

Copy of SGP Ontario Menu FW 2024-25 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Banana	Banana	Banana	Banana	Assorted Fresh Fruit Bowl	Banana	Banana
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Banana	Cream of Wheat	High Fibre Oatmeal
Hard Boiled Egg	Egg Omelette	Scrambled Eggs	Poached Eggs	Oatbran Cereal	Fried Egg	Scrambled Eggs
Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Cheese Omelette	Whole Wheat Toast	Bacon Strips
Apple Juice	Margarine	Margarine	Margarine	Whole Wheat Toast	Margarine	Hashbrown Patty
Assorted Fresh Fruit Bowl	Apple Juice	Apple Juice	Apple Juice	Margarine	Apple Juice	Margarine
Assorted Cold Cereal	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Apple Juice	Assorted Fresh Fruit Bowl	Apple Juice
Creamy Yogurt	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Fresh Fruit Bowl	Assorted Cold Cereal	Assorted Fresh Fruit Bowl
Whole Wheat Toast	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Assorted Cold Cereal	Creamy Yogurt	Assorted Cold Cereal
Margarine	White Toast	French Toast	White Toast	Creamy Yogurt	Buttermilk Pancakes	Creamy Yogurt
	Margarine	Margarine	Margarine	White Toast	Syrup	Whole Wheat Toast
		Syrup		Margarine		Margarine
LUNCH						
Beef Vegetable Soup	Chicken Rice Soup	Cream of Cauliflower Soup	Navy Bean & Ham Soup	Split Pea Soup Vegt	Corn Chowder	Cream of Mushroom Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
FRW Classic Poutine	Perogies w/Bacon	Breaded Haddock	Beef Stroganoff	Shredded Chicken on WW Bun	Spaghetti & Turkey Meatballs	Baked Beans
Spring Mix Lettuce Salad	Roasted Root Vegetable Blend	Tartar Sauce	Buttered Egg Noodles	Caesar Salad	Garden Salad	Tea Biscuit
Hot Spiced Apples	Sour Cream	Sweet Potato Fries	Green Beans	Chilled Apricots	Whole Wheat Bread	Corn Cobbette
Beef Vegetable Soup	Mixed Berries	Greek Salad	Mandarin Oranges	Chilled Apricots	Whole Wheat Bread	Strawberries
Unsalted Soda Crackers	Mixed Berries	Crushed Pineapple	Navy Bean & Ham Soup	Split Pea Soup Vegt	Margarine	Cream of Mushroom Soup
Vegetable Quiche	Chicken Rice Soup	Cream of Cauliflower Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Chilled Tropical Fruit	Unsalted Soda Crackers
Green Beans	Unsalted Soda Crackers	Unsalted Soda Crackers	Egg Salad Sndw on Wheat	Sausage Links	Corn Chowder	Captain Burger
Whole Wheat Bread	Roast Beef Submarine	Vegetable Cheese Strata	Tossed Salad & Italian Dressing	Hot Fruit Compote	Unsalted Soda Crackers	Beet & Onion Salad
Butterscotch Pudding	Coleslaw	Sauteed Spinach	Dressing	Waffles	Steak and Mushroom Pot Pie	Tartar Sauce
	Chocolate Ice Cream	Banana Pudding	Tiramisu Mousse	Syrup	Cauliflower	Vanilla Mousse LoCal
				Strawberry Ice Cream	Tapioca Pudding	
DINNER						
Apricot Braised Chicken	Turkey Schnitzel	Beef Lasagna with Ricotta Cheese	Turkey Stew	Beef Shepherd's Pie	Sweet & Sour Pork	Beef Pot Roast
Beef Gravy	Boiled Potatoes	Beef Gravy	Basmati Rice	Parsley Carrots	Vegetable Fried Rice	Beef Gravy
Mashed Potatoes	Buttered Corn	Broccoli Florets	Green Peas	Chilled Diced Pears	Asian Vegetables	Yorkshire Pudding
Sunrise Vegetables	Whole Wheat Bread	Garlic Toast	Hot Spiced Apples	Baked Lemon Salmon	Mango	Mashed Potatoes
Whole Wheat Bread	Margarine	Apricot Halves	BBQ Glazed Pork Ribette	Boiled Potatoes	Vegetarian Garden Chili	Steamed Asparagus
Margarine	Fruit Cocktail	Montreal Spiced Chicken	Beef Gravy	Broccoli Florets	Corn Muffin	Horseradish
Cantaloupe Chunks	Glazed Ham	Beef Gravy	Mashed Potatoes	Whole Wheat Roll	New England Vegetables	Crushed Pineapple
Lamb Kebab	Scalloped Potatoes	Mashed Potatoes	Brussels Sprouts	Margarine	Iced Banana Cake	Honey Garlic Chicken
