

**Ontario Fall Winter 2022-23 - Week 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
Banana Half	Blueberries	Fruit Cocktail	Mandarin Oranges	Crushed Pineapple	Banana Half	Chilled Diced Peaches
Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
Hard Boiled Egg	Apple & Sausage French Toast	Poached Egg	Hard Boiled Egg	Cottage Cheese	Assorted Creamy Yogurt	Scrambled Eggs
Whole Wheat Toast	-	Raisin Toast	Whole Wheat Toast	Raisin Toast	Pancake	Bacon Strips
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Scrambled Eggs	Peanut Butter	Assorted Creamy Yogurt	Scrambled Eggs	Poached Egg	Assorted Cold Cereal
Mini Cinnamon Bun	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
						Blueberry Muffin
<b>LUNCH</b>						
Cream of Asparagus Soup	Creamy Vegetable Soup	Pumpkin & Bacon Harvest Soup	Chicken Florentine Soup	Minestrone Soup	Italian Wedding Soup	Cream of Mushroom Soup
Grilled Ham & Cheese Sndw on WW	Rib-o-Pork on Bun	Pizza of Choice	Chana Masala	Hot Roast Beef on Bun with Gravy	Hot Dog on Wheat Bun	Honey Balsamic Salmon
Carrot Raisin Salad	Creamy Cucumber & Onions	Vinaigrette Coleslaw	Broccoli Florets	California Vegetables	Caesar Salad	Lemon Wedge
Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	Whole Wheat Pita Bread	Mango	Fruit Cocktail	Brown Rice Veggie Pilaf
Shrimp Stir Fry with Vegetables	Cottage Cheese Fruit Salad Plate	Herbed Omelet	Deluxe Fruit Salad	Turkey Deli & Pasta Sld Plate	Vegetable Quiche	Sunrise Vegetables
Fluffy Rice	Apple Spice Muffin	Potato Hashbrowns	Ham & Tomato Sndw w/Mayo	Whole Wheat Roll	Harvard Beets	Whole Wheat Bread
Mixed Green Italian Salad	Super Oatmeal Butterscotch Pudding	Sauteed Zucchini & Red Peppers	Red Beet Citrus Salad	Lemon Pound Cake w/ Topping	Whole Wheat Bread	Chilled Diced Pears
Whole Wheat Bread		Whole Wheat Bread	Chocolate Ice Cream		Orange Jello w/Whipped Topping	Mini Submarine Sandwich
Gingerbread Cake w/ Whipped Topping		Strawberry Mousse				Rainbow Coleslaw
						Haystack Brownie
<b>DINNER</b>						
Turkey Schnitzel	Chicken Supreme	Seasoned Cowboy Steak	Herb Baked Chicken	Baked Cod Fillet	Beef Shepherd's Pie	Roast Turkey Gravy & Cranberry Sauce
Poultry Gravy	Rosemary & Garlic Roasted Potato	Au Jus Sauce	Poultry Gravy	Lemon Wedge	Beef Gravy	Mashed Potatoes
Mashed Potatoes	Sunrise Vegetables	Mashed Potatoes	Chive Whipped Potatoes	Couscous w/Carrots & Cilantro	Cocktail Vegetables	Fall Medley Vegetables
Sauteed Red Peppers, Mushrooms & Onions	Whole Wheat Bread	Seasoned Diced Turnips	New England Vegetables	Mashed Squash	Whole Wheat Bread	Whole Wheat Bread
Whole Wheat Bread	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Stewed Rhubarb	Chilled Tropical Fruit
Mango	2% Milk	Chilled Diced Pears	Blueberries	Honeydew Melon	2% Milk	2% Milk
2% Milk	Herb Baked Fish	2% Milk	2% Milk	2% Milk	Chicken Cacciatore	
Macaroni & Beef Casserole	Lemon Wedge	Homemade Turkey Meatloaf	Lamb Moussaka	Teriyaki Pork Loin	Fluffy Rice	Spaghetti & Meatballs
Winter Vegetables	Green Peas	Onion Gravy	Greek Salad	Roasted Potatoes	Green Peas	Broccoli Florets
Cherry Tart	Apple Crisp	Green & Yellow Beans	Iced Banana Cake	Italian Mixed Vegetables	Caramel Cheesecake	Garlic Bread
		Toffee Pudding Cake		Rice Pudding		Pumpkin Pie

