

SUMMER MENU 2026

FALL/WINTER 23 - REGULAR WEEK AT A GLANCE

WEEK 1 : JUNE 22 - JUNE 28

PROPERTY OF COMPLETE PURCHASING SERVICES INC.

MENU PERSONALIZED BY: YORK CARE CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BREAKFAST						
	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
CHOICE 1	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
C2	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
	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
	LUNCH						
			Soup,Harvest Vegetable				
CHOICE 1	Casserole,Shepherd's Pie Tomato,Slices Gravy,Beef Bread,Whole Wheat Choice,Ice Cream	Chicken Gnocchi Soup YCC Bread Choice,Gelatin	Chicken,Strips OS Potato,French Fries Bread,Dinner Roll Whole Wheat Choice,Ice Cream	Pizza,Pepperoni 16" OS Fruit,Cocktail	Pasta,Spaghetti with Meat Sauce MincedMoist Bread,Garlic Pear,Diced	Sandwich,Tuna Melt Potato,Sweet Fries Peach,Diced	Turkey,Herb Roasted Potato,Whipped Mixed Vegetables-Carrots & Peas Stuffing,Traditional Sauce,Cranberry OS Cake,Strawberry Shortcake
CHOICE 2	Mandarin Orange,Sections Chicken,Pot Pie	Soup,Chicken Noodle Choice,Sandwich Choice,Cookie OS	Beef,Pot Pie Peas,Green	Chicken,Pot Pie Choice,Pudding OS Dry Mix	Sandwich,Egg Salad Mandarin Orange,Sections	Choice,Sandwich Banana,Fresh	Ham,Baked Beets,Diced Pear,Diced
	DINNER						
CHOICE 1	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 Corn Scallop Cake,Apple Cinnamon Pudding OS	Sausage,Oktoberfest Potato,Boiled Baby Red Mixed Vegetables-Fall Medley Chocolate Macaroon	Fish,Haddock Montreal Baked Potato,Scalloped Sauce,Dill Creamy Mixed Vegetables-Montego Blend Choice,Cookie OS	Beef,Stew with Potatoes and Vegetables Biscuit,Tea Plain Buttered Pie,Banana Cream	Soup,Chicken Noodle Sandwich,Ham and Swiss Cheese Choice,Pudding OS Dry Mix
CHOICE 2	Beef,Roast Beans,Green Gravy,Beef Peach,Slices	Fish,Haddock Baked Potato,Whipped Carrots,Sliced Choice,Gelatin	Chicken,Paprika Beets,Pickled Potato,Mashed Gravy,Poultry	Beef,Roast Gravy,Brown Beans,Green	Chicken,Breast Baked Potato,Whipped 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

Meals Note : 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BREAKFAST						
	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
CHOICE 1	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
C2	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
	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
	LUNCH						
CHOICE 1	Chicken,Bruschetta Alfredo Bread,Garlic Stick Choice,Ice Cream	Beef,Hot Dog on a Bun Potato,Tots OS Pie,Lemon Meringue OS	Casserole,Beans Baked and Sausages Choice,Pudding OS Dry Mix	Soup,Cream of Vegetable YCC Bread Banana,Fresh	Ham,Sliced GR Salad,Potato Tomato,Slices Garnish,Cucumber Slices Bread,Dinner Roll White Mandarin Orange,Sections	Casserole,Potato Hash Brown Egg,Omelet Cheese Pear,Diced	Fish,Salmon Parmesan Crusted OS Potato,Whipped Beans,Yellow and Green Beets,Pickled Peach,Diced
CHOICE 2	Choice,Sandwich Soup,Tomato Vegetable Peach,Diced	Beef,Pot Pie Choice,Sandwich Peach,Diced	Pizza,Pepperoni 16" Presheeted Choice,Cookie OS	Peach,Slices Soup,Cream of Tomato	Choice,Yogurt Individual OS Choice,Sandwich	Choice,Sandwich Bread,Whole Wheat Applesauce	Chicken,Breast Baked Peas,Green Choice,Ice Cream
	DINNER						
CHOICE 1	Beef,Pot Roast Potato,Whipped with Beef Gravy Beans,Wax Chow Fruit,Tropical Salad Tart,Raisin OS	Chicken,Pot Pie Chicken Gravy Beans,Green Peach,Diced	Fish,Haddock Baked Sauce,Tartar OS Potato,Boiled Sunrise Vegetable Fruit,Cocktail	Lasagna,Beef Bread,Garlic Pineapple Upside Down Cake	Chicken,Breast Baked Potato,Whipped Carrots,Baby Jello	Pork,Cutlet Rib-Style Sauce,Barbecue Potato,Oven Roasted Squash,Butternut Roasted Choice,Cookie OS	Corn Beef Hash Chow Bread,Whole Wheat Pudding,Rice Creamy
CHOICE 2	Fish,Cod Poached Mixed Vegetables-Winter Blend Banana,Fresh	Beef,Meatballs Potato,Whipped Broccoli Choice,Cookie OS	Ham,Baked Beans,Wax	Fish,Baked Zesty Carrots,Diced Potato,Whipped	Peas,Green Beef,Pot Roast Potato,Baked	Chicken,Breast Baked Potato,Whipped Carrots,Diced Pear,Sliced Banana,Fresh	Chicken,Strips OS Potato,Oven Roasted Peas,Green Bread,White Buttered 1 slice Choice,Cookie OS

