COPY OF WINTER MENU 2026 OLD

FALL/WINTER 23 - REGULAR WEEK AT A GLANCE

WEEK 1 : NOVEMBER 09 - NOVEMBER 15

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 OS Bread,Dinner Roll Whole Wheat Choice,Ice Cream	Pizza,Pepperoni 16" OS Berry Blend	Pasta,Spaghetti with Meat Sauce MincedMoist Bread,Garlic Apples,Baked	Sandwich,Tuna Melt Potato,Sweet Fries OS Peach,Diced	Turkey,Herb Roasted Potato,Whipped Vegetables, Mixed 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 Vegetables,Mixed California Blend Fruit,Cocktail	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 Vegetables,Mixed Fall Medley Chocolate Macaroon	Fish,Haddock Montreal Baked Potato,Scalloped Sauce,Dill Creamy Vegetables,Mixed 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.

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