

REGULAR WEEK AT A GLANCE
Fall/Winter 2025/26

Week1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Juice,Orange *Juice,Prune	*Juice,Cranberry Cocktail *Juice,Prune	*Juice,Apple *Juice,Prune	*Juice,Orange *Juice,Prune	*Juice,Cranberry Cocktail *Juice,Prune	*Juice,Apple *Juice,Prune	*Juice,Orange *Juice,Prune
Cereal,Oatmeal with Flax Egg,Boiled DRDH	Cheese,Cottage Small Portion Fruit,Mixed Berries OS	Cereal,Oatmeal with Flax DRDH Breakfast Sandwich,Egg Sausage/English Muffin	Cereal,Cream of Wheat with Bran Buds Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal with Flax DRDH Greek Yogurt	Cereal,Cream of Wheat with Bran Buds Egg,Scrambled	Cereal,Oatmeal with Flax Waffles OS 1 Each
Bread,Whole Wheat Toast Buttered	Cereal,Cream of Wheat with Bran Buds Bread,Whole Wheat Toast Buttered	Bread,Whole Wheat Toast Buttered	Cheese,Cheddar	Bread,Whole Wheat Toast Buttered	Sausage,Breakfast Bread,Whole Wheat Toast Buttered	Apples,Baked Bacon
Choice,Cereal Cold with Bran Peanut Butter 30 mL Choice,Muffin	Choice,Cereal Cold with Bran Peanut Butter 30 mL Choice,Muffin	Choice,Cereal Cold with Bran Peanut Butter 30 mL DRDH Raisin Bran Muffin	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Banana	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Blueberry	Choice,Cereal Cold with Bran Choice,Muffin Peanut Butter 30 mL	Choice,Cereal Cold with Bran Peanut Butter 30 mL Bread,Whole Wheat Toast Buttered
*Jam	*Jam	*Jam	*Jam	*Jam	*Jam	*Jam
LUNCH						
*Soup,Butternut Squash Maple	*Soup,Barley Vegetable	*Cheeseburger Soup	*Soup,Minestrone	*Soup,Lentil	*Soup,Cream of Mushroom OS Canned	*Soup,Chicken Noodle OS Canned
Sandwich,Salmon Salad on a Croissant Ramen Salad	Chicken,Bruschetta Alfredo Salad,Mixed Greens with Raspberry Vinaigrette	Sandwich,Peameal BLT Toasted DRDH Choice,Pickles	Grilled Cheese Meatloaf Salad,Potato Sweet and Black Bean	Fish,Burger Tomato,Slices and Lettuce	DRDH Sandwich,Turkey Roast Salad,Potato Caesar	Sandwich,Egg Salad Salad,Chick Pea and Feta
Apricot,Halves	Cake,Black Forest Upside Down	Cheese,Cheddar Cheesecake,Pumpkin	Peach Fruit Cup	Salad,Pasta Dill Pickle Pudding,Butterscotch OS Dry Mix	Beets,Diced Pear Fruit	Mandarin Orange,Sections
DINNER						
Beef,Hamburger Stroganoff Carrots,Diced Bread,White Cookie,Assorted DRDH	Pork,Ribette Maple Glazed Potato,Croquettes Broccoli Choice,Ice Cream Cup OS	Turkey,Schnitzel OS Potato,Mashed Caramelized Onion Turnip,Buttered Gravy,Poultry Pie,Chef's Choice DRDH	Pork,Tenderloin Sage Crusted DRDH Potato,Baby Roasted Chopped Beans,Green Casserole Ice Cream,Sandwich OS	Chicken,Honey Garlic Rice,Fried Mixed Vegetables-Stir Fry Blend Éclair Cake	Open Face Hot Hamburger Potato,Mashed Fresh Mixed Vegetables-Carrots & Peas Tart,Butter Plain (No Raisins) OS	Ham,Baked Potato,Scalloped OS Mixed Vegetables-California Blend Square,Lemon Luscious
*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine	*Bread,Whole Wheat *Margarine
AM SNACK						
*Juice,Cranberry Cocktail	*Juice,Apple	*Juice,Orange	*Juice,Cranberry Cocktail	*Juice,Apple	*Juice,Orange	*Juice,Cranberry Cocktail
PM SNACK						
*Milk,1% 125 mL	*Milk,1% 125 mL	*Milk,1% 125 mL	*Milk,1% 125 mL	*Milk,1% 125 mL	*Milk,1% 125 mL	*Milk,1% 125 mL
Cookie,Social Teas OS	Cookie,Arrowroot OS	Cookie,Oatmeal OS Dry Mix	Cookie,Strawberry Turnover OS	Cookie,Social Teas OS	Filler Recipe	Cookie,Arrowroot OS
Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
EVENING SNACK						
*Juice,Apple *DRDH Greek Yogurt	*Juice,Orange *Sandwich,Tuna Salad Half	*Juice,Cranberry Cocktail *Cheese and Crackers	*Juice,Apple *Sandwich,Peanut Butter & Jam Half	*Juice,Orange *Cheese and Crackers	*Juice,Cranberry Cocktail *Fruit,Cup SoftBiteSized *Cheese,Cheddar	*Juice,Apple *Sandwich,Cheese Sliced Half

