

ONTARIO MENU WINTER/SPRING 2024

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Feb-5, Feb-26,Mar-18, Apr-8, Apr-29,May 20, Jun 10	Feb-6, Feb-27,Mar-19, Apr-9, Apr-30, May 21, Jun 11	Feb-7, Feb-28, Mar-20, Apr-10, May-1, May 22, Jun 12	Feb-8, Feb-29, Mar-21, Apr-11, May-2m May 23, Jun13	Feb-9, Mar-1,Mar-22, Apr-12,May-3, May 24, Jun 14	Feb-10, Mar-2, Mar-23, Apr-13, May-4, May 25, Jun 15	Feb-11, Mar-3, Mar-24, Apr-14, May-5, May 26, Jun 16
BREAKFAST	Juice Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Raisin Toast	Juice Hot Cereal Poach Eggs Whole Wheat Toast OR Variety of Cold Cereals	Juice Hot Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals	Juice Hot Cereal Boiled Eggs Whole Wheat Toast OR Variety of Cold Cereals	Juice Hot Cereal Egg & Cheese Omelette Whole Wheat Toast OR Variety of Cold Cereals	Juice Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals	Juice Hot Cereal Fried Egg Sliced Bacon Hashbrown Potatoes OR Variety of Cold Cereals
AM	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass
LUNCH	Beef Vegetable & Rice Soup Ham Sandwich Dill Pickles Diced Peaches OR Vegetable Quiche New England Vegetables Dinner Roll Applesauce	Chicken Vegetable Noodle Soup Assorted Submarine Sandwich Tomato, Lettuce, Onion Diced Pears OR Cheese Manicotti Sunrise Mixed Vegetables Mango	Cream of Cauliflower Soup Breaded Haddock with Tartar Sauce Fries Greek Salad Vanilla Ice cream OR Perogies with Bacon & Onions Greek Salad Crushed Pineapple	Minestrone Soup Egg Salad Sandwich Beets Mandarin Oranges OR Beef Stroganoff Sliced Carrots Blueberries	Tomato Macaroni Soup Waffles with Syrup Sausage Links Strawberry Sauce Apricot Halves OR Grilled Chicken & Cheese Sandwich Sliced Cucumber and Tomato Wedges Tapioca Pudding	Chicken Noodle Soup Macaroni & Cheese Tomato Wedge Mini Crossiant Chocolate Ice Cream OR Steak and Mushroom Pie Green Beans Tropical Fruit Salad	Tomato Soup Captain Burger Coleslaw Raspberry Mousse OR Deli & Potato Salad Plate Dinner Roll Strawberries
PM	Beverage Pass Cheesies	Beverage Pass Strawberry turnovers	Beverage Pass Peanut Butter Cookies	Beverage Pass mini Brownie	Beverage Pass Multigrain bar	Beverage Pass Pudding Cup	Beverage Pass Double Chocolate Cookies
DINNER	Apricot Braised Chicken Mashed Potatoes Whole Green Beans Brownie OR Seasoned Pork Chop Mashed Potatoes Whole Green Beans Buttertart	Turkey Schnitzel Mashed Potato Buttered Corn Lemonicious Bar OR Glazed Ham Scalloped Potatoes Buttered Corn Brownie	Hamburger Steak with Caramelized Onions Mashed Potatoes Diced Squash English Toffee Cake OR Montreal Spiced Chicken Mashed Potatoes Diced Squash Lemonicious Bar	Turkey Vegetable Stew Dinner Roll Broccoli Blueberry Pie OR BBQ Pork Ribs Mashed Potato Broccoli English Toffee Cake	Shepherd's Pie with Gravy Carrot Sticks Choco Raspberry Pudding Cake OR Baked Salmon w/Lemon Mashed Potato Carrot Sticks Blueberry Pie	Sweet & Sour Pork Vegetable Fried Rice Asian Mixed Vegetables Caramel Cheesecake with Whipped Topping OR Roasted Vegetable Lasagna Garlic Bread Asian Mixed Vegetables Choco Raspberry Pudding Cake	Beef Pot Roast w/ Gravy Yorkshire Pudding Seasoned Diced Turnips Baked Red Potato Cinnamon Roll Cake OR Honey Garlic Chicken Mashed Potatos Seasoned Diced Turnips Caramel Cheesecake
HS	Peanut Butter & Jam Sandwich Beverage Pass	Assorted Yogurt & Shortbread cookies Beverage Pass	Fruit Extreme Muffin & Marble Cheese Beverage Pass	Applesauce & Wafer Cookie Beverage Pass	Chocolate Muffin & Cheddar Cheese Beverage Pass	Vanilla Yogurt & Social Tea Cookies Beverage Pass	Cranberry Lemon Muffin & Marble Cheese Beverage Pass

Bread, margarine and/or crackers offered at lunch and dinner. Offer both vegetable choices at both Lunch and Dinner as part of Canada's Food Guide
Coffee, tea, water and milk offered at each meal and nourishment.

