

REGULAR WEEK AT A GLANCE
YorkCare Fall
Fall/Winter 23

Week1: January 6 to January 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>	<i>*Choice, Fruit Fresh</i>
Cereal, Oatmeal Cereal, Cream of Wheat Egg, Scrambled	Cereal, Oatmeal Cereal, Cream of Wheat Bacon	Cereal, Oatmeal Cereal, Cream of Wheat Egg, Boiled OS	Cereal, Oatmeal Cereal, Cream of Wheat Cheese, Cheddar	Cereal, Oatmeal Cereal, Cream of Wheat Egg, Boiled OS	Cereal, Oatmeal Cereal, Cream of Wheat Egg, Boiled OS	Cereal, Oatmeal Cereal, Cream of Wheat Bacon
Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual	Choice, Cereal Cold with Bran Peanut Butter Individual
<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>	<i>*Bread, Whole Wheat Toast Buttered</i> <i>*Jam, Strawberry Ind</i>
LUNCH						
		<i>*Soup, French Canadian Pea</i>	<i>*Soup, Cream of Mushroom</i>		<i>*Soup, Cream of Vegetable</i>	
Casserole, Shepherd's Pie Tomato, Slices Gravy, Beef Bread, Whole Wheat Choice, Ice Cream	Soup, Corn Chowder YCC Bread Cheese, Cheddar Choice, Gelatin	Casserole, Macaroni and Cheese Broccoli Mandarin Orange, Sections	Chicken, Burger Salad, Coleslaw Fruit, Cocktail	Pasta, Spaghetti with Meat Sauce Minced Moist Bread, Garlic Pear, Diced	Egg, Omelet Cheese Tomato, Slices Peach, Diced	Turkey, Herb Roasted Potato, Whipped Mixed Vegetables-Carrots & Peas Stuffing, Traditional Sauce, Cranberry OS Cake, Strawberry Shortcake
Mandarin Orange, Sections Chicken, Pot Pie	Soup, Chicken Noodle Choice, Sandwich Choice, Cookie OS	Choice, Sandwich Choice, Pudding Individual OS	Choice, Sandwich Choice, Pudding OS Dry Mix	Sandwich, Egg Salad Mandarin Orange, Sections	Choice, Sandwich Banana, Fresh	Ham, Baked Beets, Diced Pear, Diced
DINNER						
Chicken, Honey Garlic Potato, Whipped Mixed Vegetables-California Blend Strawberries	Beef, Meat Loaf Sauce, Tomato Potato, Country Diced Vegetables, Turnip and Carrot Mashed Donut, Holes Vanilla Cake OS	Ham, Baked Smoked Potato, Boiled Beets, Pickled Cake, Apple Cinnamon Pudding OS	Sausage, Oktoberfest Potato, Scalloped Carrots, Sliced Cake, Gingerbread	Fish, Pollock Breaded OS Sauce, Dill Creamy Potato, Whipped Mixed Vegetables-Montego Blend Choice, Cookie OS	Beef, Stew with Potatoes and Vegetables Biscuit, Tea Plain Buttered Pie, Banana Cream	Soup, Chicken Noodle Sandwich, Chicken Salad Choice, Pudding OS Dry Mix
Beef, Roast Beans, Green Gravy, Beef Peach, Slices	Fish, Haddock Baked Potato, Whipped Carrots, Sliced Choice, Gelatin	Chicken, Paprika Carrots, Diced Potato, Mashed Gravy, Poultry	Beef, Roast Gravy, Brown Beans, Green	Chicken, Breast Baked Potato, Baked Peas, Green Choice, Ice Cream	Chicken, Breast Baked Potato, Oven Roasted Peas, Green Choice, Gelatin	Soup, Barley Vegetable Choice, Sandwich Choice, Cookie OS