Meal Notes: WW Bread offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available every day at Breakfast. 250 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 offered at Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Snack Notes: 125 ml Milk is offered every day at every snack. 180 ml Coffee or Tea are offered every day at every snack. 180 ml Hot Chocolate is offered every day at evening snack. Minimum 125 ml Water is offered at every snack. Assorted cookies are available as an alternative to the cookie offered on the daily p.m. snack menu.

Note: *IIndicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Deep River and District Hospital

REGULAR WEEK AT A GLANCE
Fall/Winter 2025/26

Week2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Juice,Apple</i> <i>*Juice,Prune</i>	<i>*Juice,Cranberry Cocktail</i> <i>*Juice,Prune</i>	<i>*Juice,Orange</i> <i>*Juice,Prune</i>	<i>*Juice,Apple</i> <i>*Juice,Prune</i>	<i>*Juice,Orange</i> <i>*Juice,Prune</i>	<i>*Juice,Cranberry Cocktail</i> <i>*Juice,Prune</i>	<i>*Juice,Apple</i> <i>*Juice,Prune</i>
Cereal,Cream of Wheat with Bran Buds DRDH Greek Yogurt Bread,Whole Wheat Toast Buttered Fruit,Blueberries	Cereal,Oatmeal with Flax Cheese,Cheddar Apples,Baked Bread,Whole Wheat Toast Buttered	Cereal,Cream of Wheat with Bran Buds Egg,Scrambled Bread,Whole Wheat Toast Buttered Banana,Fresh	Cereal,Oatmeal with Flax Fruit,Cup OS Bread,Whole Wheat Toast Buttered	Cereal,Cream of Wheat with Bran Buds Egg,Poached Choice,Fruit Cup OS Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal with Flax Egg,Omelet Cheese Bacon Bread,Whole Wheat Toast Buttered Mandarin Orange,Sections	Cereal,Cream of Wheat with Bran Buds Pancakes OS Fruit,Mixed Berries OS Sausage,Breakfast
Choice,Cereal Cold with Bran Peanut Butter 30 mL Choice,Muffin	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Banana	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Oatmeal	Apple,Fresh Choice,Cereal Cold with Bran Peanut Butter 30 mL DRDH Muffin,Assorted	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Blueberry Bran	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Apple Cinnamon OS Batter	Choice,Cereal Cold with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered
<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>
LUNCH						
<i>*Soup,Roasted Garlic & Potato</i>	<i>*Soup,Turkey Egg Roll</i>	<i>*DRDH Soup,Cream of Vegetable</i>	<i>*Beef and Tomato Macaroni Soup</i>	<i>*Soup,French Canadian Pea</i>	<i>*Soup,Tomato OS Canned</i>	<i>*Soup,Chicken Rice OS Frozen</i>
DRDH Club on a Bun Potato,French Fries Cookie,Shortbread OS Dough	Sandwich,Monte Cristo Salad,Barley Greek Style Choice,Fruit Cup OS	Chili,Beef Chips,Tortilla Salad,Chef's Peach Fruit Cup	Sandwich,Pastrami on Rye Pickle,Dill Sauerkraut 60 ml Apple Coleslaw Choice,Gelatin Snack Individual OS Whipped Topping OS	Casserole,Macaroni and Cheese Broccoli Fruit,Blueberries Whipped Topping OS	Sandwich,Pork on a Bun Oriental and Curried Rice Salad Square,Date OS	Sandwich,Tuna Salad Salad,Bruschetta Choice,Ice Cream Cup OS
DINNER						
Pasta,Spaghetti Sauce,Meat 125 ml Salad,Caesar Bread,Garlic Pie,Apple Crumble	DRDH Chicken,Pot Pie Salad,Sunshine PB marshmallow square	Pork,Ribette Sweet and Sour SoftBiteSized Mixed Vegetables-Stir Fry Blend Trifle,Fruit	Beef,Stew with Potatoes and Vegetables Salad,Chef's Bread,Dinner Roll White Buttered Sherbet,Orange	Fish,Salmon Garlic Butter Potato,Parmesan Peas,Green Cake,Carrot Iced	Chicken Fingers OS Potato,French Fries Carrots,Honey Glazed Ambrosia Fruit Salad	Casserole,Shepherd's Pie Cauliflower Sauce,Cheddar Cheese Square,Brownie Chocolate
<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>
AM SNACK						
<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>	<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>
PM SNACK						
<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>
Cookie,Social Teas OS	Cookie,Arrowroot OS	Cookie,Oatmeal OS Dry Mix	Cookie,Strawberry Turnover OS	Cookie,Social Teas OS	Filler Recipe	Cookie,Arrowroot OS
Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh	Choice,Fruit Fresh
EVENING SNACK						
<i>*Juice,Orange</i>	<i>*Juice,Apple</i>	<i>*Juice,Apple</i>	<i>*Juice,Apple</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>	<i>*Juice,Cranberry Cocktail</i>

