

**ONTARIO MENU FALL/WINTER 2011 - 2012**

**WEEK 1**

	<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	Oct-19, Nov-9, Nov-30, Dec-21, Jan-11, Feb-1, Feb-22, Mar-14, Apr-4	Oct-20, Nov-10, Dec-1, Dec-22, Jan-12, Feb-2, Feb-23, Mar-15, Apr-5	Oct-21, Nov-11, Dec-2, Dec-23, Jan-13, Feb-3, Feb-24, Mar-16, Apr-6	Oct-22, Nov-12, Dec-3, Dec-24, Jan-14, Feb-4, Feb-25, Mar-17, Apr-7	Oct-23, Nov-13, Dec-4, Dec-25, Jan-15, Feb-5, Feb-26, Mar-18, Apr-8
<b>BREAKFAST</b>	Orange Juice Red River Cereal Boiled Egg Raisin Toast Banana  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Orange Sections  <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast Deluxe Fruit Salad  <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Waffles with Syrup Yogurt Blueberries  <b>OR</b> Variety of Cold Cereals Whole Wheat Toast	Cranberry Juice Red River Cereal Scrambled Eggs Marble Rye Toast Fresh Cantaloupe  <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatbran Cereal Cheddar Cheese Whole Wheat Toast Banana  <b>OR</b> Variety of Cold Cereals Poached Egg	Orange Juice Cream of Wheat Cereal Boiled Egg Sliced Bacon English Muffin Honeydew <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<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>
<b>LUNCH</b>	Garden Vegetable Soup Pork Tourtiere Pork Gravy Mexican Corn Peaches <b>OR</b> Veggie Sweet & Sour Stir Fry Steamed Rice Oriental Mixed Vegetables Crème Caramel	Cream of Tomato Soup Macaroni & Cheese Broccoli Florets Pears  <b>OR</b> Veal Cutlet in Herb Sauce Oven Baked Diced Potato Peas & Pearl Onion Chocolate Mousse	Vegetable Barley Soup Turkey Sandwich Romaine Salad Raspberries  <b>OR</b> Breaded Pollock Fillet Potato Dollar Chips Creamy Coleslaw Vanilla Ice Cream	Golden Autumn Carrot Soup Cheese omelette Hash Brown Patty Italian Mixed Vegetables Plums <b>OR</b> Deli Cold Plate Tomato & Cucumber Salad Whole Wheat Dinner Roll Lemon Pudding	Vegetable Florentine Soup Cabbage Roll's PEI Vegetable Medley Pineapple Tidbits  <b>OR</b> Monte Cristo Sandwich mixed Green salad Wild Cherry Jello Vanilla Whipped Topping	Cream of Potato Dill Soup Egg Salad on a Croissant Pickled Beet Salad Mango  <b>OR</b> Crispy Chicken Breast Chunks Plum Sauce Marinated Vegetable Medley Salad Strawberry Frozen Yogurt	Plantation Vegetable Soup Spinach & Cheese Manicotti with Alfredo Sauce Garlic Dinner Roll Parmesan Baked Tomato Watermelon <b>OR</b> Salmon Salad Sandwich Garden Salad Cinnamon Coffee Cake
<b>PM</b>	<b>Cherry Fruit Juice</b> <b>Assorted Mini Donuts</b>	<b>Orange Mango Juice</b> <b>Vanilla Wafers</b>	<b>Fruit Punch Juice</b> <b>Mini Carrot Muffin</b>	<b>White Grape Juice</b> <b>Banana Fruit Bread</b>	<b>Apple Cider Juice</b> <b>Maple Leaf Cream Cookie</b>	<b>Cranberry Peach Juice</b> <b>Watermelon</b>	<b>Raspberry Lemonade</b> <b>Mini Brownie</b>
