

**ONTARIO MENU Spring/Summer 2012**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Apr-23, May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	Apr-24, May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	Apr-25, May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	Apr-26, May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	Apr-27, May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	Apr-28, May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	Apr-29, May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14
<b>BREAKFAST</b>	Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Red River Cereal Cheddar Cheese Raisin Toast Honeydew  <b>OR</b> Variety of Cold Cereals Fried Egg Whole Wheat Toast	Cranberry Juice Oatbran Cereal Poached Egg Sliced Bacon English Muffin Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Cereal Scrambled Egg Whole Wheat Toast Grapes  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Fried Eggs Bran Muffin Fresh Cantaloupe  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Cheddar Cheese Stewed Prunes Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Poached Egg	Apple Juice Oatbran Cereal Fried Egg Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter
<b>AM</b>	<b>Peach Juice</b>	<b>Cranapple Juice</b>	<b>Raspberry Juice</b>	<b>Citrus 5 Juice</b>	<b>Grape Juice</b>	<b>Apricot Juice</b>	<b>Orange Mango</b>
<b>LUNCH</b>	Potato Dill Soup Hamburger on a Bun Cucumber and Onion Salad Watermelon  <b>OR</b> Roast Chicken Caesar Salad Plate with Cherry Tomatoes Dinner Roll Field Berry Yogurt	Vegetarian Vegetable Soup Egg Salad Sandwich Carrot Raisin Salad Raspberries  <b>OR</b> Penne Noodle with Bolognese Sauce and Parmesan Cheese Garlic Dinner Roll Italian Mixed Vegetables Chocolate Pudding	Creole Rice Soup Breaded Alaskan Pollock Potato Dollar Chips Creamy Coleslaw Apple Slices  <b>OR</b> All Beef Hot Dogs with garnishes Creamy Cole Slaw Lime Jello Vanilla Whipped Topping	Homemade Vegetable Barley Turkey, Lettuce & Tomato Sandwich Home Style Potato Salad Plums  <b>OR</b> Vegetarian Chilli Whole Wheat Dinner Roll Caesar Salad Mandarin Orange Top Pudding	Cream of Leek Soup Macaroni & Cheese Scalloped Tomatoes Tropical Fruit Salad  <b>OR</b> Roast Beef Salad Plate Horseradish Sauce Mixed Green Salad Cherry Tart	Split Pea Soup Spanish Omelet Multigrain Toast Pickled Beet Salad Pears  <b>OR</b> Bologna Sandwich Garden Salad Grape Jello	Chicken Julienne Soup French Toast Breakfast Sausage Rhubarb Strawberry Compote French Cream Cake  <b>OR</b> Wild Salmon Salad Plate Whole Wheat Dinner Roll Apricot Halves
<b>PM</b>	<b>Iced Tea Drink</b> <b>Cinnamon Roll</b>	<b>Grape Drink</b> <b>Date Fruit Cookie</b>	<b>Pear Drink</b> <b>Powder Sugar Mini Donuts</b>	<b>Tropical Fruit Drink</b> <b>Banana Bread</b>	<b>Peach Drink</b> <b>Chocolate Chip Cookie</b>	<b>Lemonade Drink</b> <b>Blueberry Muffin</b>	<b>Cherry Drink</b> <b>Lemon Tart</b>
<b>DINNER</b>	Honey Garlic Pork Ribs Pan Roasted Potatoes Buttered Corn Chocolate Brownie  <b>OR</b> Oven Baked Basa Fish Fillets in a White Seafood Sauce Browned Rice French Style Green Beans Fruit Cocktail	Roast Turkey in Gravy Mashed Potatoes Butternut Squash Blueberry Crisp  <b>OR</b> Veal Scallopini Onion Gravy Mashed Potatoes Broccoli Florets Pineapple Tidbits	BBQ Chicken Legs Oven Browned Potatoes Peas & Pearl Onion Strawberry Shortcake  <b>OR</b> Farmer Sausage Oven Browned Potatoes Parsnips with Pimento Papaya	Hamburger Steak French Fries PEI Vegetable Medley Coconut Cream Pie  <b>OR</b> Sweet & Sour Pork Steamed Rice Sautéed Mixed Pepper Sliced Peaches	Haddock Fish Fillet Potatoes with Parsley Asparagus Spears Hollandaise Sauce Chocolate Ice Cream  <b>OR</b> Chicken with Mushroom Sauce Potatoes with Parsley Glazed Carrots Four Berry Mix	Veal Parmesan Penne noodles in Tomato Sauce Wax Beans with Taragon Butter Apple Pudding Cake  <b>OR</b> Turkey Cacciatore Baby Roasted Potatoes Seasoned Zucchini Mandarin Orange Sections	Roast Pork Apple Sauce Whipped Potatoes California Mixed Vegetables Peach Pie  <b>OR</b> Oven Baked Meatloaf Beef Gravy Whipped Potatoes Honey Glazed Turnip Strawberries
