

ONTARIO MENU Spring/Summer 2012

WEEK 1

ONTARIO MENU Spring/Summer 2012								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Apr-23, May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	Apr-24, May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	Apr-25, May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	Apr-26, May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	Apr-27, May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	Apr-28, May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	Apr-29, May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14
BREAKFAST 8:30 P.M.		Apple Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections OR Variety of Cold Cereals Peanut Butter	Orange Juice Red River Cereal Cheddar Cheese Raisin Toast Honeydew OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Cranberry Juice Oatbran Cereal Poached Egg English Muffin Banana OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Cream of Wheat Cereal Boiled Egg Whole Wheat Toast Grapes OR Variety of Cold Cereals Peanut Butter	Orange Juice Oatmeal Cereal Scrambled Eggs Bran Muffin Fresh Cantaloupe OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Cheddar Cheese Stewed Prunes Whole Wheat Toast OR Variety of Cold Cereals Poached Egg	Apple Juice Oatbran Cereal Fried Egg Whole Wheat Toast Banana Bacon OR Variety of Cold Cereals Peanut Butter
		Fruit Punch Juice	Cranapple Juice	Raspberry Juice	Citrus 5 Juice	White Grape Juice	Apricot Juice	Orange Mango
LUNCH 12 NOON		Potato Dill Soup Hamburger on a Bun Cucumber and Onion Salad Watermelon OR Grilled Chicken & Asiago Caesar Salad Plate Focaccia Bread Stick Very Berry Mousse	Vegetarian Vegetable Soup Egg Salad Sandwich Carrot Raisin Salad Raspberries OR Tri Colour Cheese Tortellini with Tomato Basil Sauce Mini Garlic Toast Italian Mixed Vegetables Chocolate Pudding	Creole Rice Soup Battered Alaskan Pollock Potato Dollar Chips Creamy Coleslaw Apple Slices OR Mini Submarine Sandwich Marinated Vegetable Medley Salad Lime Jello Vanilla Whipped Topping	Homemade Vegetable Barley Turkey, Lettuce & Tomato Sandwich Home Style Potato Salad Plums OR Vegetarian Chilli Whole Wheat Dinner Roll Caesar Salad Tangerine Mousse	Cream of Leek Soup Macaroni & Cheese Scalloped Tomatoes Tropical Fruit Salad OR Rib of Pork on a Bun Mixed Green Salad Caramel Pudding	Split Pea Soup Spanish Omelet Multigrain Toast Pickled Beet Salad Pears OR Shaved Pastrami Sandwich Garden Salad Apple Cinnamon Cake	Chicken Julienne Soup French Toast Breakfast Sausage Rhubarb Strawberry Compote French Cream Cake OR Wild Salmon Salad Plate Whole Wheat Dinner Roll Apricot Halves
		Iced Tea Drink 2 Bite Mini Cinnamon Roll	Grape Drink Date Maxi Fruit Cookie	Pear Drink Assorted Mini Donuts	Tropical Fruit Drink Banana Fruit Bread	Peach Drink Chocolate Chip Cookie	Lemonade Drink 2 Bite Blueberry Filled Muffin	Cherry Drink Mini Lemon Tart
DINNER 5:00 P.M.		Honey Garlic Pork Drummie Pan Roasted Potatoes Buttered Corn Naked Brownie OR Oven Baked Basa Fish Fillets in a White Seafood Sauce Browned Rice French Style Green Beans Fruit Cocktail	Sliced Turkey Breast Mashed Potatoes Butternut Squash Blueberry Yogurt Cake OR Braised Liver Onion Gravy Mashed Potatoes Broccoli Florets Pineapple Tidbits	BBQ Chicken Oven Browned Potatoes Peas & Pearl Onion Cherry Tart OR Roast Leg of Lamb Oven Browned Potatoes Parsnips with Pimento Papaya	Flat Iron Steak Baked Potato PEI Vegetable Medley Coconut Cream Pie OR Sweet & Sour Pork Steamed Rice Sautéed Mixed Pepper Sliced Peaches	Haddock Fillet Potatoes with Parsley Asparagus Spears Hollandaise Sauce Neopolitan Ice Cream OR Greek Style Chicken Breast Potatoes with Parsley Glazed Carrots Four Berry Mix	Veal Piccata Baby Roasted Potatoes Mashed Turnip Grape Jello OR Turkey Cacciatore Baby Roasted Potatoes Seasoned Zucchini Mandarin Orange Sections	Pork Tenderloin Demi-Glace Sauce Whipped Potatoes California Mixed Vegetables Peach Pie OR Oven Baked Meatloaf Beef Gravy Whipped Potatoes Wax Beans with Tarragon Butter Mango
		Bran Crunch Cookies Milk 2%	Peanut Butter Sandwich Milk 2%	Pineapple Zucchini Loaf w Cream Cheese Milk 2%	Oatmeal Apple Cookie Milk 2%	Jam Sandwich Milk 2%	Raisin Bread with Margarine Milk 2%	Cheese Sandwich Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

MEAL TIMES: BREAKFAST 8:30 A.M. LUNCH 12:00 P.M. DINNER 5:00 P.M.