<b>DINNER</b>	Beef noodle casserole Glazed Carrots Blueberry Crumble Cake  <b>OR</b> Haddock Fillet Pan Roasted Potatoes Asparagus Spears Hollandaise Sauce Apricots	Cranberry Glazed Chicken Savoury Potato Wedges Mashed Turnip Butter Tart  <b>OR</b> Rosemary Lamb Roast Whipped Potato Green Beans Baked Apple Slices	Sliced Pork Roast Pork Gravy Oven Browned Potatoes Scandinavian Blend Vegetables Banana Cream Pie  <b>OR</b> Homemade Shepherd's Pie Beef Gravy Brussel Sprouts Papaya	Braised Liver with Onions Beef Gravy Mashed Potatoes Winter Blend Vegetables Angel Food Cake with Fruit Sauce  <b>OR</b> Honey garlic chicken thigh Mashed Potatoes Parsnips with Pimento Mandarin Orange Sections	Oven Fried Blue Cod Loin Rice Pilaf Spiced Yams Rhubarb Crisp  <b>OR</b> Beef stew mashed potato Seasoned Zucchini Fruit Cocktail	Apple Baked Pork Chop Baby Roasted Potatoes Wax Beans Orange Cranberry Pudding Cake  <b>OR</b> Salisbury Steak Beef Gravy Baby Roasted Potatoes Peas with Mushrooms Grapes	Roast Turkey with Gravy Stuffing Mashed Potatoes Butternut Squash Pumpkin Pie  <b>OR</b> Veal Scallopini Mashed Potatoes Sauteed Mixed Pepper Four Berry Mix
<b>HS</b>	<b>Cheese and Crackers</b> <b>Milk 2%</b>	<b>Ham Salad Sandwich</b> <b>Milk 2%</b>	<b>Cherry Loaf with 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>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Raisin Bread with Margarine</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 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>
<b>BREAKFAST</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
	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Oatmeal Cereal Pancakes with Syrup Yogurt Vanilla Raspberries <b>OR</b> Variety of Cold Cereals Whole wheat toast	Orange Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast Stewed Prunes <b>OR</b> Variety of Cold Cereals Peanut Butter	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 Poached Egg Whole Wheat Toast Fresh Cantaloupe <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Cheddar Cheese Raisin Toast Stewed Prunes <b>OR</b> Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter
<b>AM</b>	<b>Orange Mango Juice</b>	<b>Fruit Punch Juice</b>	<b>Raspberry Lemonade</b>	<b>Apple Cider Juice</b>	<b>Cranberry Peach Juice</b>	<b>White Grape Juice</b>	<b>Cherry Fruit Juice</b>
<b>LUNCH</b>	Cream of Leek Soup Pulled Beef and Potato Casserole Ntagara Blend Vegetables Strawberries <b>OR</b> Ham Sandwich Spring Mix Salad Black Forest Cake	French Onion Soup Quiche Florentine Cucumber and Onion Salad Tropical Fruit Salad <b>OR</b> Turkey Chili Cornmeal Muffin Caesar Salad Jello Vanilla Whipped Topping	Cream of Mushroom Soup Chicken Salad Sandwich Triple Bean Salad Papaya <b>OR</b> Vegetarian Lasagna Texas Garlic Toast Garden Peas Rainbow Sorbet	Craole Rice Soup Chicken A La King Herbed Tea Biscuit Harvard Beets Grapes <b>OR</b> Bacon & cheese melt Mixed Green Salad Very Berry Mousse	Cream of Celery Soup Montreal Smoked Meat Sandwich Dill Pickle Oil and Vinegar Coleslaw Apricots <b>OR</b> Pepperoni and Cheese Pizza Marinated Grilled Vegetables Tapioca pudding	French Canadian Pea Soup Cottage Cheese and Fruit Plate Bran Muffin Butterscotch Ice Cream <b>OR</b> Luncheon Stuffin Strata Corned Beef Hash Tomato Salad Apple Slices	Assorted juices Chicken Noodle Casserole Garden Salad Mango <b>OR</b> French Toast Breakfast Sausage Blackberries Chocolate Brownie