<b>HS</b>	<b>Bran Crunch Cookies</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf w Cream Cheese</b> <b>Milk 2%</b>	<b>Ultimate Oatmeal Cookie</b> <b>Milk 2%</b>	<b>Scone with Jam</b> <b>Milk 2%</b>	<b>Raisin Bread with Margarine</b> <b>Milk 2%</b>	<b>Cheese 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

**ONTARIO MENU Spring/Summer 2012**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Apr-30, May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-1, May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-2, May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-3, May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21
<b>BREAKFAST</b>	Orange Juice Red River Cereal Boiled Egg Pumpkin Rye Toast Deluxe Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections  <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Cream of Wheat Cereal Poached Egg English Muffin Blueberries  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Red River Cereal Cheddar Cheese Morning Glory Muffin Stewed Prunes  <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Apple Juice Oatmeal Cereal Poached Egg Raisin Toast Fresh Cantaloupe  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Cream of Wheat Cereal Fried Egg Whole Wheat Toast Raspberries  <b>OR</b> Variety of Cold Cereals Peanut Butter
	<b>AM</b>	<b>White Grape Juice</b>	<b>Pineapple Juice</b>	<b>Fruit Punch Juice</b>	<b>Cranberry Peach Juice</b>	<b>Raspberry Lemonade</b>	<b>Cherry Fruit Juice</b>
<b>LUNCH</b>	Beef Vegetable Soup Lasagna Vegetarian Mini Texas Garlic Toast Romaine Salad Black Berries <b>OR</b> Peameal Bacon on a Bun Cucumber Salad in Sour Cream Maple Syrup Cake	Tomato Macaroni Soup Philly Steak on Bun Chick Pea Salad Pineapple Tidbits  <b>OR</b> Turkey Biscuit Pie Poultry Gravy Garden Peas Butter Tart Bar	Plantation Vegetable Soup Chicken Fingers Dipping Sauce Homestyle Potato Salad Plums <b>OR</b> Cottage Cheese & Summer Fruit Plate Bran Muffin Butterscotch Ice Cream	Beef Barley Soup Hot Dog on a Bun Greek Salad Mango  <b>OR</b> Lazy Cabbage Casserole Green Beans Strawberry Jello Vanilla Whipped Topping	Chicken Gumbo Soup Country Style Fried Chicken Potato Salad Oil & Vinegar Coleslaw Mandarin Orange Sections <b>OR</b> Roasted Vegetable Feta Pizza Spring Mix Salad Lemon Pudding	Vegetarian Vegetable Soup Pasta Salad Plate Italian Bread Sliced Peaches  <b>OR</b> Veal Cutlet in Herb Sauce Oven Baked Diced Potatoes Sautéed Mixed Peppers Orange Sherbet	Cream of Celery Soup Mushroom Strata Harvard Beets Grapes  <b>OR</b> Tuna Salad Plate, Cucumbers Slices Dinner Roll Mixed Green Salad Pineapple Upside Down Cake
	<b>PM</b>	<b>Grape Drink</b> Chocolate Muffin	<b>Pear Drink</b> Shortbread Swirl Cookie	<b>Tropical Fruit Drink</b> Coffee Cake	<b>Peach Drink</b> Oatmeal Apple Sauce Cookie	<b>Lemonade Drink</b> Brownie	<b>Cherry Drink</b> 2 Strawberry Turnover
<b>DINNER</b>	Paprika Chicken O'Brien Potatoes Brussel Sprouts Butterscotch Pudding  <b>OR</b> Beef Souvlaki Rice Pilaf Scandinavian Mixed Vegetables Honeydew	Honey Glazed Pork Chop Mashed Garlic Potatoes Squash Banana Sheet Cake  <b>OR</b> Italian Style Breaded Veal Mashed Garlic Potatoes Parmesan Baked Tomato Apple Slices Baked	Spaghetti & Meatballs Garlic Bread Mixed Green Tossed Salad Boston Cream Pie  <b>OR</b> Oven Fried Blue Cod Fillet Lemon Wedge Potatoes Au Gratin Italian Mixed Vegetables Apricot Halves	Cottage Roll with corn Relish Chive Whipped Potatoes Broccoli Florets Cherry Cheesecake  <b>OR</b> Sliced Turkey Poultry Gravy Chive Whipped Potatoes Buttered Corn Fruit Cocktail	Fresh Rainbow Trout Red Baked Potatoes Carrots with Dill Vanilla Caramel Swirl Cake  <b>OR</b> Swiss Steak Rice Pilaf Oriental Mixed Vegetables Pears	Fresh Turkey Schnitzel Poultry Gravy Roasted Caesar Potatoes Honey Glazed Turnip Raspberry Jelly Roll  <b>OR</b> Herbed Lamb Roast Roasted Caesar Potatoes Minted Peas Watermelon	Roast Beef Beef Gravy Mashed Sweet Potatoes PEI Vegetable Medley Apple Pie  <b>OR</b> Baked Ham Slices Mashed Sweet Potatoes Cauliflower Strawberries