**Ontario Fall Winter 2022-23 - Week 2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
Sliced Strawberries	Banana Half	Chilled Tropical Fruit	Mandarin Oranges	Honeydew Melon	Banana Half	Cantaloupe Chunks
Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
Hard Boiled Egg	Sausage Links	Scrambled Eggs	Hard Boiled Egg	Cottage Cheese	Fried Egg	Scrambled Eggs
Raisin Toast	Waffles	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Bacon Strips
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Poached Egg	Peanut Butter	Assorted Creamy Yogurt	Poached Egg	Assorted Creamy Yogurt	Assorted Cold Cereal
Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Lemon Cranberry Muffin	Whole Wheat Toast	Bran Muffin	Peanut Butter
						Whole Wheat English Muffin
<b>LUNCH</b>						
Beef Fall Vegetable Soup	Split Pea Soup Vegt	Chicken Vegetable Noodle Soup	Broccoli Cheese Soup	Tomato & Macaroni Soup	Beef Vegetable Barley Soup	Cream of Cauliflower Soup
Crispy Breaded Chicken	Potato & Cheese Perogies	Cabbage Rolls	Breaded Haddock	Pulled Pork on WW Bun	Malibu Style Burrito Bowl	Hot Turkey Sndw on WW w/Gravy
Mustard	Sour Cream	New England Vegetables	Tartar Sauce	Tossed Ranch Salad	Grilled Zucchini	Grilled Vegetables
Ketchup	Sweet & Sour Cabbage	Whole Wheat Bread	Ketchup	Deluxe Fruit Salad	Whole Wheat Bread	Chilled Diced Peaches
Tator Tots	Whole Wheat Bread	Crushed Pineapple	French Fries	Broccoli Cheese Frittata	Fresh Grapes	Homestyle Tuna Salad
Zesty Balsamic Carrots	Mandarin Oranges	Cottage Cheese & Fruit Plate	Buttered Corn	Italian Mixed Vegetables	Shaved Ham Sndw on WW	Salad with Raspberry Vinaigrette
Whole Wheat Bread	Egg Salad Sndw on Wheat	Carrot Muffin	Whole Wheat Bread	Whole Wheat Roll	Pickle Spear	Wheat Roll
Cantaloupe Chunks	Mixed Salad with French Dressing	Super Oatmeal Chocolate Pudding	Blueberries	Vanilla Ice Cream	Caesar Salad	Red Velvet Cake
Grilled Reuben Sandwich	English Toffee Cake		Chicken Salad on WW Bun		Tapioca Pudding	
Tossed Ranch Salad			Tomato & Cucumber Salad			
Homemade Butter Tart			Frosted Banana Cake			
<b>DINNER</b>						
BBQ Pork Ribs	Honey Garlic Chicken	Glazed Ham	Hamburger Steak w/Caramelized Onions	Maple Glazed Salmon Loin	Montreal Spiced Chicken	Beef Pot Roast
Parisienne Potatoes	Oven-Browned Potatoes	Scalloped Potatoes	Beef Gravy	Lemon Wedge	Poultry Gravy	Beef Gravy
Whole Green Beans	Winter Vegetables	California Vegetables	Mashed Potatoes	Boiled Red Potato	Roasted Potatoes	Mashed Potatoes
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Sunrise Vegetables	Fall Medley Vegetables	Parsley Carrots	Apple Glazed Turnips
Hot Spiced Apples	Fruit Cocktail	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
2% Milk	2% Milk	2% Milk	Stewed Rhubarb	Mango	Chilled Diced Pears	Crushed Pineapple
Harvest Chickpea & Veg Curry	Baked Sole Fillet	Hearty Turkey Chili	2% Milk	2% Milk	2% Milk	2% Milk
Fluffy Rice	Lemon Dill ButterSauce	Brussels Sprouts	Cheese Stuffed Manicotti w/Tomato Basil Sc	Turkey Meatballs in Yogurt Sauce	Bolognese Sauce	Sweet & Sour Pork
Cauliflower with Cheese Sauce	Green Peas	Cornbread	Diced Squash	Brown Rice Veggie Pilaf	Buttered Spaghetti	Vegetable Fried Rice
Brownie	Lemonicious Bar	Cherry Crisp	Coconut Cream Pie	Minted Peas	Green Beans	Asian Vegetables
				Choco Raspberry Pudding Cake	Garlic Bread	Lemon Meringue Pie