	<b>Grape Juice</b> <b>2 Bite Coffee Cake</b>	<b>Peach Juice</b> <b>Blueberry Fruit Bread</b>	<b>Cranapple Juice</b> <b>2 Bite 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>Mini Cup Cake</b>	<b>Fruit Punch Juice</b> <b>Mini Apple Danish</b>
<b>DINNER</b>	Lemon Basil Chicken Thigh Red Baked Potatoes Broccoli Florets Rice Pudding <b>OR</b> Herbed Lamb Roast Red Baked Potatoes Honey Glazed Turnip Pears	Veal Roast Onion Gravy Oven Browned Potatoes Red and Green Cabbage Coconut Cream Pie <b>OR</b> Swiss smokle sausage Oven Browned Potatoes Creamed Corn Plums	Flat Iron Steak Mashed Garlic Potatoes Carrot Coins Maple Chocolate Mania Cake <b>OR</b> Poached Silver Hake Hollandaise Sauce Mashed Garlic Potatoes Cauliflower with Thyme Peaches	BBQ Pork Ribs O'Brien Potatoes Brussel Sprouts Date Square <b>OR</b> Turkey Schnitzel O'Brien Potatoes French Style Green Beans Honeydew	Oven Baked Basa Fish Fillets in White Seafood Sauce Pan Roasted Potatoes Seasoned Asparagus Carrot Cake <b>OR</b> Sweet and Sour Meatballs Rice Pilaf Oriental Mixed Vegetables Blueberries	Greek Style Chicken Breast Savoury Potato Wedges Wax Beans Ginger Bread Cake <b>OR</b> Veal Piccata Savoury Potato Wedges Steamed Spinach Mandarin Orange Sections	Glazed Ham Slices Scalloped Potatoes Winter Blend Vegetables Cherry Pie <b>OR</b> Roast Beef Horseradish Mashed Potatoes Peas and Carrots Pineapple Tidbits
	<b>Egg Salad Sandwich</b> <b>Milk 2%</b>	<b>Bran Crunch Cookies</b> <b>Milk 2%</b>	<b>Pineapple Zucchini Loaf with Cream Cheese</b> <b>Milk 2%</b>	<b>Scone White Chocolate Cranberry</b> <b>Milk 2%</b>	<b>Turkey Sandwich</b> <b>Milk 2%</b>	<b>Peanut Butter &amp; Jam Sandwich</b> <b>Milk 2%</b>	<b>Cheese and Crackers</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 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-31, Nov-21, Dec-12, Jan-2, Jan-23, Feb-13, Mar-5, Mar-26, Apr-16	Nov-1, Nov-22, Dec-13, Jan-3, Jan-24, Feb-14, Mar-6, Mar-27, Apr-17	Nov-2, Nov-23, Dec-14, Jan-4, Jan-25, Feb-15, Mar-7, Mar-28, Apr-18	Nov-3, Nov-24, Dec-15, Jan-5, Jan-26, Feb-16, Mar-8, Mar-29, Apr-19	Nov-4, Nov-25, Dec-16, Jan-6, Jan-27, Feb-17, Mar-9, Mar-30, Apr-20	Nov-5, Nov-26, Dec-17, Jan-7, Jan-28, Feb-18, Mar-10, Mar-31, Apr-21	Nov-6, Nov-27, Dec-18, Jan-8, Jan-29, Feb-19, Mar-11, Apr-1, Apr-22
<b>BREAKFAST</b>	Apple Juice Oatbran Cereal Boiled Egg Whole Wheat Toast Banana <b>OR</b> Variety of Cold Cereals Peanut Butter	Orange Juice Cream of Wheat Cereal Yogurt watermelon Whole Wheat Toast <b>OR</b> Variety of Cold Cereals Scrambled Eggs	Cranberry Juice Red River Cereal Poached Egg Whole Wheat Toast Honeydew <b>OR</b> Variety of Cold Cereals Peanut Butter	Apple Juice Oatmeal Cereal Scrambled Eggs Raisin Toast Stewed Prunes <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatbran Cereal Boiled Egg Whole Wheat Toast Mango <b>OR</b> Variety of Cold Cereals Peanut Butter	Cranberry Juice Cream of Wheat Cereal Cheddar Cheese Bran Muffin Banana <b>OR</b> Variety of Cold Cereals Scrambled Eggs Whole Wheat Toast	Apple Juice Oatmeal Cereal Poached Egg Muffins English Deluxe Fruit Salad <b>OR</b> Variety of Cold Cereals Peanut Butter Whole Wheat Toast