Meals Note : 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BREAKFAST						
	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
CHOICE 1	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
C2	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
	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
	LUNCH						
				Soup,Tomato Vegetable	Soup,Cream of Broccoli		
CHOICE 1	Homemade Turkey Soup YCC Bread Crisp,Apple	Pasta,Taco 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 OS Choice,Pudding OS Dry Mix	Pork,Seasoned Roast Stuffing,Apple Braised Potato,Whipped Gravy,Brown Squash,Butternut Roasted Pie,Pumpkin
CHOICE 2	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						
CHOICE 1	Beef,Meatballs Potato,Boiled Mixed Vegetables-Stir Fry Blend Choice,Pudding OS Dry Mix	Beef,Salisbury Steak Mixed Vegetables-California Blend Gravy,Beef Potato,Whipped Cheesecake,Plain	Ham,Baked Smoked Potato,Scalloped Cabbage and Carrots ,Boiled Jello	Chicken,Stir Fry Pasta,Chow Mein Noodles Peach,Diced	Sandwich,Turkey Open Face Hot Peas,Green Mandarin Orange,Sections	Pancakes Syrup,Maple Beans,Baked Banana,Fresh	Casserole,Beef Macaroni Bread,Garlic Fruit,Cocktail
CHOICE 2	Chicken,Breast Baked Potato,Whipped Carrots,Sliced Fruit,Fresh in Season	Ham,Baked Bread,Whole Wheat Carrots,Diced Pineapple	Beef,Pot Roast Gravy,Beef Potato,Mashed Carrots,Diced	Potato,Whipped Fish,Baked Zesty Peas,Green Fruit,Fresh in Season	Ham,Baked Carrots,Diced Potato,Whipped Pear,Diced	Choice,Sandwich Sausage,Breakfast Pineapple	Chicken,Strips OS Potato,Oven Roasted Cake,Chocolate Iced Broccoli

Meals Note : 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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHOICE 1	BREAKFAST						
	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
	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
CS	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
	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind	Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
	LUNCH						
				Soup,Chicken Rice			
CHOICE 1	Tater Tots Pie Salad,Cucumber and Tomato Mandarin Orange,Sections	Soup,Butternut Squash Fruit,Tropical Salad YCC Bread	Casserole,Macaroni and Cheese Broccoli Choice,Ice Cream	Toasted Tomato Sandwich Salad,Potato Cooks Choice Desert	Chicken,Burger Salad,Macaroni Peach,Diced	Chicken,Stew YCC Bread Brownie,Two Bite OS	Fish,Salmon Maple Balsamic Potato,Mashed Garlic Ranch Beans,Edamame Fruit,Cocktail
CHOICE 2	Mousse,Cappuccino Choice,Sandwich	Soup,Garden Vegetable Gelatin,Jewels with Whipped Topping	Choice,Sandwich	Sandwich, Sliced Chicken and Cheese Choice,Pudding OS Dry Mix	Choice,Sandwich Choice,Pudding OS Dry Mix	Choice,Sandwich Bread,Whole Wheat Applesauce	Chicken,Breast Baked Carrots,Diced Applesauce
	DINNER						
CHOICE 1	Pork,Chop BBQ Pork,Chop Potato,Whipped Mixed Vegetables-Carrots & Peas Chocolate Donut	Fish,Cakes OS Sauce,Tartar OS Romanesco Mix Potato,Whipped Cake,Carrot	Beef,Roast Gravy,Beef Potato,Whipped Peas,Green Banana,Fresh	Chicken,Maple Thyme Baked Beans,Green Pear,Diced	Pork, Honey Garlic Potato,Whipped Mixed Vegetables-Stir Fry Blend Danish,Apple Mini OS	French Toast Syrup,Maple Sausage,Breakfast Mandarin Orange,Sections	Sandwich,Ham Salad Soup,Cream of Tomato Square,Old Fashioned Bar
CHOICE 2	Chicken,Breast Baked Peas,Green Mandarin Orange,Sections	Beef,Pot Roast Carrots,Diced Fruit,Cocktail Cake,Orange Iced OS	Ham,Baked Carrots,Diced Pear,Diced	Beef,Pot Roast Potato,Whipped Peas,Green Rhubarb,Stewed	Chicken,Breast Baked Peas,Green Potato,Baked Fruit,Fresh in Season	Choice,Sandwich Pineapple	Mandarin Orange,Sections

Meals Note : 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.