Sample Menu

ONTARIO FLIPPED 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	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
	Red River Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatbran Cereal	Red River Cereal	Oatmeal Cereal	Cream of Wheat Cereal
	Boiled Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs	Cheddar Cheese	Poached Egg	Fried Egg
	Whole Wheat Toast	Whole Wheat Toast	English Muffin	Whole Wheat Toast	Muffin	Raisin Toast	Whole Wheat Toast
	Deluxe Fruit Salad	Orange Sections	Blueberries	Banana	Apple Slices	Fresh Cantaloupe	Raspberries
	OR	**OR**	**OR**	**OR**	**OR**	**OR**	**OR**
	Variety of Cold Cereals	Variety of Cold Cereals	Variety of Cold Cereals	Variety of Cold Cereals	Variety of Cold Cereals	Variety of Cold Cereals	Variety of Cold Cereals
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Boiled Egg	Peanut Butter	Peanut Butter
	Whole Wheat Toast		Whole Wheat Toast		Whole Wheat Toast	Whole Wheat Toast	
AM	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**
LUNCH	BARBECUE HOT DOG	Pork Chop in Mushroom Sauce	Meatloaf	Swiss Steak	Breaded Fish	Turkey Schnitzel	Roast Beef
	Bun	Mashed Garlic Potatoes	Potatoes Au Gratin	Chive Whipped Potatoes	Potato Wedges	Poultry Gravy	Beef Gravy
	Greek Salad	Squash	Buttered Cabbage	Broccoli Florets	Carrots	Roasted Caesar Potatoes	Mashed Potatoes
	Tiramisu Mousse	Banana Cake	Boston Cream Pie	Cherry Cheesecake	Vanilla Caramel Swirl Cake	Turnip	PEI Vegetable Medley
						Raspberry Jelly Roll	Apple Brown Betty Square
	OR	**OR**	**OR**	**OR**	**OR**	**OR**	**OR**
	BARBECUE HAMBURGER	Chicken Souvlaki	Breaded Fish	Diced Turkey In Gravy	Pork Cutlet	Lamb Chop	Baked Ham Slices
	Bun	Mashed Garlic Potatoes		Chive Whipped Potatoes	Rice Pilaf	Roasted Caesar Potatoes	Mashed Potatoes
	Coleslaw	Parmesan Baked Tomato	Potatoes Au Gratin	Buttered Corn	Oriental Mixed Vegetables	Peas	Cauliflower
	Honeydew	Apple Slices Baked	Italian Mixed Vegetables	Fruit Cocktail	Pears	Watermelon	Strawberries
			Apricot Halves				
PM	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**	**Assorted Beverages Cookies**
DINNER	Minestrone Soup	Cream of Celery Soup	Vegetable Soup	Cream of Mushroom Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Vegetable Florentine Soup
	Lasagna	Philly Steak on Bun	Chicken Nuggets	Farmers Sausage on a Bun	Mushroom Strata	Pasta Salad Plate	Country Style Fried Chicken
	Garlic Toast	Marinated Grilled Vegetables	Dipping Sauce	Sauerkraut	Harvard Beets	Italian Bread	Tea Biscuit
	Romaine Salad	Pineapple Tidbits	Homestyle Potato Salad	Strawberries	Mandarin Orange Sections	Sliced Peaches	Oil & Vinegar Coleslaw
	Black Berries		Plums				Grapes
	OR	**OR**	**OR**	**OR**	**OR**	**OR**	**OR**
	Ham Sandwich	Turkey Pot Pie	Cottage Cheese & Summer Fruit Plate	Perogies with Sour Cream	Pizza	Veal Cutlet	Egg Salad Sandwich
	Cucumber Salad in Sour Cream	Poultry Gravy	Muffin	Green Beans	Spring Mix Salad	Oven Baked Diced Potatoes	Dill Pickle
	Marble Pudding Cake	Peas	Ice Cream Sandwich	Jello	Lemon Chiffon	Sautéed Mixed Peppers	Mixed Green Salad
		Butter Tart		Vanilla Whipped Topping		Ice Cream	Pound Cake with Pineapple Sauce
HS	**Ritz Crackers**	**Raisin Bread with Margarine**	**Scone**	**Loaf**	**Mini Donut**	**Cheese & Crackers**	**Muffin**
	Assorted Beverages	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**	**Assorted Beverages**