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: York Care Centre

REGULAR WEEK AT A GLANCE
YorkCare Fall

Fall/Winter 23

Week2: January 13 to January 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
Beef,Hot Dog on a Bun Potato,Tots OS Choice,Ice Cream	Chicken,Bruschetta Alfredo Bread,Garlic Stick Pie,Lemon Meringue OS	Casserole,Beans Baked and Sausages Choice,Pudding OS Dry Mix	Autunm Soup YCC Bread Banana,Fresh	Shipwreck Casserole Bread,Dinner Roll White Mandarin Orange,Sections	Chicken,Stew YCC Bread Bread,Whole Wheat Pear,Diced	Fish,Salmon Parmesan Crusted OS Potato,Whipped Beans,Yellow and Green Beets,Pickled Peach,Diced
Beef,Pot Pie Choice,Sandwich Peach,Diced	Soup,Tomato Vegetable Mandarin Orange,Sections	Pizza,Pepperoni 16" Presheeted Choice,Cookie OS	Peach,Slices Soup,Cream of Tomato	Choice,Yogurt Individual OS Choice,Sandwich	Choice,Sandwich Applesauce	Chicken,Breast Baked Peas,Green Choice,Ice Cream
DINNER						
Pork,Loin Roast Sauce,Barbecue Potato,Whipped Peas,Green Tart,Raisin OS	Chicken,Pot Pie Broccoli Chicken Gravy Peach,Diced	Beef,Pot Roast Potato,Whipped with Beef Gravy Carrots,Sliced Chow Fruit,Tropical Salad	Chicken,Breast Baked Carrots,Baby Potato,Boiled Baby Red Bread Pudding,Creme Brulee	Fish,Haddock Baked Sauce,Tartar OS Potato,Boiled Sunrise Vegetable Cake,Lemon Cream	Beef,Meatballs Potato,Oven Roasted Sauce,Sweet and Sour OS Squash,Butternut Roasted Choice,Cookie OS	Lasagna,Beef Bread,Garlic Toast Square,Date OS Carrots,Diced
Squash,Butternut Spiced Beef,Pot Roast Fruit,Cocktail	Beef,Meatballs Potato,Whipped Peas,Green Choice,Cookie OS	Fish,Cod Poached Mixed Vegetables-Winter Blend Banana,Fresh	Fish,Baked Zesty Peas,Green Potato,Whipped Rhubarb,Stewed	Chicken,Breast Baked Beans,Wax Fruit,Mixed Berries OS	Chicken,Oven Fried Carrots,Diced Pear,Sliced Banana,Fresh	Chicken,Breaded OS GR Potato,Oven Roasted Banana,Fresh

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *I Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: York Care Centre

REGULAR WEEK AT A GLANCE
YorkCare Fall
Fall/Winter 23

Week3: January 20 to January 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
			<i>*Soup, Tomato Vegetable</i>	<i>*Soup, Cream of Broccoli</i>		
Homemade Turkey Soup YCC Bread Crisp,Apple	Hamburger & Tomato Casser Fruit,Cocktail Bread,Whole Wheat	Soup,Seafood Chowder Bread,Dinner Roll White Applesauce	Beef,Hamburger Salad,Macaroni Pie,Fruit Forest OS	Fish,Cod Nuggets OS Sauce,Tartar OS Potato,French Fries Salad,Coleslaw Choice,Ice Cream	Sandwich,Sloppy Joe Potato,Wedges Choice,Pudding OS Dry Mix	Pork,Seasoned Roast Stuffing,Apple Braised Potato,Whipped Gravy,Brown Squash,Butternut Roasted Pie,Pumpkin
Soup,Harvest Vegetable Pudding,Vanilla OS Dry Mix	Choice,Sandwich Bread,White Choice,Fruit Fresh	Soup,Hearty Vegetable Choice,Sandwich Bread,Whole Wheat Pear,Diced	Sandwich,Chicken Salad Fruit,Tropical Salad	Choice,Sandwich Choice,Cookie OS	Choice,Sandwich Choice,Cookie OS	Chicken,Breast Baked Potato,Baked Peas,Green Banana,Fresh
DINNER						
Pork,Sweet and Sour Potato,Whipped Mixed Vegetables-Carrots & Peas Choice,Pudding OS Dry Mix	Beef,Salisbury Steak Mixed Vegetables-California Blend Gravy,Beef Potato,Whipped Cheesecake,Plain	Ham,Baked Smoked Potato,Boiled Cake,Banana Iced Beets,Pickled	Potato,Tots OS Sandwich,Beef Philly Cheesesteak Beans,Green Peach,Diced	Chicken,Breast Baked Sauce,Barbecue Potato,Whipped Vegetables,Turnip and Carrot Mashed Fruit,Tropical Salad	Pancakes Syrup,Maple Beans,Baked Banana,Fresh	Casserole,Beef Macaroni Bread,Garlic Toast Fruit,Cocktail
Chicken,Breast Baked Peas,Green Mandarin Orange,Sections	Ham,Baked Bread,Whole Wheat Carrots,Diced Pineapple	Chicken,Paprika Carrots,Diced Potato,Mashed Gravy,Poultry	Ham,Baked Peas,Green Pear,Diced	Fish,Baked Zesty Peas,Green Potato,Baked Fruit,Fresh in Season	Choice,Sandwich Sausage,Breakfast Pineapple	Chicken,Strips OS Potato,Oven Roasted Cake,Chocolate Iced Broccoli

