

ONTARIO MENU SUMMER/FALL 2023

WEEK 1

| ONTARIO MENU SUMMER/FALL 2023 | | | | | | | | WEEK 1 | | | | | | |
|---|---|---|---|--|---|--|--|--|---|--|--|--|---|--|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | | |
| Jul 24, Aug 14, Sep 4, Sep 25, Oct 16, Nov 6, Nov 27, Dec 18, Jan 8 | | Jul 25, Aug 15, Sep 5, Sep 26, Oct 17, Nov 7, Nov 28, Dec 19, Jan 9 | | Jul 26, Aug 16, Sep 6, Sep 27, Oct 18, Nov 8, Nov 29, Dec 20, Jan 10 | | Jul 27, Aug 17, Sep 7, Sep 28, Oct 19, Nov 9, Nov 30, Dec 21, Jan 11 | | Jul 28, Aug 18, Sep 8, Sep 29, Oct 20, Nov 10, Dec 1, Dec 22, Jan 12 | | Jul 29, Aug 19, Sep 9, Sep 30, Oct 21, Nov 11, Dec 2, Dec 23, Jan 13 | | Jul 30, Aug 20, Sep 10, Oct 1, Oct 22, Nov 12, Dec 3, Dec 24, Jan 14 | | |
| BREAKFAST | Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast | | Beverage Pass Hot Cereal Poached Egg Whole Wheat Toast | | Beverage Pass Hot Cereal Scrambled Eggs Whole Wheat Toast | | Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast | | Beverage Pass Hot Cereal Scrambled Eggs Whole Wheat Toast | | Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast Waffles with Syrup | | Beverage Pass Hot Cereal Fried Egg Sliced Bacon | |
| | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | | OR Variety of Cold Cereals | |
| AM | Beverage Pass | | Beverage Pass | | Beverage Pass | | Beverage Pass | | Beverage Pass | | Beverage Pass | | Beverage Pass | |
| LUNCH | Garden Vegetable Soup Hamburger on Bun Greek Salad Butterscotch Ice Cream | | Beef Vegetable Soup Macaroni & Cheese Garlic Bread Stewed Tomatoes Chocolate Ice Cream | | Chicken Noodle Soup English Style Battered Pollock French Fries Creamy Coleslaw Fruit Cocktail | | Homemade Vegetable Barley Soup Chicken Caesar Salad Dinner Roll Strawberry Mousse | | Cream of Potato Leek Soup Western Omelet Sandwich Harvard Beets Tropical Fruit Salad | | Country Bean & Vegetable Soup Mini Submarine Sandwich Spring Mix Salad Mandarin Orange Sections | | Tomato & Macaroni Soup Country Sausage Pancakes with Syrup Strawberry Compote Chocolate Ice Cream Bar | |