Meal Notes: WW Bread offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available every day at Breakfast. 250 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 offered at Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Snack Notes: 125 ml Milk is offered every day at every snack. 180 ml Coffee or Tea are offered every day at every snack. 180 ml Hot Chocolate is offered every day at evening snack. Minimum 125 ml Water is offered at every snack. Assorted cookies are available as an alternative to the cookie offered on the daily p.m. snack menu.

Note: *I Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Deep River and District Hospital

REGULAR WEEK AT A GLANCE
Fall/Winter 2025/26

Week2: March 2 to March 8

<i>*Sandwich, Tuna Salad Half</i>	<i>*DRDH Greek Yogurt</i>	<i>*Sandwich, Peanut Butter & Jam Half</i>	<i>*Sandwich, Cheese Sliced Half</i>	<i>*Cheese and Crackers</i>	<i>*Cheese and Crackers</i>	<i>*Fruit, Cup SoftBiteSized</i> <i>*Cheese, Cheddar</i>
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REGULAR WEEK AT A GLANCE
Fall/Winter 2025/26

Week3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Juice,Orange</i> <i>*Juice,Prune</i>	<i>*Juice,Cranberry Cocktail</i> <i>*Juice,Prune</i>	<i>*Juice,Apple</i> <i>*Juice,Prune</i>	<i>*Juice,Orange</i> <i>*Juice,Prune</i>	<i>*Juice,Apple</i> <i>*Juice,Prune</i>	<i>*Juice,Cranberry Cocktail</i> <i>*Juice,Prune</i>	<i>*Juice,Orange</i> <i>*Juice,Prune</i>
Cereal,Oatmeal with Flax DRDH Greek Yogurt Bread,Whole Wheat Toast Buttered	Cereal,Cream of Wheat with Bran Buds DRDH Cinnamon French Toast Bacon Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal with Flax Egg,Boiled OS Bread,Whole Wheat Toast Buttered Banana,Fresh	Cereal,Cream of Wheat with Bran Buds Cheese,Cheddar Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal with Flax Egg,Omelet Herbed Bread,Whole Wheat Toast Buttered	Cereal,Cream of Wheat with Bran Buds Egg,Scrambled Sausage,Breakfast Bread,Whole Wheat Toast Buttered	Cereal,Oatmeal with Flax Waffles OS 1 Each Fruit,Mixed Berries OS Bacon Bread,Whole Wheat Toast Buttered
Choice,Cereal Cold with Bran Peanut Butter 30 mL Choice,Muffin Choice,Fruit Cup OS	Choice,Cereal Cold with Bran Peanut Butter 30 mL Choice,Muffin Choice,Fruit Cup OS	Choice,Cereal Cold with Bran Peanut Butter 30 mL DRDH Raisin Bran Muffin Choice,Fruit Cup OS	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Oatmeal OS Dry Mix	Choice,Cereal Cold with Bran Peanut Butter 30 mL Muffin,Banana	Choice,Cereal Cold with Bran Peanut Butter 30 mL DRDH Muffin,Assorted	Choice,Cereal Cold with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered
<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>
LUNCH						
<i>*Soup, Tomato Rice</i>	<i>*Soup,Beef Noodle</i>	<i>*Soup,French Onion</i>	<i>*Soup,Enchilada Creamy</i>	<i>*Soup,Cream of Chicken</i>	<i>*Soup,Cream of Mushroom OS Canned</i>	<i>*Soup, Tomato OS Canned</i>