Tzatziki Sauce	Green Peas	Sunrise Vegetables	Whole Wheat Bread	Iced Orange Cake		Baked Potato
Lemon Potatoes	Margarine	Strawberry Angel Food Cake	Margarine			San Francisco Vegetables
Grilled Vegetables	Lemon Bar	Whipped Topping	Lemon Meringue Pie			Whole Wheat Roll
Brownie						Margarine
						Apple Pie Slice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Banana	Banana	Banana	Banana
Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
Egg Omelette	Hard Boiled Egg	Scrambled Eggs	Cheese Omelette	Poached Eggs	Fried Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Hashbrown Patty
Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt
White Toast	White Toast	Buttermilk Pancakes	Raisin Toast	White Toast	White Toast	Whole Wheat Toast
Margarine	Margarine	Syrup	Margarine	Margarine	Margarine	Margarine
LUNCH						
Garden Vegetable Soup	Root Vegetable Soup	Turkey Vegetable Soup	Potato Leek Soup	French Canadian Pea Soup Hmd	Garden Vegetable Soup	Wonton Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Reuben Sandwich	Chicken Wings Boneless	Stuffed Cabbage Rolls	Beef Burger on WW Bun	Unsalted Soda Crackers	Hot Roast Beef on WW w/ Gravy	Sweet & Sour Chicken Balls
Greek Salad	Potato Salad	Green Beans	Caesar Salad	Battered Blue Cod	Cauliflower	Vegetable Fried Rice
Chilled Diced Pears	Italian Mixed Vegetables	Whole Wheat Roll	Whole Wheat Bread	French Fries	Poached Spiced Pears	Asian Vegetables
Garden Vegetable Soup	Chilled Tropical Fruit	Crushed Pineapple	Pickle Relish	Creamy Coleslaw	Garden Vegetable Soup	Stewed Rhubarb
Unsalted Soda Crackers	Root Vegetable Soup	Turkey Vegetable Soup	Mustard	Tartar Sauce	Unsalted Soda Crackers	Wonton Soup
Tuna Noodle Casserole	Unsalted Soda Crackers	Unsalted Soda Crackers	Ketchup	Blueberries	Unsalted Soda Crackers	Unsalted Soda Crackers
Sauteed Spinach	Macaroni & Cheese	Salmon Salad on WW	Chilled Diced Peaches	French Canadian Pea Soup Hmd	Sweet Crepes with Cottage Cheese	Cheese & Tomato Croissant
Whole Wheat Bread	Stewed Tomatoes	Red Beet Citrus Salad	Potato Leek Soup	Unsalted Soda Crackers	Syrup	Tossed Salad & Italian Dressing
Margarine	Whole Wheat Bread	Raspberry Mousse	Unsalted Soda Crackers	Baked Beans with Pork	Mixed Berry Compote	Greek Yogurt Cherry Danish
Ice Cream Sandwich	Margarine		Quiche Lorraine	Tea Biscuit	Chocolate Pudding	
	Chocolate Chip Cookie		Sunrise Vegetables	Tomato Slices		
			French Vanilla Ice Cream	Strawberry Jello with Topping		
DINNER						
Turkey Stir Fry	Beef & Vegetable Stew	Mediterranean Chicken	Honey Mustard Pork	Chicken Breast w/BBQ Sauce	Baked Ham in Pineapple Juice	Roast Turkey
Rice Pilaf	Tea Biscuit	Lemon Potatoes	Baked Potato	Beef Gravy	Scalloped Potatoes	Beef Gravy
California Vegetables	Hot Spiced Apples	Grilled Vegetables	Diced Squash	Mashed Potatoes	Brussels Sprouts	Mashed Potatoes
Whole Wheat Bread	Sole w/Lemon Pepper	Blueberries	Whole Wheat Bread	Parsley Carrots	Whole Wheat Bread	Buttered Corn
Margarine	Boiled Potatoes	Whipped Topping	Margarine	Whole Wheat Bread	Margarine	Honeydew Melon
Mandarin Oranges	Brussels Sprouts	Spinach Cannelloni in Marinara Sauce	Chilled Apricots	Whole Wheat Bread	Margarine	Salisbury Steak
Liver & Onions	Vanilla Caramel Swirl Cake	Cauliflower	Turkey Schnitzel	Margarine	Strawberries	Scalloped Potatoes
Beef Gravy		Garlic Bread	Diced Savory Potatoes	Fruit Cocktail	Baked Haddock	Buttered Cabbage
Mashed Potatoes		Carrot Cake	Broccoli Florets	Veal Piccata	Dill Sauce	Pecan Pie
Green Peas			Apple Crisp	Buttered Egg Noodles	Fluffy Rice	
Date Square				Paradisio Vegetables	Sauteed Spinach	
				Citrus Orange Cake	Boston Cream Cake	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Assorted Fresh Fruit Bowl	Banana	Banana	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Banana