Coffee, tea, water and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)



SILVER GROUP PURCHASING

ONTARIO MENU Spring/Summer 2012

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Apr-30, May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-1, May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-2, May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-3, May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21
BREAKFAST 8:30 A.M.	Orange Juice Red River Cereal Boiled Egg Light Rye Toast Deluxe Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Orange Sections OR Variety of Cold Cereals Peanut Butter	Apple Juice Cream of Wheat Cereal Poached Egg English Muffin Blueberries OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Red River Cereal Cheddar Cheese Morning Glory Muffin Stewed Prunes OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Apple Juice Oatmeal Cereal Poached Egg Raisin Toast Fresh Cantaloupe OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Orange Juice Cream of Wheat Cereal Fried Egg Whole Wheat Toast Raspberries Bacon OR Variety of Cold Cereals Peanut Butter
AM	Cranapple Juice	Raspberry Juice	Citrus 5 Juice	White Grape Juice	Apricot Juice	Orange Mango Juice	Fruit Punch Juice
LUNCH 12 NOON	Beef Vegetable Soup Lasagna Vegetarian Mini Garlic Toast Romaine Salad Black Berries OR Ham Sandwich Cucumber Salad in Sour Cream Marble Cake	Golden Autumn Carrot Soup Philly Steak on Bun Sauteed Vegetables Pineapple Tidbits OR Turkey Pot Pie Poultry Gravy Garden Peas Butter Tart Bar	Plantation Vegetable Soup Crispy Chicken Breast Chunks Dipping Sauce Homestyle Potato Salad Plums OR Cottage Cheese & Summer Fruit Plate Bran Muffin Lil Vanilla Ice Cream Sandwich	Cream of Asparagus Soup Beef Hot Dog on a Bun Greek Salad Mango OR Macaroni & Cheese Green Beans Strawberry Jello Vanilla Whipped Topping	Chicken Gumbo Soup Mushroom Strata Harvard Beets Mandarin Orange Sections OR Pizza Casserole Garden Mix Salad Lemon Chiffon	Vegetable Florentine Soup Pasta Salad Plate Italian Bread Sliced Peaches OR Salmon Sandwich Romaine Salad Rainbow Sorbet	Cream of Celery Soup Country Style Fried Chicken Tea Biscuit Oil & Vinegar Coleslaw Grapes OR Montreal Smoked Meat Sandwich Dill Pickle Mixed Green Salad Pound Cake with Pineapple Sauce
PM	Grape Drink 2 Bite Chocolate Muffin	Pear Drink Shortbread Swirl Cookie	Tropical Fruit Drink Mini Caramel Coffee Cake	Peach Drink Oatmeal Apple Cookie	Lemonade Drink Brownie Mini	Cherry Drink Mini Vanilla Cupcake	Iced Tea Drink Blueberry Fruit Bread
DINNER 5:00 P.M.	Paprika Chicken O'Brien Potatoes Brussel Sprouts Tiramisu Mousse OR Beef Souvlaki O'Brien Potatoes Scandinavian Mixed Vegetables Honeydew	Pork Chop in Mushroom Sauce Mashed Garlic Potatoes Squash Banana Sheet Cake OR Italian Style Breaded Veal Mashed Garlic Potatoes Parmesan Baked Tomato Apple Slices Baked	Texas Style Smoked Beef Brisket Potatoes Au Gratin Buttered Cabbage Boston Cream Pie OR Oven Fried Blue Cod Fillet Lemon Wedge Potatoes Au Gratin Italian Mixed Vegetables Apricot Halves	Bacon Wrapped Pork Medallion Chive Whipped Potatoes Broccoli Florets Cherry Cheesecake OR Diced Turkey In Gravy Chive Whipped Potatoes Buttered Corn Fruit Cocktail	Cape Capensis White Fish Red Baked Potatoes Carrots with Dill Vanilla Caramel Swirl Cake OR Swiss Steak Rice Pilaf Oriental Mixed Vegetables Pears	Turkey Schnitzel Poultry Gravy Roasted Caesar Potatoes Honey Glazed Turnip Raspberry Jelly Roll OR Herbed Lamb Roast Roasted Caesar Potatoes Minted Peas Watermelon	Roast Beef Beef Gravy Mashed Sweet Potatoes PEI Vegetable Medley Apple Brown Betty Square OR Baked Ham Slices Mashed Sweet Potatoes Cauliflower Strawberries
HS	Digestive Cookies Milk 2%	Raisin Bread with Margarine Milk 2%	Peanut Butter & Jam Sandwich Milk 2%	Cherry Loaf w Cream Cheese Milk 2%	Oatmeal Date Cookie Milk 2%	Egg Salad Sandwich Milk 2%	Jam Sandwich Milk 2%

Bread, margarine and/or crackers offered at lunch and dinner.