| | OR Egg Salad Sandwich Couscous Salad Watermelon | | OR Turkey Sandwich Tossed Salad Cantaloupe | | OR Quiche Florentine Sliced Carrots Mango | | OR Black Bean Patty & Cheese Sandwich Tomato & Lettuce Salad Diced Peaches | | OR BBQ Beef on Bun Carrot Raisin Salad Strawberries | | OR Perogies Potato & Cheese w/ Bacon & Onions Sauerkraut Apricots | | OR Salmon Sandwich Sweet Pickles Diced Pears | |
| PM | Beverage Pass Peach Applesauce | | Beverage Pass Chocolate Chip Cookie | | Beverage Pass Shortbread Swirl Cookie | | Beverage Pass Banana Bear Paw Cookie | | Beverage Pass Maple Cream Cookie | | Beverage Pass Assorted Wafer Cookies | | Beverage Pass Nutri-Grain Bar | |
| DINNER | Meat Pie Mashed Potatoes Butternut Squash Lemon Buttermilk Cake | | Sweet & Sour Chicken Steamed Rice Oriental Mix Vegetables Strawberry Shortcake | | Seasoned Cowboy Steak Baked Potato with Sour Cream Seasoned Green Beans Maple Chocolate Mania Cake | | Spaghetti & Meat Sauce Garlic Bread Pick Of The Day Vegetable Blend Citrus Orange Cake | | Seasoned Chicken Breast w/ Gravy Oven Browned Potatoes Green Peas Vanilla Ice Cream | | Oven Baked Meatloaf w/ Gravy Whipped Potatoes California Vegetable Mix Red Velvet Cake | | Roast Turkey with Gravy Herbed Potatoes Sunrise Mix Vegetables Apple Pie | |
| | OR Pork Chops & Mushroom Sauce Mashed Potatoes Butternut Squash Chocolate Cream Mint Pie | | OR Baked Ham in Pineapple Juice Scalloped Potatoes Oriental Mix Vegetables Lemon Buttermilk Cake | | OR Turkey Cacciatore Mashed Potato Seasoned Green Beans Strawberry Shortcake | | OR Pork Souvlaki Mashed Potato Pick Of The Day Vegetable Blend Maple Chocolate Mania Cake | | OR Lemon Herb Fish Fillet Mashed Potato Green Peas Citrus Orange Cake | | OR Turkey Stew Dinner Roll Vanilla Ice Cream | | OR Tuscan Style Vegetable Lasagna Garlic Bread Sunrise Mix Vegetables Red Velvet Cake | |
| HS | Banana Muffin & Cheese Milk 2% | | Peanut Butter Snack Sandwich Milk 2% | | Lemon Muffin & Cheese Milk 2% | | Crackers & Vanilla Yogurt Milk 2% | | Blueberry Muffin & Peanut Butter Milk 2% | | Graham Crackers & Creamy Peach Yogurt Milk 2% | | Pudding Cup Milk 2% | |

