

ONTARIO MENU SPRING/SUMMER 2021

WEEK 1

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		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	May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1, Oct-22	May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2, Oct-23	May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3, Oct-24
BREAKFAST		Orange Juice Oatmeal Hard Boiled Egg Raisin Toast Strawberries OR Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Poached Egg Whole Wheat Toast Banana Half OR Assorted Cold Cereal Vanilla Yogurt Fruit Extreme Muffin	Apple Juice Cinnamon Oatmeal Scrambled Eggs Bacon Strips Whole Wheat Toast Mandarin Oranges OR Assorted Cold Cereal Peanut Butter	Orange Juice Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Blueberries OR Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun	Cranberry Juice Oatmeal Poached Egg Whole Wheat Toast Honeydew Melon OR Assorted Cold Cereal Peanut Butter	Apple Juice Cream of Wheat Fried Egg Whole Wheat Toast Banana Half OR Assorted Cold Cereal Peanut Butter Rye Toast	Orange Juice Cinnamon Oatmeal Fried Egg Bacon Strips Cantaloupe Chunks Whole Wheat Toast OR Assorted Cold Cereal Peanut Butter
	AM	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
LUNCH		Thai Sweet Chili Fish Lemon Wedge Fluffy Rice Sweet Balsamic Brussel Sprouts Chilled Diced Pears OR Pork Chop & Mushroom Sauce - Butternut Squash Lemon Chiffon	Sweet & Sour Chicken Fluffy Rice Asian Vegetables Cantaloupe Chunks OR Baked Ham in Pineapple Juice Scalloped Potatoes Green Peas Strawberry Shortcake	Hamburger on Wheat Bun Tomato Slices & Lettuce Ketchup, Mustard Tossed Garden Salad Fresh Watermelon OR Hot Dog on Wheat Bun Greek Salad Maple Chocolate Mania Cake	Honey Garlic Ribs Honey Garlic Sauce Mashed Potatoes Scandinavian Vegetables Fresh Apple Slices OR Spaghetti & Tomato Sauce Parslied Cauliflower Pineapple Upside Down Cake	Braised Cod with Tomato & Basil Oven-Browned Potatoes Green Peas Mango OR Meatloaf Beef Gravy Sunrise Vegetables Macaroon Madness Bar	Tandoori Chicken Herbed Potatoes California Vegetables Fresh Grapes OR Swiss Veal Cutlet Fluffy Rice Zucchini Medley Cherry Streusel Cake RTS	Roast Turkey Turkey Gravy Whipped Potatoes Green Beans Fresh Watermelon OR Meat Lasagna Mixed Green Italian Salad Garlic Bread Homemade Apple Pie
	PM	Lemonade Drink Banana Choc Chip Super Grains Cookie	Peach Drink Raspberry Turnover Cookie	Pear Drink Shortbread Swirl Cookie	Iced Tea Drink Chocolate Chip Cookie	Grape Drink Maple Cream Cookie	Peach Drink Assorted Wafer Cookies	Pear Drink Nutri-Grain Strawberry Bar
DINNER		Garden Vegetable Soup Seasoned Cowboy Steak with Gravy Baked Potato Sour Cream Sliced Carrots Chilled Apricots OR Egg Salad Black Bean Corn Salad Mini Croissant Butterscotch Ice Cream	Beef Vegetable Soup Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Crushed Pineapple OR Deli & Potato Salad Plate Wheat Roll Apple Cobbler	Chicken Vegetable Noodle Soup English Style Battered Pollock French Fries Coleslaw Whole Wheat Bread Fruit Cocktail OR Turkey Cacciatore Fluffy Rice Broccoli Florets Crema Caramel	Homemade Vegetable Barley Soup Chicken Caesar Salad - Wheat Roll Chilled Diced Peaches OR BBQ Beef on Bun Buttered Corn Strawberry Mousse	Cream of Potato & Leek Soup Turkey Sandwich w/Aioli Spring Mix Lettuce Salad Chilled Tropical Fruit OR Ham & Cheese Omelet Harvard Beets Tea Biscuit French Cream Cake	Hearty Beef Soup with Lentils & Barley Perogies Casserole Prince Edward Vegetables Whole Wheat Bread Mandarin Oranges OR French Toast Vanilla Greek Yogurt Summer Fruit Salad Brownie	Cream of Chicken Soup Tuna Salad Chickpea Vegetable Salad Wheat Roll Chilled Diced Pears OR Weiners & Beans Sautéed Pepper & Onion Cornbread Vanilla Chocolate Ice Cream Bar
	HS	Lemon Loaf & Cheese Milk 2%	Peanut Butter Snack Sandwich Milk 2%	Banana Bran Loaf & Cheese Milk 2%	Crackers & Vanilla Bean Cottage Cheese Milk 2%	Blueberry Bran Loaf & Cheese Milk 2%	Graham Crackers & Creamy Peach Yogurt Milk 2%	Carrot Loaf & Peanut Butter Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner. Offer both Vegetable choices at both Lunch and Dinner and fruit as first choice of dessert at all meals as part of CFG

Coffee, tea, water and milk offered at each meal and nourishment.

