

ONTARIO MENU SPRING/SUMMER 2021							WEEK 3
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14	May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17
BREAKFAST	<p>Apple Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Blueberries</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana Half</p> <p><b>OR</b> Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun</p>	<p>Cranberry Juice Oatmeal Fried Egg Bacon Strips Raisin Toast Chilled Diced Pears</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast</p>	<p>Apple Juice Cream of Wheat Hard Boiled Egg Whole Wheat Toast Fruit Cocktail</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast Chilled Apricots</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter Rye Toast</p>	<p>Cranberry Juice Oatbran Cereal Fried Egg Whole Wheat Toast Banana Half</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter Toasted English Muffin</p>	<p>Apple Juice Cream of Wheat Fried Egg Bacon Strips Whole Wheat Toast Chilled Diced Peaches</p> <p><b>OR</b> Assorted Cold Cereal Peanut Butter</p>
AM	<b>Orange Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Orange Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Orange Juice</b>
LUNCH	<p>Honey Garlic Glazed Chicken Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges</p> <p>Sweet &amp; Spiced Ham</p> <p>Buttered Corn Triple Layer Chocolate Cake</p>	<p>BBQ Pork Drummies Whipped Potatoes Whole Green Beans Whole Wheat Bread Apricot Apple Blend</p> <p>Turkey Stir Fry</p> <p>Fluffy Rice Asian Vegetables Cherry Cheesecake</p>	<p>Hamburger on Wheat Bun Tomato Slices &amp; Lettuce Ketchup, Mustard Whole Wheat Bread Crushed Pineapple</p> <p>Hot Dog on Wheat Bun</p> <p>Creamy Cucumber &amp; Onions Apple Crumble Square</p>	<p>Tender Philly Steak Au Gratin Potatoes Minted Peas Whole Wheat Bread Orange Sections</p> <p>Roasted Vegetable Lasagna</p> <p>Tossed Salad &amp; Italian Dressing Van Caramel Swirl Cake</p>	<p>Broiled Salmon Hollandaise Sauce Mashed Potatoes Oregano Green Beans Whole Wheat Bread Fresh Grapes</p> <p>Beef Shepherd's Pie</p> <p>California Vegetables Vanilla Chocolate Ice Cream Bar</p>	<p>Pork Roast Orange &amp; Rosemary Sauce Boiled Red Potato Sautéed Pepper &amp; Onion Whole Wheat Bread Honeydew Melon</p> <p>Biscuit Topped Turkey Pie</p> <p>Broccoli Florets Tripleberry Crumble</p>	<p>Baked Chicken with Chalet Sauce Garlic Mashed Potatoes Italian Mixed Vegetables Whole Wheat Bread Deluxe Fruit Salad</p> <p>Spaghetti &amp; Meat Sauce</p> <p>Mixed Salad with French Dressing Garlic Bread Chocolate Cream Mint Pie</p>
PM	<b>Grape Drink</b> <b>Blueberry Super Grains Cookie</b>	<b>Iced Tea Drink</b> <b>Oatmeal Date Cookie</b>	<b>Lemonade Drink</b> <b>Raspberry Turnover Cookie</b>	<b>Pear Drink</b> <b>Applesnax Delight</b>	<b>Fruit Punch</b> <b>Mini Brownie</b>	<b>Peach Drink</b> <b>Nutri-Grain Mixed Berry Bar</b>	<b>Cherry Drink</b> <b>Peanut Butter Cookies</b>
DINNER	<p>Homestyle Turkey Vegetable Soup Pasta Tortellini in Red Pepper Pesto Mixed Green Salad Italian Dressing Garlic Bread Cantaloupe Chunks</p> <p><b>OR</b> Sweet-n-Sour Meatballs Fluffy Rice Pick of the Day Vegetable Blend Pineapple Custard</p>	<p>Cream of Broccoli Soup Fish 'n Chips Tartar Sauce Dill &amp; Lemon Pepper Glazed Carrots Whole Wheat Bread Sliced Strawberries</p> <p><b>OR</b> Corned Beef &amp; Swiss on Rye Rainbow Coleslaw French Vanilla Ice Cream</p>	<p>Minestrone Soup Cottage Cheese &amp; Fruit Plate Carrot Muffin Honeydew Melon</p> <p><b>OR</b> Sausage Patty Potato Hashbrowns Greek Salad Tiramisu Mousse</p>	<p>Barley Beef Soup Turkey w/Lettuce on Whole Wheat Spinach Salad w/Cranberry Drsg Fresh Watermelon</p> <p><b>OR</b> Meat Lasagna Tossed Garden Salad Garlic Bread Blueberry Tart</p>	<p>Cream of Tomato Soup Grilled Cheese on Wheat Chopped Salad with Balsamic Mango</p> <p><b>OR</b> Hawaiian Chicken Salad Dill Potato Salad Wheat Roll Pear Cranberry Crisp</p>	<p>Chicken Rice Soup Pasta and Salad Plate Crushed Pineapple</p> <p><b>OR</b> Quiche Florentine Sliced Carrots Whole Wheat Bread Rice Krispy Square</p>	<p>Cream of Vegetable Chowder Cod Nuggets Tartar Sauce Sweet Potato Fries Caesar Salad Mandarin Oranges</p> <p><b>OR</b> Cheese Lettuce Tomato Sndw w/Mayo Four Bean Salad Tapioca Pudding</p>
HS	<b>Banana Bran Loaf &amp; Cheese</b> <b>Milk 2%</b>	<b>Peanut Butter Snack Sandwich</b> <b>Milk 2%</b>	<b>Blueberry Bran Loaf &amp; Cheese</b> <b>Milk 2%</b>	<b>Mini Pancakes &amp; Creamy Peach</b> <b>Yodurt</b> <b>Milk 2%</b>	<b>Carrot Loaf &amp; Peanut Butter</b> <b>Milk 2%</b>	<b>Ritz Crackers &amp; Cheese</b> <b>Milk 2%</b>	<b>Mini Cream Puffs &amp; Creamy</b> <b>Strawberry Yodurt</b> <b>Milk 2%</b>

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.