ONTARIO MENU SUMMER/FALL 2023

WEEK 2

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|-----------|--|--|---|---|---|---|--|
| | | Jul 31, Aug 21, Sep 11, Oct 2, Oct 23, Nov 13, Dec 4, Dec 25, Jan 15 | Aug 1, Aug 22, Sep 12, Oct 3, Oct 24, Nov 14, Dec 5, Dec 26, Jan 16 | Aug 2, Aug 23, Sep 13, Oct 4, Oct 25, Nov 15, Dec 6, Dec 27, Jan 17 | Aug 3, Aug 24, Sep 14, Oct 5, Oct 26, Nov 16, Dec 7, Dec 28, Jan 18 | Aug 4, Aug 25, Sep 15, Oct 6, Oct 27, Nov 17, Dec 8, Dec 29, Jan 19 | Aug 5, Aug 26, Sep 16, Oct 7, Oct 28, Nov 18, Dec 9, Dec 30, Jan 20 | Aug 6, Aug 27, Sep 17, Oct 8, Oct 29, Nov 19, Dec 10, Dec 31, Jan 21 |
| BREAKFAST | | Beverage Pass Hot Cereal Scrambled Eggs 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 Poached Egg Raisin Toast OR Variety of Cold Cereals | Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast OR Variety of Cold Cereals | Beverage Pass Hot Cereal Fried Egg Whole Wheat Toast French Toast with Syrup OR Variety of Cold Cereals | Beverage Pass Hot Cereal Fried Eggs Sliced Bacon Whole Wheat Toast OR Variety of Cold Cereals |
| | AM | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass |
| LUNCH | | Chicken Noodle Soup Ham Sandwich on Rye Tossed Ranch Salad Orange Sections OR Swiss & Parmesan Quiche Green Peas Diced Peaches | Bean & Vegetable Soup Beef Taco Salad Tortilla Chips Ice Cream Sandwich OR Salmon Burger Rainbow Coleslaw Diced Pears | Beef, Vegetable Noodle Soup Chicken Strips w/ Plum Sauce French Fries w/ Poutine Gravy Sliced Carrots Crushed Pineapple OR Pasta Salad Plate Crossiant Mango | Turkey Vegetable Soup Pizza of Choice Spring Mix Salad Fruit Cocktail Maple Swirl Ice Cream OR Chickpea Casserole Dinner Roll Italian Mixed Vegetables Fruit Cocktail | Chicken Vegetable Barley Soup Cottage Cheese & Fruit Plate Carrot Muffin Strawberry Jell-O with Whipped Topping OR Sweet Potato Baked Frittata Dinner Roll Blueberries | Italian Wedding Soup Hot Dog on Bun Dill Pickle Butterscotch Pudding OR Four Cheese Penne Pasta Casserole Garlic Bread Kalebanzo Mix Veg Diced Peaches | Cream Of Mushroom Soup Egg Salad Sandwich Pickled Beets Pistachio Dark Chocolate Bar OR Chicken Wings with Sauce Tossed Salad Dinner Roll Watermelon |
| | PM | Beverage Pass Fig Newton Cookie | Beverage Pass Digestive Cookie | Beverage Pass Blueberry Turnover | Beverage Pass Chocolate Chip Cookie | Beverage Pass Oatmeal Date Cookie | Beverage Pass Shortbread Cookie | Beverage Pass Strawberry Turnover Cookie |
| DINNER | | Country Style Chicken Herbed Potatoes Brocoli Florets Date Square OR BBQ Pork Chops Mashed Potatoes Brocoli Florets Apple Pie | Farmers Sausage Oven Browned Potatoes Cocktail Vegetables Caramel Cheesecake OR Chicken Pot Pie Mashed Potato Cocktail Vegetables Date Square | Swedish Meatballs Buttered Egg Noodles Scandinavian Mix Vegetables Peach Pie OR Fish Lemon Pepper Mashed Potato Scandinavian Mix Vegetables Caramel Cheesecake | Creamy Chicken & Mushroom Red Potatoes Herbed Green Beans Blueberry Crumble OR Hawaiian Ham Mashed Potato Seasoned Green Beans Peach Pie | Teriyaki Turkey Fried Rice Florentine Vegetable Mix Triple Chocolate Fudge Cake OR Salisbury Steak with Gravy Mashed Potato Florentine Vegetable Mix Blueberry Crumble | Fried Bologna Mashed Potato Cream Corn Cherry Pie OR Lemon Pepper Chicken Breast Scalloped Potatoes Cream Corn Triple Chocolate Fudge Cake | Turkey Meatloaf w/Gravy Mashed Potatoes Mexican Mixed Vegetables Black Forest Cake OR Roast Beef Yorkshire Pudding Mashed Potatoes Mexican Mixed Vegetables Cherry Pie |
| | HS | Mini Muffin & Creamy Strawberry Yogurt Milk 2% | Carrot Muffin & Cheese Milk 2% | Peanut Butter Jam Snack Sandwich Milk 2% | Ritz Crackers & Cheese Milk 2% | Bran Muffin & Peanut Butter Milk 2% | Graham Crackers & Creamy Peach Yogurt Milk 2% | Lemon Muffin & Cheese Milk 2% |

