

ONTARIO MENU FALL/WINTER 2011 - 2012							WEEK 1
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oct-10, Oct-31, Nov-21, Dec-12, Jan-2, Jan-23, Feb-13, Mar-5, Mar 26, Apr-16	Oct-11, Nov-1, Nov-22, Dec-13, Jan-3, Jan 24, Feb-14, Mar-6, Mar-27, Apr-17	Oct-12, Nov-2, Nov-23, Dec-14, Jan-4, Jan-25, Feb-15, Mar-7, Mar-28, Apr-18	Oct-13, Nov-3, Nov-24 Dec-15, Jan-5, Jan-26, Feb-16, Mar-8, Mar-29, Apr-19	Oct-14, Nov-4, Nov 25, Dec-16, Jan-6, Jan-27, Feb-17, Mar-9, Mar-30, Apr-20	Oct-15, Nov-5, Nov 26, Dec-17, Jan-7, Jan-28, Feb-18, Mar-10, Mar-31, Apr-21	Oct-16, Nov-6, Nov 27, Dec-18, Jan-8, Jan-29, Feb-19, Mar-11, Apr-1, Apr-22
	Orange or Apple Juice Red River Cereal Boiled Egg Raisin Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry or Orange Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Lemon Muffin	Apple or Orange Juice Oatbran Cereal Poached Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Yogurt Scone	Orange or Cranberry Juice Oatmeal Cereal Marble Rye Toast Cottage Cheese  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry or Orange Juice Red River Cereal Boiled Egg Raisin Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple or Orange Juice Oatbran Cereal Cheddar Cheese Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Poached Egg Carrot Muffin	Orange or Cranberry Juice Cream of Wheat Cereal Boiled Egg Sliced Bacon English Muffin  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
AM	<b>Raspberry Juice</b>	<b>Grape Juice</b>	<b>Peach Juice</b>	<b>Cranapple Juice</b>	<b>Apricot Juice</b>	<b>Citrus 5 Juice</b>	<b>Pineapple Juice</b>
DINNER	Beef Stroganoff Fine Buttered Egg Noodles Broccoli Blueberry Crumble Cake  <b>OR</b> Mediterranean Glazed Haddock Mashed Potatoes  Apricots  Cranberry Juice	Cranberry Glazed Chicken Savoury Potato Wedges Mashed Turnip Chocolate Mousse  <b>OR</b> Veal Cutlet in Herb Sauce Whipped Potato Green Beans Baked Apples  V-8 Juice	Veggie Stir Fry Steamed Rice Mashed Potato Scandinavian Blend Vegetables Ice cream w/cookie  <b>OR</b> Homemade Shepherds Pie Beef Gravy Brussel Sprouts Papaya  Pineapple Juice	Braised Liver with Onions & Gravy Mashed Potatoes Winter Blend Vegetables  Butterscotch Pudding  <b>OR</b> Rotisserie Chicken Leg Chalet Dipping Sauce Mashed Potatoes Parsnips with Pimento Mandarin Orange Sections Apple Cider	Baked Blue Cod Loin Mashed Potatoes Seasoned Zucchini Butter Tart  <b>OR</b> Peameal Bacon w/cornrelish Hashbrown Casserole Creamed Corn Four Berry Mix  Cranberry Juice	Roast Pork with Applesauce Mashed Potatoes Spinach with lemon Sticky Toffee Pudding Cake  <b>OR</b> Slow Cooked Pot Roast Beef Gravy Baby Roasted Potatoes Peas with Mushrooms Pears CranApple Juice	Roast Turkey with Gravy Stuffing Mashed Potatoes Butternut Squash Pumpkin Pie w/ whip topping  <b>OR</b> Spinach & Cheese Manicotti with Alfredo Sauce Dinner Roll  Fruit Cocktail  Tomato Juice