ONTARIO MENU FALL/WINTER 2023 - 2024

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Feb-12, Mar-4, Mar-25, Apr-15, May 6, May 27, Jun 17	Feb-13, Mar-5, Mar-26, Apr-16, May 7, May 28, Jun 18	Feb-14, Mar-6, Mar-27, Apr-17, May 8, May 29, Jun 19	Feb-15, Mar-7, Mar-28, Apr-18, May 9, May 30, Jun 20	Feb-16, Mar-8, Mar-29, Apr-19, May 10, May 31, Jun 21	Feb-17, Mar-9, Mar-30, Apr-20, May 11, Jun 1, Jun 22	Feb-18, Mar-10, Mar-31, Apr-21, May 12, Jun 2, Jun 23
BREAKFAST	Beverage Pass Hot Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Scrambled Egg Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals Raisin Toast	Beverage Pass Hot Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Plain Omelette Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Fried Egg Sliced Bacon Hashbrown Potatoes OR Variety of Cold Cereals
AM	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass
LUNCH	Chicken Rice Soup Grilled Ham & Cheese Sandwich Mixed Green Salad with Dressing Ice Cream Sandwich OR Vegetable Omelette Dinner Roll Diced Pears	Alphabet Soup Chicken Salad Sandwich Ceasar Salad Tropical Fruit Salad OR Cabbage Rolls with tomato sauce Scandinavian Mixed Vegetables Blueberries	Turkey Vegetable Soup Macaroni & Cheese Stewed Tomato Crushed Pineapple OR Salmon Salad Sandwich Beet & Onion Salad Strawberries	Tomato Macaroni Soup Hamburger on Wheat Bun Tomato & Lettuce Dill Pickles Vanilla Ice Cream OR Vegetable Frittata Peas & Carrots Diced Peaches	French Canadian Pea Soup Pancakes with Syrup Blueberry compote Sausage Links Raspberry Jell-O with whipped topping OR Battered Fish Fries Creamy coleslaw Mango	Garden Vegetable and Shell Soup Pizza Spring Salad Chocolate Pudding OR Hot Roast Beef on Bun with Gravy Mixed Vegetables Diced Pears	Beef Barley Soup Harvest Pork Stew Dinner Roll Mashed Potatoes Diced Peaches OR Cheese & Tomato Croissant Tossed Salad with Dressing Honey Dew Melon Chunks
PM	Beverage Pass Maple Cookies	Beverage Pass Banana Bear Paws	Beverage Pass Blueberry Turnover	Beverage Pass Oatmeal Raisin Cookie	Beverage Pass White Chocoalte Macadamia Cookie	Beverage Pass Raspberry Turnover	Beverage Pass Coconut Macaroon
DINNER	Turkey Stir Fry Rice Pilaf Green Peas Date Square OR Liver & Onions with Beef Gravy Mashed Potatoes Green Peas Cinamon Roll Cake	Breaded Lemon Pepper Sole Fries Calico Corn Vanilla Caramel Swirl Cake OR Beef & Vegetable Stew Dumplings Date Square	Herb Baked Chicken Breast Roasted Potatoes Fall Medley Vegetable Mix Cherry Cobbler OR Sausage Mashed Potatoes Fall Medley Vegetable Mix Vanilla Caramel Swirl Cake	Honey Mustard Pork Bites Baked Potato Broccoli Florets Nanaimo Bar OR Turkey Cutlet w/Mushroom Gravy Mashed Potato Broccoli Florets Cherry Cobbler	Baked Chicken with Chalet Sauce Mashed Potatoes Italian Mix Vegetables Orange Cake OR BBQ Pork Ribs Mashed Potatoes Italian Mix Vegetables Nanaimo Bar	Baked Ham in Pineapple Juice Scalloped Potatoes Green Peas Boston Cream Cake OR Vegetable Lasagna Garlic Bread Green Peas Orange Cake	Turkey Casserole Mashed Potatoes Green Beans Red Velvet Cake OR Salisbury Steak with Beef Gravy Mashed Potatoes Green Beans Boston Cream Cake
HS	Bran Muffin & Cheddar Cheese Beverage Pass	Peanut Butter & Jam Sandwich Beverage Pass	Mini Danish & Apple Sauce Beverage Pass	Blueberry Muffin Vanilla Yogurt Beverage Pass	Raspberry Yogurt Muffin Cheddar Cheese Beverage Pass	Ritz Crackers Marble Cheese Beverage Pass	Mini Cinnamon Bun Yogurt Beverage Pass

Bread, margarine and/or crackers offered at lunch and dinner. Offer both vegetable choices at both Lunch and Dinner as part of Canada's Food Guide