ONTARIO MENU SPRING/SUMMER 2023

WEEK 3

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|-----------|--|--|---|---|---|---|---|
| | | Aug 7, Aug 28, Sep 18, Oct 9, Oct 30, Nov 20, Dec 11, Jan 1 | Aug 8, Aug 29, Sep 19, Oct 10, Oct 31, Nov 21, Dec 12, Jan 2 | Aug 9, Aug 30, Sep 20, Oct 11, Nov 1, Nov 22, Dec 13, Jan 3 | Aug 10, Aug 31, Sep 21, Oct 12, Nov 2, Nov 23, Dec 14, Jan 4 | Aug 11, Sep 1, Sep 22, Oct 13, Nov 3, Nov24, Dec 15, Jan 5 | Aug 12, Sep 2, Sep 23, Oct 14, Nov 4, Nov 25, Dec 16, Jan 6 | Aug 13, Sep 3, Sep 24, Oct 15, Nov 5, Nov 26, Dec 17, Jan 7 |
| 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 Egg Raisin 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 Eggs Whole Wheat Toast OR Variety of Cold Cereals | Beverage Pass Hot Cereal Boiled Egg Whole Wheat Toast Pancakes with syrup OR Variety of Cold Cereals | Beverage Pass Hot Cereal Fried Eggs Sliced Bacon Whole Wheat Toast OR Variety of Cold Cereals |
| | AM | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass | Beverage Pass |
| LUNCH | | Beef Barley Soup Sliced Turkey Sandwich Tossed Salad Diced Pears OR Cheese Tortellini Garlic Bread Pick of the Day Veg Blend Cantaloupe | Cream of Broccoli & Cheese Soup Weiners & Beans Bistro Veg Mix Neapolitan Ice Cream OR Cottage Cheese Fruit Plate Carrot Muffin Diced Peaches | Garden Vegetable Soup Ham Salad Greek Salad Honeydew Melon OR Sausage Patty Diced Hashbrowns Broccoli Florets Apricots | Minestrone Soup Shredded Chicken Sandwich Mixed Green Salad Jell-o w/ whipped topping OR Vegetable Macaroni Bake Zucchini Medley Watermelon | Cream of Tomato Soup Grilled Cheese Sandwich Sweet Pickles Fruit Cocktail OR Sliced Ham Plate Red Beet Salad Dill Potato Salad Mango | Chicken Rice Soup Quiche Florentine Sliced Carrots Whole Wheat Bread Crushed Pineapple OR Veggie Burger Garnish Onion & Cucumber Slices Spring Mix Salad Blueberries | Tomato Macaroni Soup Fish Nuggets & Chips Tartar Sauce Coleslaw Vinaigrette Mandarin Oranges OR Cheese Lettuce Tomato Sandwich Sliced Dill Pickle Four Bean Salad Tapioca Pudding |
| | PM | Beverage Pass Blueberry Turnover | Beverage Pass Oatmeal Date Cookie | Beverage Pass Chocolate Chip Cookie Hmd | Beverage Pass Cherry Turnover Cookie | Beverage Pass Mini Brownie | Beverage Pass Nutri-Grain Bar | Beverage Pass Peanut Butter Cookie |
| DINNER | | Meatballs in Tomato Sauce Steamed Rice Sliced Carrots Apple Crumble OR Teriyaki Pork Shanghai Noodles Sliced Carrots Black Forest Cake | Crunchy Ranch Chicken Red Potato Seasoned Green Beans Cherry Cheesecake OR Tender Philly Steak Mashed Potato Seasoned Green Beans Apple Crumble | Shepherd's Pie Florentine Vegetable Mix Triple Layer Chocolate Cake OR Baked Cod Fillet w/Lemon Wedge Au Gratin Potatoes Florentine Vegetable Mix Cherry Cheesecake | Meat Lasagna Garlic Bread Caesar Salad Vanilla Caramel Swirl Cake OR BBQ Pork Drummies Mashed Potato California Mixed Vegetables Triple Layer Chocolate Cake | Turkey Stirfry Basmati Rice Diced Squash Chocolate Ice Cream Bar OR Salmon in Dill Sauce Mashed Potato Diced Squash Vanilla Caramel Swirl Cake | Tomato Beef & Macaroni Bake Dinner Roll Herbed Cauliflower Date Pudding Cake OR Baked Chicken Leg with Chalet Dipping Sauce Boiled Red Potatoes Herbed Cauliflower Chocolate Ice Cream Bar | Turkey Casserole Mashed Potatoes Italian Mixed Vegetables Chocolate Cream Mint Pie OR Roast Pork Mashed Potatoes Italian Mixed Vegetables Date Pudding Cake |
| | HS | Banana Bran Muffin & Cheese Milk 2% | Peanut Butter Snack Sandwich Milk 2% | Blueberry Muffin & Cheese Milk 2% | Mini Pancakes & Creamy Peach Yogurt Milk 2% | Carrot Muffin & Peanut Butter Milk 2% | Ritz Crackers & Cheese Milk 2% | Mini Cream Puffs & Creamy Strawberry Yogurt Milk 2% |