PM	<b>Cranberry Peach Juice</b> <b>Assorted Mini Donuts</b>	<b>Orange Mango Juice</b> <b>Apple Turnover Cookie</b>	<b>Fruit Punch Juice</b> <b>Mini Carrot Muffin</b>	<b>White Grape Juice</b> <b>Banana Bread</b>	<b>Apple Cider Juice</b> <b>Maple Leaf Cream Cookie</b>	<b>Cherry Juice</b> <b>Mini Lemon Tart</b>	<b>Raspberry Juice</b> <b>Mini Brownie</b>
SUPPER	Beef Vegetable Soup Caesar Chicken on a Bun Spinach Salad Peaches  <b>OR</b> Lasagna Roll Up Dinner Roll International Supreme Vegetables Caramel Squares	Cream of Tomato Soup Tuna Melt Romaine Salad Pears  <b>OR</b> Sausage Roll w/honey mustard  Mexican Mix Vegetables Tapioca Pudding	Vegetable Barley Soup Hot Sliced Turkey Sandwich Poultry Gravy Peas & Pearl Onion Raspberries  <b>OR</b> Breaded Pollock Fillet Potato Dollar Chips Creamy Coleslaw Banana Cream Squares	Golden Autumn Carrot Soup Scrambled Eggs Brushetta Bread Tossed Salad Plums  <b>OR</b> Ham Salad Sandwich Tomato & Cucumber Salad  Orange Cranberry Pudding Cake	Vegetable Florentine Soup Lazy Cabbage Roll Casserole PEI Vegetable Medley Pineapple Tidbits  <b>OR</b> Cheese & Tomato Sandwich Mixed Green Salad Fruit Cocktail Cake	Cream of Potato Soup Egg Salad on a Croissant Pickled Beet Salad Mango  <b>OR</b> Crispy Chicken Breast Chunks Plum Sauce Marinated Vegetable Medley Salad Rice Pudding	Chicken Vegetable Soup Salmon Salad Sandwich Garden Salad Peaches  <b>OR</b> Ham & Potato Bake Winter Mixed Vegetables  Cinnamon Coffee Cake
HS	<b>Cheese and Crackers</b> <b>Milk 1%</b>	<b>Mini Gingerbread Cake</b> <b>Milk 1%</b>	<b>Cherry Loaf</b> <b>Milk 1%</b>	<b>Date Maxi Fruit Cookie</b> <b>Milk 1%</b>	<b>Mini Blueberry Muffin</b> <b>Milk 1%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 1%</b>	<b>Raisin Bread with Margarine</b> <b>Milk 1%</b>

Bread, butter, margarine and/or crackers broth, garden salad offered at lunch and dinner. Choice of prunes or Bananas offered at breakfast

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 FALL/WINTER 2011 - 2012**

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct-17, Nov-7, Nov 28, Dec-19, Jan-9, Jan-30, Feb-20, Mar-12, Apr-2, Apr -23	Oct-18, Nov-8, Nov 29, Dec-20, Jan-10, Jan-31, Feb-21, Mar-13, Apr-3, Apr -24	Oct-19, Nov-9, Nov 30, Dec-21, Jan-11, Feb 1, Feb-22, Mar-14, Apr-4, Apr -25	Oct-20, Nov-10, Dec 1, Dec-22, Jan-12, Feb2, Feb-23, Mar-15, Apr-5, Apr -26	Oct-21, Nov-11, Dec 2, Dec-23, Jan-13, Feb3, Feb-24, Mar-16, Apr-6, Apr -27	Oct-22, Nov-12, Dec 3, Dec-24, Jan-14, Feb 4, Feb-25, Mar-17, Apr-7, Apr -28	Oct-23, Nov-13, Dec 4, Dec-25, Jan-15, Feb 5, Feb-26, Mar-18, Apr-8, Apr -29