Oatmeal	Banana	Oatmeal	Cream of Wheat	Banana	Banana	Cream of Wheat
Hard Boiled Egg	Oatmeal	Poached Eggs	Egg Omelette	Oatmeal	Oatmeal	Bacon Strips
Whole Wheat Toast	Scrambled Eggs	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs	Cheese Omelette	Fried Egg
Margarine	Toasted English Muffin	Margarine	Margarine	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Assorted Fresh Fruit Bowl	Margarine	Assorted Fresh Fruit Bowl	Assorted Fresh Fruit Bowl	Margarine	Margarine	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Fresh Fruit Bowl
Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Creamy Yogurt	Assorted Cold Cereal
French Toast	Whole Wheat Toast	Buttermilk Pancakes	White Toast	Waffles	White Toast	Creamy Yogurt
Maple Syrup	Margarine	Syrup	Margarine	Syrup	Margarine	White Toast Margarine

LUNCH						
Homemade Vegetable Barley Soup	Tuscan Bean & Vegetable Soup	Cream of Tomato Soup	Italian Wedding Soup	Creamy Vegetable Soup	Minestrone Soup	French Onion Soup
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Pulled Beef on Wheat Bun	Turkey w/Lettuce on Whole Wheat	Grilled Cheese on Wheat	Pizza of Choice	Chili Con Carne	Oktoberfest Sausage on Bun	Chicken Strips
Tossed Salad & Italian Dressing	Caesar Salad	Eurogold Vegetables	Tomato & Cucumber Salad	Corn Muffin	Power Rainbow Kale Salad	French Fries
Whole Wheat Bread	Crushed Pineapple	Chilled Diced Peaches	Chilled Tropical Fruit	Prince Edward Vegetables	Fruit Cocktail	Buttered Corn
Margarine	Tuscan Bean & Vegetable Soup	Cream of Tomato Soup	Italian Wedding Soup	Crushed Pineapple	Fruit Cocktail	Plum Sauce
Mandarin Oranges	Crushed Pineapple	Unsalted Soda Crackers	Unsalted Soda Crackers	Creamy Vegetable Soup	Minestrone Soup	Poached Spiced Pears
Homemade Vegetable Barley Soup	Spanish Omelette	Homestyle Tuna Salad	Hot Turkey Sndw on WW w/Gravy	Unsalted Soda Crackers	Unsalted Soda Crackers	French Onion Soup
Unsalted Soda Crackers	Homemade Potato Fries	Mini Croissant	Buttered Corn	Deli Meat Salad Plate	Egg Salad Sndw on Wheat	Unsalted Soda Crackers
Pasta Tortellini in Tomato Pesto	Green Beans	Italian Pasta & Vegetable Salad	Vanilla Pudding	White Dinner Roll	Rainbow Coleslaw	Cottage Cheese & Fruit Plate
Italian Mixed Vegetables	Black Forest Pudding	Margarine		Tossed Garden Salad	Orange Jello w/Whipped Topping	Banana Loaf
Rainbow Sherbet		Strawberry Mousse		Margarine		Vanilla Frozen Yogurt
				Chocolate Ice Cream		

DINNER						
Breaded Chicken	Spaghetti & Meat Sauce	Butter Chicken	Beef Vegetable Stew	Maple Glazed Salmon Loin	Swiss Steak in Sour Cream Sauce	Pork Roast
Beef Gravy	Sunrise Vegetables	Fluffy Rice	Tea Biscuit	Oven-Browned Potatoes	Beef Gravy	Pork Gravy
Mashed Potatoes	Garlic Bread	Grilled Eggplant	Butternut Squash	Italian Mixed Vegetables	Garlic Whipped Potatoes	Roasted Potatoes
Green Peas	Chilled Apricots	Whole Wheat Bread	Margarine	Strawberries & Topping	Winter Vegetables	Fall Medley Vegetables
Whole Wheat Bread	Pork Bacon Wrapped Medallion	Margarine	Hot Spiced Apples	Chicken Alfredo Pasta	Chilled Peach Slices	Whole Wheat Roll
Margarine	Beef Gravy	Chilled Diced Pears	Sweet & Spiced Ham	Sauteed Spinach	Turkey & Mashed Potato Casserole	Margarine
Applesauce	Garlic Whipped Potatoes	Meatloaf	Scalloped Potatoes	Whole Wheat Roll	Peas & Carrots	Chilled Tropical Fruit
Lemon Pepper Cod	Broccoli Florets	Baked Potato	Brussels Sprouts	Margarine	Lemon Buttermilk Cake	Pollock in Creamy Basil Sauce
Fluffy Rice	Ice Cream Sandwich	Seasoned Diced Turnips	Iced Banana Cake	French Cream Cheesecake		Roasted Potatoes
Butternut Squash		Sour Cream				Steamed Asparagus
Lazy man Pudding		Cinnamon Coffeecake				Margarine Pumpkin Pie