MEAL TIMES: BREAKFAST 8:30 A.M. Lunch 12:00 P.M. DINNER 5:00 P.M.

Coffee, tea, water and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)



SILVER GROUP PURCHASING

ONTARIO MENU Spring/Summer 2012

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1	May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2	May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3	May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4	May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5	May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6	May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7
BREAKFAST 8:30 A.M.	Cranberry Juice Oatbran Cereal Scrambled Eggs Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Apple Juice Cream of Wheat Cereal Cheddar Cheese Bran Muffin Orange Sections OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Orange Juice Red River Cereal Poached Egg Whole Wheat Toast Honeydew OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Scrambled Eggs Whole Wheat Toast Stewed Prunes OR Variety of Cold Cereals Peanut Butter	Apple Juice Oatbran Cereal Vanilla Yogurt Whole Wheat Toast Raspberries OR Variety of Cold Cereals Boiled Egg	Orange Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast Banana OR Variety of Cold Cereals Peanut Butter	Cranberry Juice Oatmeal Cereal Poached Egg Sliced Bacon Muffins English Deluxe Fruit Salad OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast
AM	Raspberry Juice	Citrus 5 Juice	White Grape Juice	Apricot Juice	Orange Mango Juice	Fruit Punch Juice	Cranapple Juice
LUNCH 12 NOON	Country Vegetable Soup Sliced Turkey & Potato Salad Cold Plate Whole Wheat Dinner Roll Papaya OR Cheese Ravioli with Marinara Sauce Caesar Salad Whole Wheat Bread Wild Cherry Jello	Cream of Spinach Soup Pepper & Zucchini Frittata French Bread Mixed Bean Salad Four Berry Mix OR Tuna Sandwich Marinated Vegetable Medley Salad Chocolate Ice Cream	Beef Barley Soup Breaded Cod Nuggets Tartar Sauce Creamy Coleslaw Apple Slices OR Salami Sandwich Rotini Vegetable Pasta Salad Rice Pudding	Minestrone Soup Chicken Breast on a Bun Garden Mix Salad Pineapple Tidbits OR Buttermilk Pancakes Breakfast Sausage Fruit Compote Peach Jello Vanilla Whipped Topping	Turkey Vegetable Soup Roast Beef Sandwich Baby Dill Pickle Sweet Potato Fries Watermelon OR Broccoli & Swiss Cheese Quiche Scandinavian Mixed Vegetables Triple Berry Crumble	French Onion Soup Wieners & Beans Greek Salad Apricot Halves Tea Biscuit OR Pulled Pork Sandwich Coleslaw Chocolate Mousse	Cream of Tomato Soup Grilled Cheese Sandwich Pickled Beet Salad Pears OR Deli Cold Plate Whole Wheat Dinner Roll Maple Pudding Cake
PM	Pear Drink Mini Donut	Tropical Fruit Drink Cranberry Fruit Bread	Peach Drink 2 Bite Macarons	Lemonade Drink Mini Vanilla Cup Cake	Cherry Drink Maple Leaf Cookie	Iced Tea Drink Mini Cherry Tart	Grape Drink Mini Carrot Muffin
DINNER 5:00 P.M.	Homemade Shepherds Pie Beef Gravy California Mixed Vegetables Orange Citrus Cake OR Marinated Wild Salmon Cubes Steamed Rice Asparagus Spears Blueberries	Grilled Chicken Thighs Poultry Gravy Baby Roasted Potatoes Buttered Parsnips Date Square OR Beef Pot Roast Baby Roasted Potatoes Brussel Sprouts Fruit Cocktail	Sliced Pork Roast Demi-Glace Sauce Paprika Whipped Potatoes Creamed Corn Lemon Meringue Pie OR Cabbage Rolls Paprika Whipped Potatoes PEI Vegetable Medley Plums	Beef Tips in Red Wine Gravy Rice Pilaf Green Beans Cinnamon Coffee Cake OR Cottage Roll Scalloped Potatoes Carrots Fresh Cantaloupe	Spaghetti with Italian Meat Sauce Mini Garlic Toast Garden Salad Butterscotch Ice Cream OR Irish Stew Potatoes O'Brien Peas Grapes	Herb Roasted Chicken Leg Chalet Dipping Sauce Potatoes with Parsley Mixed Vegetables Lemon Buttermilk Cake OR Salisbury Steak Beef Gravy Potatoes with Parsley Cauliflower with Thyme Mango	Veal with Mushroom Sauce Red Baked Potatoes Seasoned Zucchini Strawberry Rhubarb Pie OR Tuscan Turkey Breast Red Baked Potatoes Italian Mixed Vegetables Sliced Peaches
HS	Applespice Loaf with Cream Cheese Milk 2%	Peanut Butter Sandwich Milk 2%	Cookies Spice Snaps Milk 2%	Raisin Bread with Margarine Milk 2%	Jam Sandwich Milk 2%	Tuna Salad Sandwich Milk 2%	Oatmeal Apple Cookie Milk 2%

