> <b>Shortbread Cookie Hmd</b>	<b>Peach Drink</b> <b>Strawberry Puff Cookie</b>
<b>DINNER</b>	Tomato Juice Country Style Chicken Oven Browned Potatoes Cauliflower Chocolate Mousse <b>OR</b> Salisbury Steak & Gravy Oven Browned Potatoes Buttered Corn Honeydew	White Grape Juice BBQ Pork Chops Mashed Garlic Potatoes Mixed Vegetables Iced Banana Sheet Cake <b>OR</b> Veal Parmesan Egg Noodles Brussel Sprouts Diced Peaches	Apple Juice Swiss Steak Baked Potatoes Broccoli Florets Caramel Cheesecake <b>OR</b> Fish Sole Glazed Lemon Pepper Baked Potatoes Peas Mango	V-8 Juice Slow Roasted Butter Chicken Basmati Rice Green Beans Blueberry Crumble <b>OR</b> Pork Roast & Gravy Paprika Potatoes Mashed Turnips Apricot Halves	Tomato Juice BBQ Rib Patty Twice Baked Potato Carrot Slices Assorted Pie <b>OR</b> Turkey Schnitzel Gravy & Cranberry Sauce Mashed Potatoes Sliced Beets Assorted Pie	Apple Juice Turkey Pot Roast Mashed Potatoes Harvard Beets Lemon Buttermilk Cake <b>OR</b> Veal Piccata Mashed Potatoes Italian Mixed Vegetables Grapes	Tomato Juice Roast Beef Beef Gravy Yorkshire Pudding Mixed Vegetables Coconut Crème Pie <b>OR</b> Farmers Sausage Roasted Potatoes Buttered Red Cabbage Sliced Pears
	<b>HS</b>	<b>Lemon Loaf &amp; Cheese</b> <b>Milk 2%</b>	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Tea Biscuit &amp; Cheese</b> <b>Milk 2%</b>	<b>Ham Salad Sandwich</b> <b>Milk 2%</b>	<b>Cheese &amp; Crackers</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>

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