					Date Square	

## Ontario Fall Winter 2022-23 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
Fruit Cocktail	Banana Half	Blueberries	Mandarin Oranges	Chilled Tropical Fruit	Banana Half	Deluxe Fruit Salad
Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
Poached Egg	Cottage Cheese	Assorted Creamy Yogurt	Poached Egg	Hard Boiled Egg	Fried Egg	Scrambled Eggs
Whole Wheat Toast	Raisin Toast	Pancake	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Hard Boiled Egg	Scrambled Eggs	Peanut Butter	Assorted Creamy Yogurt	Cottage Cheese	Assorted Cold Cereal
Banana Muffin	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bran Muffin	Apple Spice Muffin	Peanut Butter
<b>LUNCH</b>						
Cream of Tomato Soup	Garden Vegetable Soup	French Onion Soup	Cream of Chicken Soup	Cream of Potato & Leek Soup	Chicken Noodle Soup	Homemade Vegetable Barley Soup
Grilled Cheese on Wheat	BBQ Teriyaki Beef Ribette	Egg & Potato Salad Plate	Macaroni & Cheese	Chicken Pot Pie	Meatballs & Mushroom Sc	Fish 'n Chips
Tossed Salad & Italian Dressing	Buttered Egg Noodles	Whole Wheat Roll	Stewed Tomatoes	Cauliflower & Red Peppers	Fluffy Rice	Tartar Sauce
Chilled Diced Pears	Green Peas	Honeydew Melon	Whole Wheat Bread	Whole Wheat Bread	Sunrise Vegetables	Creamy Coleslaw
Chili Con Carne	Whole Wheat Bread	Ham & Pineapple Baked Beans	Fresh Grapes	Sliced Strawberries	Whole Wheat Bread	Whole Wheat Bread
Broccoli Florets	Stewed Rhubarb	Grilled Zucchini	Salmon Salad on WW	Cheeseburger on Wheat Bun	Blueberries	Chilled Diced Peaches
Corn Muffin	Turkey Sandwich w/Cranberry Mayo	Cornbread	Greek Salad	Mustard	Waffles	Garden Veg Cheese Omelette
Ice Cream Sandwich	Chopped Salad with Balsamic Peach Cobbler	French Vanilla Ice Cream	Lemon Blueberry Tart	Ketchup	Sausage Links	Spiced Yams
				Onion Slice	Syrup	Wheat Roll
				Sliced Tomato	Hot Fruit Compote	Carrot Cake
				Mixed Salad with French Dressing	Black Forest Pudding	
				Ambrosia		
<b>DINNER</b>						
Lemon Herb Baked Chicken Thighs	Pork Bacon Wrapped Medallion	Country Style Fried Chicken	Italian Herb Beef Stew	Lemon Herb Panko Pollock	Turkey Vegetable & Potato Hash	Pork Roast
Roasted Potatoes	Mushroom Gravy	Mashed Potatoes	New England Vegetables	Lemon Rice	-	Pork Gravy
Dill Carrot Coins	Baked Potato	Fall Medley Vegetables	Tea Biscuit	Mexican Mixed Vegetables	Broccoli Florets	Herbed Potatoes
Whole Wheat Bread	California Vegetables	Whole Wheat Bread	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Diced Squash
Mandarin Oranges	Whole Wheat Bread	Mango	2% Milk	Chilled Diced Pears	Cantaloupe Chunks	Whole Wheat Bread
2% Milk	Chilled Tropical Fruit	2% Milk	Breaded Turkey Cutlet	2% Milk	2% Milk	Crushed Pineapple
Sausage Bangers & Mash	2% Milk	Liver & Onions	Poultry Gravy	Grilled Ham	Roasted Vegetable Lasagna	2% Milk
-	Sole w/Lemon Pepper	Beef Gravy	Boiled Red Potato	Scalloped Potatoes	Caesar Salad	Baked Chicken with Chalet Sauce
Tomato & Cucumber Salad	Brown Rice Veggie Pilaf	Sauteed Spinach	Whole Green Beans	Dilled Peas	Garlic Bread	Tossed Salad & Italian Dressing
Mixed Berries & Cream Dessert	Creamed Corn	Apple Crumble w/Super Oatmeal	Whole Wheat Bread	Triple Chocolate Fudge Cake	Boston Cream Cake	Apple Pie Slice
	Bread Pudding		Van Caramel Swirl Cake			