<b>BREAKFAST</b>	Cranberry or Orange Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Cottage Cheese Blueberry Muffin	Apple or Orange Juice Oatbran Cereal Toasted Rye Bread Peanut Butter  <b>OR</b> Variety of Cold Cereals Cheddar Cheese Whole Wheat Toast	Orange or Apple Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Yogurt Bran Muffin	Cranberry or Orange Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Raisin Toast	Apple or Orange Juice Red River Cereal Poached Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter English Muffin	Orange or Cranberry Juice Oatmeal Cereal Cheddar Cheese Raisin Toast  <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Cranberry or Orange Juice Cream of Wheat Cereal Poached Eggs Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Bacon Tea Biscuit
	<b>AM</b>	<b>Orange Mango Juice</b>	<b>Fruit Punch Juice</b>	<b>Raspberry Juice</b>	<b>Apple Cider Juice</b>	<b>Cranberry Peach Juice</b>	<b>White Grape Juice</b>
<b>DINNER</b>	Spinach Quiche  Mixed Vegetables  Rainbow Sorbet  <b>OR</b> Farmer Sausage/grilled onion Mashed Potatoes Honey Glazed Turnip Pears Apple Cider Juice	Fish Cakes with lemon Mashed Potatoes Carrot Coins Black Forest Cake  <b>OR</b> Lemon Basil Chicken Thigh Red Baked Potatoes Broccoli Florets Plums Cranberry Juice	Pork Tourtiere Mashed Potatoes Creamed Corn Lemon Tart  <b>OR</b> Poached Silver Hake Hollandaise Sauce Brussel Sprouts Peaches Tomato Juice	BBQ Pork Ribs O'Brien Potatoes Cauliflower with Thyme Ice Cream Cone  <b>OR</b> Cheese Cappelletti Garlic Bread Stick French Style Green Beans Honeydew White Grape Juice	Oven Baked Basa Fish Fillets in White Seafood Sauce Mashed Potatoes Seasoned Asparagus Bread Pudding  <b>OR</b> Sweedish Meatballs Rice Pilaf California Mixed Vegetables Mandarin Orange Sections Pineapple Juice	Chicken Breast with Garlic Oregano Marinade Boiled Potato Wax Beans Peanut Butter Cake  <b>OR</b> Meat loaf Mashed Potato Glazed Carrots Blueberries Apple Cider	Bone-In Ham with Pineapple Ring Scalloped Potatoes Winter Blend Vegetables Berry-apple-rhubarb Pie with Ice cream  <b>OR</b> Roast Lamb with Mint Jelly Mashed Potatoes Peas and Carrots Pineapple Tidbits V-8 Juice
	<b>PM</b>	<b>Apple Juice</b> <b>2 Bite Coffee Cake</b>	<b>Peach Juice</b> <b>Cherry Loaf</b>	<b>Cranapple Juice</b> <b>Mini Cinnamon Roll</b>	<b>Citrus 5 Juice</b> <b>Cruellers</b>	<b>Apricot Juice</b> <b>Shortbread Swirl Cookie</b>	<b>Orange Mango Juice</b> <b>Blackforest Turnover Cookie</b>
<b>SUPPER</b>	Cream of Asparagus Soup Corned Beef Hash Niagara Blend Vegetables Strawberries  <b>OR</b> Ham Sandwich Spring Mix Salad Date Squate	Roasted Tomato & Red Pepper Soup Poached Eggs on Toast Sliced Bacon Tropical Fruit Salad  <b>OR</b> Chili Cornmeal Muffin Caesar Salad Banana Cake	Butternut Squash Soup Sloppy Joe on a Bun Chef Salad Papaya  <b>OR</b> Cheese Tortellini in Alfredo Sauce Texas Garlic Toast Garden Peas Strawberry Pudding	Chicken Rice Soup Creamed Salmon Tea Biscuit Broccoli Florets Grapes  <b>OR</b> Chicken Salad Sandwich Triple Bean Salad Blueberry Pudding Cake	