MEAL TIMES: BREAKFAST 8:30 A.M. LUNCH 12:00 P.M. DINNER 5:00 P.M.

Bread, margarine and/or crackers offered at lunch and dinner.

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Georgian Heights June 2012

Hannah Sarnovsky Program Manager Linda Bridge and Wendy Woodhouse Activation Aids



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Daily programs:</i> 9:30 Restorative Care 10:00 Euchre</p>		<p><i>June Flower: Rose</i> <i>June Birthstone: Pearl</i></p>		<p>1 10:00 Music With Glen 1:00 I-I Visits 2:00 Bingo With Anna and Lorraine</p>		<p>2 1:30 Gardening</p>
<p>3 10:30 Church on TV 2:00 Patio Music</p>	<p>4 10:00 Parachute Fun 1:00 Hairdresser 2:30 Jackie's Puppets 6:30 Current Events</p>	<p>5 10:30 Spiritual Blessings With Gary 1:00 Pet Therapy 1:30 Yoga 2:30 Bible Baptist Singers</p>	<p>6 10:00 Baking & Coffee 1:00 Hairdresser 2:00 Walks to Tim Horton's 6:30 Word Games</p>	<p>7 8:00 Ladies Breakfast 10:30 Church Service 11:00 I-I With Gary 2:00 Res. Council 2:30 Fine Dining</p>	<p>8 9:30 Music With Glen 10:00 Volunteer Appreciation Feat. Michael Semenuk</p> <p><i>Thank You!</i></p>	<p>9 10:30 Creative Centerpieces 1:00 Movie</p>
<p>10 10:30 Living Our Virtues 1:00 Movie</p>	<p>11 10:30 Art Therapy 2:00 Jena's Baby Shower 6:30 Pub Night</p>	<p>12 10:30 Spiritual Blessings With Gary 2:00 Penny Auction</p>	<p>13 10:00 Bowling 1:00 Hairdresser 1:00 Manicures 6:30 Al and Pals</p>	<p>14 8:00 Men's Breakfast 10:30 Church Service 11:00 Trip to Storybook Park 11:00 I-I With Gary</p>	<p>15 10:00 Travelogue 1:00 Antique Car Show</p>	<p>16 1:00 Father's Day Baking 2:30 Outside Activities</p>
<p>17 12:00 Father's Day BBQ 2:00 Dirk and Friends</p>	<p>18 10:00 Marble Painting 1:00 Hairdresser 2:00 Bingo 6:30 Campfire and music with Steven</p>	<p>19 10:30 Spiritual Blessings With Gary 1:00 Pet Therapy 1:30 Yoga 2:30 Merry Music Makers</p>	<p>20 10:30 Betty's Music 1:00 Hairdresser 1:00 Manicures 6:30 Brent and Friends</p>	<p>21 8:00 Ladies Breakfast 10:30 Church Service 11:00 I-I With Gary 2:00 Red Hatters</p>	<p>22 10:00 Music With Glen 1:00 History of the Apron 2:00 Bingo With Anna and Lorraine</p>	<p>23 10:30 When I Was Young Reminisce 1:00 Movie</p>
<p>24 10:30 Lady Bugs 1:00 Movie</p>	<p>25 9:30 J&J Sewing 10:30 Art Therapy 1:00 I-I Visiting 2:00 Bingo 6:30 Current Events</p>	<p>26 10:30 Spiritual Blessings With Gary 2:30 Eagle Wings Music</p>	<p>27 10:00 Walks Outside 1:00 Hairdresser 1:00 Manicures 7:15 Mennonite Choir</p>	<p>28 8:00 Men's Breakfast 10:30 Church Service 11:00 I-I With Gary 1:00 Family Council</p>	<p>29 10:00 Music With Glen 1:00 I-I Visits 2:00 Bingo With Anna and Lorraine</p>	<p>30 10:00 Coffee Time 2:00 Betsy's Music</p>

