

ONTARIO MENU SPRING/SUMMER 2021

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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	May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10
BREAKFAST	Cranberry Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Fruit Cocktail Assorted Cold Cereal Peanut Butter Banana Muffin	Apple Juice Oatmeal Hard Boiled Egg Whole Wheat Toast Banana Half Assorted Cold Cereal Peanut Butter	Orange Juice Cream of Wheat Fried Egg Bacon Strips Chilled Tropical Fruit Whole Wheat Toast Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun	Cranberry Juice Cinnamon Oatmeal Poached Egg Raisin Toast Cantaloupe Chunks Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Apple Juice Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Sliced Strawberries Assorted Cold Cereal Peanut Butter Rye Toast	Orange Juice Oatmeal Fried Egg Whole Wheat Toast Banana Half Assorted Cold Cereal Peanut Butter Toasted English Muffin	Cranberry Juice Cream of Wheat Fried Egg Bacon Strips Whole Wheat Toast Chilled Diced Pears Assorted Cold Cereal Peanut Butter
AM	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
LUNCH	Country Style Fried Chicken Garlic Mashed Potatoes Calico Corn Whole Wheat Bread Honeydew Melon OR Swedish Meatballs Buttered Egg Noodles Cocktail Vegetables Chocolate Mousse	Ginger Roast Pork Herbed Potatoes Florentine Veg Mix Whole Wheat Bread Chilled Diced Peaches OR Teriyaki Turkey Fluffy Rice Sauteed Garlic Mushrooms Caramel Cheesecake	Hamburger on Wheat Bun Tomato Slices & Lettuce Ketchup, Mustard Caesar Salad Mango OR Hot Dog on Wheat Bun Potato Salad Red Velvet Cake	Creamy Dijon Chicken & Mushrooms Fluffy Rice Broccoli Florets Whole Wheat Bread Chilled Apricots OR Hawaiian Ham Scalloped Potatoes Niagara Mix Vegetables Blueberry Crisp	Mediterranean Glazed Haddock Mediterranean Risotto Seasoned Spinach Whole Wheat Bread Chilled Apple Slices OR Farmers Sausage Mashed Potatoes Sauteed Pepper & Onion Luscious Lemon Square	Honey Marinated Pork Loin Boiled Red Potato Sunrise Vegetables Whole Wheat Bread Fresh Grapes OR Lemon Pepper Chicken Chicken Gravy Cauliflower Black Forest Cake	Roast Beef Beef Gravy Mashed Potatoes Seasoned Green Beans Yorkshire Pudding Chilled Tropical Fruit OR Homemade Turkey Meatloaf Mushroom Gravy Whipped Squash Cherry Pie
PM	Iced Tea Drink Digestive Oat Bran Cookie	Lemonade Drink Fresh Grapes	Peach Drink Blueberry Super Grains Cookie	Fruit Punch Chocolate Chip Cookie	Pear Drink Oatmeal Date Cookie	Cherry Drink Fig Newton Cookie	Peach Drink Fresh Fruit
DINNER	Tomato & Macaroni Soup Egg & Cheese Bake w/Seasoned Crumble Green Peas Whole Wheat Bread Orange Sections Sliced Ham Sndw on Rye Tossed Ranch Salad Tapioca Pudding	Chicken Vegetable Barley Soup Captain Burger on WW Bun Tartar Sauce Rainbow Coleslaw Blueberries Cottage Cheese Fruit Salad Plate Fruit Extreme Muffin Ice Cream Sandwich	Cream of Celery Soup Crispy Breaded Chicken Plum Sauce French Fries Poutine Gravy & Cheese Curd Mixed Salad with French Dressing Crushed Pineapple Pasta and Salad Plate Wheat Roll Peach Flan	Turkey Rice Soup Pizza of Choice Spring Mix Lettuce Salad Fruit Cocktail Sweet Potato Baked Frittata Lemony Green Beans Maple Swirl Ice Cream	Cream of Mushroom Soup Turkey Cranberry Sandwich on Bun Chickpea Vegetable Salad Mandarin Oranges Beef Taco Salad Cornbread Raspberry Streusal Cake	Italian Wedding Soup Sole with Lemon Pepper Paprika Potatoes Sweet Balsamic Brussel Sroupts Chilled Diced Peaches Four Cheese Penne Pasta Casserole Italian Mixed Vegetables Rice Pudding	Fiesta Chicken Chowder Pancakes w/syrup Vanilla Yogurt Strawberries & Rhubarb Compote Syrup Fresh Watermelon Salmon Salad on Croissant Dill Cucumber & Red Onion Salad Pistachio Dark Chocolate Bar
HS	Breton Crackers & Lemon Smooth Cottage Cheese Milk 2%	Banana Bran Loaf & Cheese Milk 2%	Peanut Butter Jam Snack Sandwich Milk 2%	Ritz Crackers & Cheese Milk 2%	Blueberry Bran Loaf & Peanut Butter Milk 2%	Mini Pancakes & Creamy Strawberry Yoqurt Milk 2%	Lemon Loaf & Cheese 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.