Sandwich,Grilled Cheddar Cheese WW Salad,Potato Baked Loaded Choice,Pudding Individual OS	Beef,Cheeseburger Tomato,Slices,Lettuce and Onion Potato,French Fries Salad,Coleslaw Creamy Cake,Chocolate Macaroon	Casserole,Chicken a la King Salad,Mixed Greens with Raspberry Vinaigrette Fruit,Cocktail	Salad,Beef Taco w/ Tortilla Chips Rice,Tomato Chili Ice Cream,Sandwich OS	Big Mac Crunch Salad,Caesar Choice,Cookie OS Dough	Sandwich,Cheese Lettuce Tomato DRDH Salad,Tuna Macaroni Peach Fruit Cup	DRDH Chicken Salad Sandwich Salad,Tomato Cucumber Feta Fruit,Mixed Berries OS Whipped Topping,Vanilla
DINNER						
Lasagna,Beef Salad,Chef's Ice Cream,Sundae Deluxe	Chicken,Spinach and Artichoke Creamy Potato,Boiled Beans,Green Cantaloupe,Diced	Sandwich,Pork Pulled on a Bun Vinegar Coleslaw Potato,Wedges Spiced Square,Rice Krispie	Fish,Haddock Lemon Baked Casserole,Potato Hash Brown Broccoli Square,Berry Parfait	Chicken,Souvlaki OS Rice,Pilaf Peppers,Sauteed with Onions Cobbler,Peach	Pork,Loin Roast Potato,Oven Roasted Peas,Green Pudding,Chocolate Ind OS	Beef,Meat Loaf Gravy,Beef Potato,Mashed Fresh Corn,Buttered Cheesecake,French Cream Chocolate OS
<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Whole Wheat</i> <i>*Margarine</i>
AM SNACK						
<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>	<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Orange</i>	<i>*Juice,Cranberry Cocktail</i>
PM SNACK						
<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>	<i>*Milk,1% 125 mL</i>
Cookie,Social Teas OS Choice,Fruit Fresh	Cookie,Arrowroot OS Choice,Fruit Fresh	Cookie,Oatmeal OS Dry Mix Choice,Fruit Fresh	Cookie,Strawberry Turnover OS Choice,Fruit Fresh	Cookie,Social Teas OS Choice,Fruit Fresh	Filler Recipe Choice,Fruit Fresh	Cookie,Arrowroot OS Choice,Fruit Fresh

Meal Notes: WW Bread offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available every day at Breakfast. 250 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 offered at Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Snack Notes: 125 ml Milk is offered every day at every snack. 180 ml Coffee or Tea are offered every day at every snack. 180 ml Hot Chocolate is offered every day at evening snack. Minimum 125 ml Water is offered at every snack. Assorted cookies are available as an alternative to the cookie offered on the daily p.m. snack menu.

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Week3

EVENING SNACK						
<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Apple</i>	<i>*Juice,Cranberry Cocktail</i>	<i>*Juice,Apple</i>	<i>*Juice,Apple</i>	<i>*Juice,Orange</i>	<i>*Juice,Orange</i>
<i>*Cheese and Crackers</i>	<i>*DRDH Greek Yogurt</i>	<i>*Fruit,Cup SoftBiteSized</i>	<i>*Sandwich,Peanut Butter & Jam Half</i>	<i>*DRDH Greek Yogurt</i>	<i>*Sandwich,Tuna Salad Half</i>	<i>*Cheese and Crackers</i>
		<i>*Cheese,Cheddar</i>				

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