Regular			Ontario Menu FW 2017-18			Week 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Breakfast			
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Oatmeal with Flax	Oatmeal with Flax	Oatmeal with Flax	Oatmeal with Flax	Oatmeal with Flax	Oatmeal with Flax	Oatmeal with Flax
Scrambled Eggs	Boiled Egg	Smooth Fruit Yogurt	Scrambled Eggs	Cheddar Cheese	Poached Egg	Boiled Egg
Bacon			Bacon			
Whole Wheat Toast	Whole Wheat Toast	Blueberry Buttermilk Muffin	Raisin Toast	Whole Wheat Toast	English Muffin	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter Pkg	Peanut Butter Pkg	Poached Egg	Peanut Butter Pkg	Boiled Egg	Peanut Butter Pkg	Peanut Butter Pkg
			Lunch			
Roast Pork	Savoury Chicken Thigh	Veal with Cream Sauce	Herb Baked Tilapia	Lemon Thyme Turkey	Shepherd's Pie	Peppercorn Pork Loin
Gravy	Gravy				Gravy	Gravy
Mashed Potatoes	Roasted Potatoes	Buttered Noodles	Home Fries	Roasted Potatoes		Oven Roasted Potatoes
Sauteed Peppers	Harvest Vegetables	Brussels Sprouts	Glazed Carrots	Garden Peas	PEI Vegetables	Green Beans
Triple Berry Crumble	Brownie	Lemon Crunch Square	Cherry Tart	Coconut Cream Pie	Banana Cake	Butter Tart
Meatballs in Sauce	Crusted Cod Fillet	Honey Apple Pork	Beef Riblette	Sweet & Sour Pork	Baked Salmon Loin	Veal Parmesan
Spaghetti Noodles	Roasted Potatoes	Scalloped Potatoes	Mashed Potatoes	Steamed Rice	Rice Pilaf	Oven Roasted Potatoes
Broccoli Florets	Herbed Zucchini	Butternut Squash	Cauliflower	Oriental Vegetables	Parsnips	Roasted Winter Vegetables
Mandarin Oranges	Apricots	Fruit Cocktail	Blueberries	Mandarin Oranges	Pears	Baked Apple Slices
			Dinner			
Corn Chowder	Mushroom Soup	Chicken Noodle Soup	Cream of Celery Soup	Minestrone Soup	Split Pea Soup	Tomato Rice Soup
Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
Salmon Salad Sandwich	Pulled Pork Sandwich	Three Cheese Quiche	Chicken Strips Dinner Roll	Egg Salad Croissant	Pastrami Sandwich on Rye	Turkey Pot Pie
Mixed Green Salad	Spinach Salad	Seasonal Vegetables	Caesar Salad	Tossed Salad	Cucumber Tomato Salad	Rainbow Garden Salad
Pears	Peaches	Stewed Rhubarb	Baked Apple Slices	Pineapple, MCD	Apricots	Tropical Fruit
Chicken Nuggets Plum Sauce	Beef Macaroni Casserole	Turkey Reuben on Rye	Cheese & Spinach Cannelloni	Bangers Sausage	Perogies Sour Cream	Sausage Links
Home Fries	Grilled Garlic Bread	Garden Salad		Mashed Potatoes		French Toast
Garden peas Stawberry Mousse	Green Beans Butterscotch Pudding	Sherbet	Broccoli Florets Carrot Cake	California Vegetables Tapioca Pudding	Harvard Beets Vanilla Ice Cream	Strawberry Rhubarb Compote Cherry Jello