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

ONTARIO MENU FALL/WINTER 2023 - 2024

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Feb 19, Mar 11, Apr 1, Apr 22, May 13, Jun 3, Jun 24	Feb 20, Mar 12, Apr 2, Apr 23, May 14, Jun 4, Jun 25	Feb 21, Mar 13, Apr 3, Apr 24, May 15, Jun 5, Jun 26	Feb 22, Mar 14, Apr 4, Apr 25, May 16, Jun 6, Jun 27	Feb 23, Mar 15, Apr 5, Apr 26, May 17, Jun 7, Jun 28	Feb 24, Mar 16, Apr 6, Apr 27, May 18, Jun 8, Jun 29	Feb 25, Mar 17, Apr 7, Apr 28, May 19, Jun 9, Jun 30
BREAKFAST	Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Poached Eggs Whole Wheat Toast OR Variety of Cold Cereals Toasted English Muffin	Beverage Pass Hot Cereal Egg Omelette Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Egg & Cheese Omelet Whole Wheat Toast OR Variety of Cold Cereals	Beverage Pass Hot Cereal Fried Eggs Sliced Bacon Hashbrowns Whole Wheat Toast OR Variety of Cold Cereals
	AM Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass	Beverage Pass
LUNCH	Vegetable Noodle Soup Roast Beef Sandwich Beets Mandarin Oranges OR Pasta Tortellini with Tomato Basil Sauce Winter Vegetables Apricots	Beef Rice Soup Turkey Cranberry Sandwich Spring Salad Vanilla Ice Cream OR Spanish Omelette Hashbrowns Sliced Carrots Crushed Pineapple	Cream of Tomato Soup Grilled Cheese Sandwich Caesar Salad Strawberry Mousse OR Tuna Salad Mini Croissant Vegetable Pasta Salad Mango	Italian Wedding Soup Mini Submarine Sandwich Tomato & Lettuce Tropical Fruit OR Chicken Pot Pie Spring Mix Lettuce Salad Blueberries	Chicken Noodle Soup Chili Con Carne Dinner Roll Tossed Salad with Dressing Chocolate Ice Cream OR Deli Meat Salad Plate Potato Salad Crushed Pineapple	Golden Lentil Soup Oktoberfest Sausage on Bun Vinaigrette Coleslaw Fruit Cocktail OR Egg Salad Sandwich on WW Vinaigrette Coleslaw Strawberries	Fish Chowder Soup Chicken Tenders w/ Plum Sauce French Fries w/Poutine Gravy Beet & Onion Salad Grape Jell-O w/Whipped Topping OR Weiners & Beans Whole Wheat Roll Italian Mixed Vegetables Mandarin Oranges
	PM Beverage Pass Oatmeal Cranberry Walnut Cookies	Beverage Pass Mini Chocolate Chip Bear Paws	Beverage Pass Strawberry Turnovers	Beverage Pass Jell-O Cup	Beverage Pass Multigrain Mixed Berry Bars	Beverage Pass Maple Wafer Cookies	Beverage Pass Ice Cream Sandwich
DINNER	Country Style Fried Chicken Baked Potato with Sour Cream Cocktail Vegetables Maple Avalanche Cake OR Breaded Sole Fries Cocktail Vegetables Red Velvet Cake	Meat Pies Mashed Potato Sunrise Mixed Vegetables Blueberry Crisp OR Pork Chop Baked Potato Sunrise Mixed Vegetables Maple Avalanche Cake	Meatloaf with Gravy Garlic Mashed Potato Oriental Mixed Vegetables Toffee Pudding Cake OR Butter Chicken White Rice Oriental Mixed Vegetables BlueBerry Crisp	Sweet & Spiced Ham Scalloped Potatoes Brussel Sprouts Iced Banana Cake OR Beef & Vegetable Stew Dinner Roll Brussel Sprouts Toffee Pudding Cake	Sweet & Sour Meatballs Mashed Potato Montego Mixed Vegetables Rice Pudding OR Chicken Alfredo Pasta Montego Mixed Vegetables Iced Banana Cake	Spaghetti & Meat Sauce Garlic Bread Ceasar Salad Lemon Buttermilk Cake OR Turkey Cranberry Casserole Mashed Potatoes Carrot Sticks Rice Pudding	Fried Bologna Mashed Potatoes California Mixed Vegetables Butter tart OR Roast Pork w/Pork Gravy Mashed Potatoes California Vegetables Lemon Buttermilk Cake
	HS Beverage Pass Carrot Muffin & Cheddar Cheese	Beverage Pass Peanut Butter & Jam Sandwich on WW	Beverage Pass Graham Crackers & Yogurt	Beverage Pass Caramel Coffee Muffin Marble Cheese	Beverage Pass Mini Cream Puff Strawberry Yogurt	Beverage Pass Blueberry yogurt Loaf Cheddar Cheese	Beverage Pass Ritz Crackers Marble Cheese

Bread, margarine and/or crackers offered at lunch and dinner. Offer both vegetable choices at both Lunch and Dinner as part of Canada's Food Guide

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