<b>AM</b>	<b>Citrus 5 Juice</b>	<b>Raspberry Juice</b>	<b>Pineapple Juice</b>	<b>Grape Juice</b>	<b>Cranapple Juice</b>	<b>Raspberry Lemonade</b>	<b>Apricot Juice</b>
<b>LUNCH</b>	Cream of Sphnach Soup Mini Submarine Sandwich Marinated Vegetable Salad Plums <b>OR</b> Wieners & beans Corn Bread Caesar Salad Jello	Vegetarian Vegetable Soup Sausage & hash brown potatoes green beans Apricots <b>OR</b> Chef's Salad Plate Dinner Roll Ice Cream	Potato soup Beef pie with gravy Peas and Pearl Onions Pears <b>OR</b> Tomato & cheese Sandwiches Tossed Salad Carmel Pudding	Tomato bisque Grilled Cheese Sandwich Bean salad Pineapple Tidbits <b>OR</b> Chicken souvlaki Rice Pilaf Garden Salad Chocolate Raspberry Pudding Cake	Cream of Leek Soup Open Face chicken Sandwich Poultry Gravy Sweet Potato Fries Four Berry Mix <b>OR</b> Perogie Casserole Hot Spiced Beets Tiramisu Mousse	Assorted juices Pepper and Zucchini Frittata Cucumber & onion salad bread Grapes <b>OR</b> Harvest Pork Stew Tea Biscuit Honey Glazed Turnip Assorted tarts	French canadian pea soup Cheese Tortellini in Tomato Sauce Texas Garlic Toast Mixed Green Salad Cantaloupe <b>OR</b> Shaved Pastrami Sandwich Dill Pickle Creamy Coleslaw Maple Pudding Cake
<b>PM</b>	<b>Cranberry Peach Juice</b> <b>Oatmeal Cookie</b>	<b>White Grape Juice</b> <b>Cranberry Fruit Bread</b>	<b>Apple Cider Juice</b> <b>Date Turnover Cookie</b>	<b>Orange Mango Juice</b> <b>2 Bite Macaroons</b>	<b>Cherry Fruit Juice</b> <b>Dutch Fudge Cookie</b>	<b>Peach Juice</b> <b>2 Bite Chocolate Chip Muffin</b>	<b>Fruit Punch Juice</b> <b>Mini Raspberry Strudel</b>
<b>DINNER</b>	Oriental Chicken Browned Rice Sauteed Mixed Peppers French Cream Cake Raspberry Sauce <b>OR</b> Lemon & Thyme Lamb Roast Roasted Baby Potatoes Parsnips Peaches	Spaghetti with Italian Meatballs Garlic Bread Italian Mixed Vegetables Lemon Meringue Pie <b>OR</b> Diced Turkey Thigh in Gravy Red Baked Potatoes Butternut Squash Fruit Cocktail	Potato crusted cod Chive Whipped Potato Brussel Sprouts  Triple Berry Crumble <b>OR</b> Paprika Chicken Chive Whipped Potato Buttered Corn Stewed Rhubarb	Pork Tenderloin Creamy Garlic Sauce Oven Browned Potatoes Seasoned Asparagus Orange Sheet Cake <b>OR</b> Creole baked Veal Oven Browned Potatoes Sauteed Mushrooms Papaya	Corned Beef Brisket Boiled Potatoes Buttered Cabbage  Rainbow sorbet <b>OR</b> Salmon Filets  Boiled Potatoes PEI Mixed Vegetables Baked Apple Slices	Sliced Turkey Breast Poultry Gravy Mashed Potatoes Carrots Caramilla Cake <b>OR</b> Oven Baked Meat Loaf Mashed Potatoes Scalloped Tomatoes Mandarin Orange Sections	Chicken in sour cream gravy Paprika Potatoes California Mixed Vegetables Apple Pie <b>OR</b> Veal Roast Brown Gravy Paprika Potatoes Hot Spiced Beets Strawberries
<b>HS</b>	<b>Raisin Bread with Margarine</b> <b>Milk 2%</b>	<b>Salmon Salad Sandwich</b> <b>Milk 2%</b>	<b>Scone with Jam</b> <b>Milk 2%</b>	<b>Cookies Spice Snaps</b> <b>Milk 2%</b>	<b>Applespice Loaf with Cream Cheese</b> <b>Milk 2%</b>	<b>Peanut Butter Sandwich</b> <b>Milk 2%</b>	<b>Digestive Cookies</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)



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