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

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REGULAR WEEK AT A GLANCE
YorkCare Fall
Fall/Winter 23

Week4: January 27 to February 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Bacon	Cereal,Oatmeal Cereal,Cream of Wheat Cheese,Cheddar	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Cereal,Cream of Wheat Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
		<i>*Soup,Harvest Vegetable</i>	<i>*Soup,Cream of Mushroom</i>	<i>*Soup,Cream of Mushroom</i>		
Tater Tots Pie Salad,Cucumber and Tomato Mandarin Orange,Sections	Soup,Butternut Squash Fruit,Tropical Salad YCC Bread	Chicken,Strips OS Potato,Sweet Fries Bread,Dinner Roll Whole Wheat Choice,Ice Cream	Fish,Burger Salad,Coleslaw Fruit,Cocktail	Chicken,Stuffed Cordon Bleu OS Salad,Macaroni Peach,Diced	Chili,Beef Bread,Garlic Stick Square,Brownie Chocolate Fudge	Fish,Cod Potato Crusted OS Mixed Vegetables-Fall Medley Potato,Rosemary and Garlic Roasted Red OS Fruit,Cocktail
Mousse,Cappuccino Choice,Sandwich	Soup,Garden Vegetable Gelatin,Jewels with Whipped Topping	Beef,Pot Pie Peas,Green	Choice,Sandwich Choice,Pudding OS Dry Mix	Choice,Sandwich Choice,Pudding OS Dry Mix	Choice,Sandwich Choice,Cookie OS	Chicken,Breast Baked Carrots,Diced Applesauce
DINNER						
Beef,Meatballs Mixed Vegetables-Stir Fry Blend Potato,Boiled Cake,Pound OS	Fish,Cakes OS Sauce,Tartar OS Potato,Whipped Mixed Vegetables-PEI Blend Cake,Carrot	Beef,Roast Gravy,Beef Potato,Whipped Cauliflower,Parslied Peach,Diced	Chicken,Maple Thyme Baked Mixed Vegetables-PEI Blend Cooks Choice Desert	Beef,Corned and Cabbage Maritime Potato,Boiled Bread,Whole Wheat Danish,Assorted OS	French Toast Syrup,Maple Sausage,Breakfast Mandarin Orange,Sections	Sandwich,Ham Salad Soup,Cream of Tomato Square,Old Fashioned Bar
Chicken,Breast Baked Carrots,Sliced Fruit,Cup Winter	Beef,Pot Roast Carrots,Diced Fruit,Cocktail Cake,Orange Iced OS	Ham,Baked Beans,Yellow and Green	Ham,Baked Glazed Peas,Green Rhubarb,Stewed	Gravy,Brown Chicken,Roast Mixed Vegetables-PEI Blend Mandarin Orange,Sections	Choice,Sandwich Pineapple	Mandarin Orange,Sections

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

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