Cream of Celery Soup Pastrami Sandwich Dill Pickle Oil and Vinegar Coleslaw Apricots  <b>OR</b> Pepperoni and Cheese Pizza Marinated Vegetable Salad Rice Pudding	French Canadian Pea Soup Mushroom Stuffed Ravioli with Rose Sauce Steamed Spinach Coconut Cream Squares  <b>OR</b> Toasted Western Sandwich Tomato Salad Apple Slices	Chicken Julienne Soup Tuna Noodle Casserole Garden Salad Lemon Poppyseed Cake  <b>OR</b> French Toast Breakfast Sausage Blackberries
	<b>HS</b>	<b>Egg Salad Sandwich</b> <b>Milk 1%</b>	<b>Bran Crunch Cookies</b> <b>Milk 1%</b>	<b>Pineapple Zucchini Loaf</b> <b>Milk 1%</b>	<b>Apple Turnover Cookie</b> <b>Milk 1%</b>	<b>Mini Butter Tart</b> <b>Milk 1%</b>	<b>Peanut Butter &amp; Jam Sandwich</b> <b>Milk 1%</b>

Bread, butter, margarine and/or crackers broth, garden salad offered at lunch and dinner. Choice of prunes or Bananas offered at breakfast

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 FALL/WINTER 2011 - 2012**

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
	Oct-24, Nov-14, Dec-5, Dec-26, Jan-16, Feb-6, Feb-27, Mar-19, Apr-9	Oct-25, Nov-15, Dec-6, Dec-27, Jan-17, Feb-7, Feb-28, Mar-20, Apr-10	Oct-26, Nov-16, Dec-7, Dec-28, Jan-18, Feb-8, Feb-29, Mar-21, Apr-11	Oct-27, Nov-17, Dec-8, Dec-29, Jan-19, Feb-9, Mar 1, Mar-22, Apr-12	Oct-28, Nov-18, Dec-9, Dec-30, Jan-20, Feb-10, Mar 2, Mar-23, Apr-13	Oct-29, Nov-19, Dec-10, Dec-31, Jan-21, Feb-11, Mar 3, Mar-24, Apr-14	Oct-30, Nov-20, Dec-11, Jan-1, Jan-22, Feb-12, Mar 4, Mar-25, Apr-15
<b>BREAKFAST</b>	Apple or Orange Juice Oatbran Cereal Poached Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Bran Muffin	Orange or Cranberry Juice Cream of Wheat Cereal Yogurt Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Scrambled Eggs English Muffin	Cranberry or Orange Juice Red River Cereal Poached Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Cheddar Cheese Toasted Rye Bread	Orange or Apple Juice Oatmeal Cereal Scrambled Eggs Raisin Toast  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry or Orange Juice Oatbran Cereal Boiled Egg Whole Wheat Toast  <b>OR</b> Variety of Cold Cereals Cream Cheese Bagel	Orange or Cranberry Juice Oatmeal Cereal Yogurt Carrot Muffin  <b>OR</b> Variety of Cold Cereals Cottage Cheese Whole Wheat Toast	Apple or Orange Juice Cream of Wheat Cereal Poached Egg Home Fried Potatoes  <b>OR</b> Variety of Cold Cereals Bacon Whole Wheat Toast
	<b>AM Citrus 5 Juice</b>	<b>Raspberry Juice</b>	<b>Pineapple Juice</b>	<b>Grape Juice</b>	<b>Cranapple Juice</b>	<b>Raspberry Juice</b>	<b>Apricot Juice</b>