	<b>HS</b>	<b>Digestive Cookies</b> Milk 2%	<b>Raisin Bread with Margarine</b> Milk 2%	<b>Peanut Butter &amp; Jam Sandwich</b> Milk 2%	<b>Cherry Loaf w Cream Cheese</b> Milk 2%	<b>Ultimate Oatmeal Cookie</b> Milk 2%	<b>Egg Salad Sandwich</b> 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 Spring/Summer 2012**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1	May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2	May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3	May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4	May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5	May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6	May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7
<b>BREAKFAST</b>	Cranberry Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Cream of Wheat Cereal Cheddar Cheese Bran Muffin Orange Sections  <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Orange Juice Red River Cereal Poached Egg Whole Wheat Toast Honeydew  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes  <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Oatbran Cereal Vanilla Yogurt Whole Wheat Toast Raspberries  <b>OR</b> Variety of Cold Cereals Boiled Egg	Orange Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Poached Egg Sliced Bacon Muffins English Deluxe Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<b>Raspberry Juice</b>	<b>Citrus 5 Juice</b>	<b>Grape Juice</b>	<b>Apricot Juice</b>	<b>Orange Mango Juice</b>	<b>Peach Juice</b>	<b>Cranapple Juice</b>
<b>LUNCH</b>	Country Vegetable Soup Sliced Turkey & Potato Salad Cold Plate  Whole Wheat Dinner Roll Papaya  <b>OR</b> Ravioli with Tomato Sauce  Caesar Salad Whole Wheat Bread Wild Cherry Jello	Cream of Mushroom Pepper & Zucchini Frittata  French Bread Mixed Bean Salad Four Berry Mix  <b>OR</b> Sausage on a Bun  Marinated Vegetable Medley Salad Chocolate Ice Cream	Beef Barley Soup Breaded Cod Nuggets  Tartar Sauce Creamy Coleslaw Apple Slices  <b>OR</b> Salami Salad Plate Toamto Slices  Pasta Salad Bread Pudding	Minestrone Soup Chicken Burger on a Bun  Spring Mix Salad Pineapple Tidbits  <b>OR</b> Buttermilk Pancakes Breakfast Sausage  Fruit Compote Peach Jello Vanilla Whipped Topping	Turkey Vegetable Soup Roast Beef Sandwich  Baby Dill Pickle Sweet Potato Fries Watermelon  Broccoli & Swiss Cheese Quiche  Scandinavian Mixed Vegetables Triple Berry Crumble	French Onion Soup Lentil Casserole  Greek Salad Apricot Halves  <b>OR</b> Pulled Pork Sandwich  Coleslaw Vanilla Pudding	Cream of Tomato Soup Grilled Cheese Sandwich  Pickled Beet Salad Pears  <b>OR</b> Deli Cold Plate  Whole Wheat Dinner Roll Maple Pudding Cake
<b>PM</b>	<b>Pear Drink Cruellers</b>	<b>Tropical Fruit Drink Cranberry Tea Biscuit</b>	<b>Peach Drink 2 Bite Macaroons</b>	<b>Lemonaide Drink Vanilla Cup Cake</b>	<b>Cherry Drink Peanut Butter Cookie</b>	<b>Iced Tea Drink Mini Raspberry Tart</b>	<b>Grape Drink Carrot Muffin</b>
<b>DINNER</b>	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Orange Citrus Cake  <b>OR</b> Poached Salmon Loins Steamed Rice Asparagus Spears Blueberries	Roasted Chicken Thighs Poultry Gravy Roasted Potatoes Buttered Parsnips Date Square  <b>OR</b> Beef Pot Roast & Horseradish Roasted Potatoes Brussel Sprouts Fruit Cocktail	Sliced Pork Roast Pork Gravy Paprika Whipped Potatoes Creamed Corn Lemon Meringue Pie  <b>OR</b> Creole Veal Cutlet Paprika Whipped Potatoes Squash Plums	Beef Peppered Steak & Gravy Rice Pilaf Green Beans Cinnamon Coffee Cake  <b>OR</b> Cottage Roll Scalloped Potatoes Carrot Coins Fresh Cantaloupe	Shrimp Fettucine with Roasted Peppers & Mushrooms Garlic Dinner Roll Garden Salad Butterscotch Ice Cream  <b>OR</b> Irish Stew Potatoes O'Brien Peas Grapes	Roast Chicken Leg Poultry Gravy Potatoes with Parsley Mixed Vegetables Lemon Buttermilk Cake  <b>OR</b> Salisbury Steak Onion Beef Gravy Parsley Potatoes Cauliflower with Thyme Mango	Veal Mushroom Sauce  Red Baked Potatoes Seasoned Zucchini Strawberry Rhubarb Pie  <b>OR</b> Roast Turkey Gravy & Dressing  Mashed Potato Turnip Sliced Peaches
<b>HS</b>	<b>Applespice Loaf with Cream Cheese Milk 2%</b>	<b>Peanut Butter Sandwich Milk 2%</b>	<b>Cookies Spice Snaps Milk 2%</b>	<b>Raisin Bread with Margarine Milk 2%</b>	<b>Blueberry Scone Milk 2%</b>	<b>Tuna Salad Sandwich Milk 2%</b>	<b>Ultimate Oatmeal Cookie 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)



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