<b>LUNCH</b>	Country Style Fried Chicken  Mashed Potatoes Julienne Carrots Orange Citrus Cake  <b>OR</b> Flat Iron Steak Mashed Potatoes Glazed Pearl Onions Peaches Cranberry Juice	Spaghetti with Italian Meatballs  Garlic Focaccia Bread Stick Italian Mixed Vegetables Lemon Meringue Pie  <b>OR</b> Slice Turkey in Gravy Mashed Potatoes Butternut Squash Fruit Cocktail Tomato Juice	Salmon Loaf  w/ Parsley Sauce Chive Whipped Potato Brussel Sprouts Frozen Yogurt  <b>OR</b> Paprika Chicken Mashed Potato Buttered Corn Homemade Applesauce Cranapple Juice	Salisbury Steak  Mashed Potatoes Succatash Boston Cream Pie  <b>OR</b> Cabbage Roll Oven Browned Potatoes Sautéed Mushrooms & Peas Papaya V-8 Juice	Corned Beef w/Mustard  Boiled Potatoes Buttered Cabbage Ice Cream w/Cookie  <b>OR</b> Tomato Herb Crusted Salmon Mashed Potatoes 4 Blend Mixed Vegetables Peach Slices Pineapple Juice	Sweet & Sour Pork  Egg Roll  Oriental Mixed Vegetable Ambrosia  <b>OR</b> Beef Pot Pie Mashed Potatoes Honey Glazed Turnip Four Berry Mix Apple Cider	Chicken in Sour Cream Gravy  Mashed Potatoes California Mixed Vegetables Apple Pie w/cheese  <b>OR</b> Roast Beef with Gravy Yorkshire Pudding Baby Carrots Strawberries White Grape Juice
	<b>PM Cranberry Peach Juice Oatmeal Cookie</b>	<b>White Grape Juice Applespice Loaf</b>	<b>Apple Cider Juice Date Turnover Cookie</b>	<b>Orange Mango Juice 2 Bite Brownie</b>	<b>Cherry Fruit Juice Blueberry Turnover Cookie</b>	<b>Peach Juice Ginger Boy Cookie</b>	<b>Fruit Punch Juice Mini Raspberry Strudel</b>
<b>DINNER</b>	Cream of Vegetable Soup Captain Fish Burger on a Bun Creamy Coleslaw Plums  <b>OR</b> Home Baked Beans & Weiner Casserole Corn Bread Spinach Salad Tiramisu Mousse	Country Vegetable Soup Pancakes w/syrup Breakfast Sausage Cheese filled Peach half Pears  <b>OR</b> Tuna Sandwich Cucumber & Onion Salad Blueberry Crumb Cake	Cream of Chicken Soup Hot Roast Pork Sandwich Niagara Blend Vegetable Apricots  <b>OR</b> Macaroni & Beef Dinner Roll Tossed Salad Carmel Pudding	Tomato Soup Grilled Cheese Sandwich Bean Salad Pineapple Tidbits  <b>OR</b> Chicken a la King Puff Pastry Garden Salad Chocolate Raspberry Pudding Cake	Minestrone Soup Sliced Turkey Sandwich with Lettuce, Mayo  Chef Salad Stewed Rhubarb  <b>OR</b> Perogie Casserole Winter Blend Vegetables Vanilla Carmel Swirl Cake	Italian Wedding Soup Pepper and Zucchini Frittata French Bread Cucumber and Onion Salad Peaches  <b>OR</b> Grilled Chicken Salad French Bread Pumpkin Squares	Broccoli Soup Cheese Cannelloni in Tomato Sauce Mixed Green Salad California Mixed Vegetables Cantaloupe  <b>OR</b> Ham & Swiss Cheese on a Croissant Sweet Pickles Creamy Coleslaw Maple Pudding Cake
	<b>HS Raisin Bread with Margarine Milk 1%</b>	<b>Cheese &amp; Crackers Milk 1%</b>	<b>2 Bite Chocolate Chip Muffin Milk 1%</b>	<b>Cookies Spice Snaps Milk 1%</b>	<b>Raisin Bran Loaf Milk 1%</b>	<b>Peanut Butter Sandwich Milk 1%</b>	<b>Digestive Cookies Milk 1%</b>

Bread, butter, margarine and/or crackers broth, garden salad offered at lunch and dinner. Choice of prunes or Banana's offered at breakfast  
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)

