



## 7 Day Pandemic Menu for Healthcare & Senior Living Facilities

At Maple Leaf, we are deeply committed to supporting our healthcare and senior living partners. During these uncertain times, we understand that providing meal service to the seniors living in your homes/communities may be a challenge. Issues like staffing shortages, facility lockdowns and staff reassignment to other duties may be higher than normal. In an effort to help you continue to nourish your residents, Maple Leaf Foodservice has prepared a 7 Day Pandemic Menu using our readymade/fully cooked products. This menu has been developed in consultation with a credible third party Registered Dietitian with over 20 years experience working in senior living foodservice operations. Canada's Food Guide (2019) was used as a reference document in preparing the menu. In addition, this menu has been designed assuming the facility has potable water, gas stoves, refrigerator/freezer capacity and electricity.

### **Maple Leaf Menu Products meet the following parameters:**

- Listed and stocked at all or the majority of distributors across Canada
- Fully cooked - heat and serve or serve cold without skilled labour required
- Senior-friendly: traditional in appeal, easy to cut and chew
- Healthcare-friendly: controlled sodium, suitable protein content (most >13g per 60g portion)
- Can be quickly modified to be suitable for texture modified diets

All Maple Leaf products are identified in **LIGHT BLUE** on the menu.

### **Supplementary Menu Products:**

- Breakfast uses pre-boiled or pre-peeled hardboiled eggs, cheese portions, portioned yogurt, frozen RTS waffles, cold cereals and instant hot cereals
- Use fresh (including diced fresh RTS fruit), canned or frozen fruit and vegetables depending on availability of product within the food service operation
- Lunch uses canned, frozen Ready to Serve Soup or dry mix soup
- Lunch includes two choices of vegetables - cold salad and hot vegetable; may be offered with either of the entrée options
- Purchase salads that are readymade and prewashed/chopped lettuce blends
- Dinner includes instant potatoes/rice or frozen premade RTS mashed potatoes/sweet potatoes
- Desserts consist of pre-packaged cookies (shelf stable), frozen readymade cookies/desserts, canned puddings and portioned ice cream cups
- Fortified plant-based beverage may be substituted for milk
- Serve choice of beverages at every meal - Juice/Tea/Coffee along with Milk/Water

### **Additional Menu Direction:**

- Implement paper for dishware if staff shortages (but not required for COVID-19)
- Follow HACCP safe food handling guidelines when reheating, and holding all food:
  - ❖ All cold food should be held at 4°C/40°F or lower
  - ❖ All hot food must be reheated to a minimum temperature of 74°C (165°F) or above for a minimum of 15 seconds
  - ❖ Hold all heated food in hot holding equipment at 60°C (140°F) for maximum 2 hours
  - ❖ Always use a clean and sanitized probe thermometer to check food temperatures before serving
  - ❖ Discard any unused product if using fully cooked products and reheating for meal service

**Contact your Maple Leaf Sales Representative for more details**  
**Visit our website at [www.mapleleafHH.com](http://www.mapleleafHH.com) for ingredient, allergen and nutritional information**



## 7 Day Pandemic Menu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Water 2% Milk  Oatmeal OR Cornflakes  Peanut Butter & Jam Wholegrain Toast  Banana	Water 2% Milk  Cream of Wheat OR Rice Krispies  Hard Boiled Eggs Sausage Patty Wholegrain Toast  Orange Sections	Water 2% Milk  Oatmeal OR Bran Flakes  Waffles & Syrup Bacon Strips  Apple Wedges	Water 2% Milk  Cream of Wheat OR Shredded Wheat  Yogurt Wholegrain Toast  Fresh Fruit Salad	Water 2% Milk  Cream of Wheat OR Rice Krispies  Hard Boiled Eggs Sausage Links Wholegrain Toast  Orange Sections	Water 2% Milk  Oatmeal OR Bran Flakes  Cheese Wholegrain Toast  Stewed Prunes	Water 2% Milk  Oatmeal OR Cornflakes  Hard Boiled Eggs Bacon Strips Wholegrain Toast  Fresh Melon Chunks
	Water 2% Milk  Vegetable Soup  Turkey Salad Wholegrain Sandwich Coleslaw Vinaigrette Steamed Mixed Vegetables  Hot Dog on a Bun & Fixins  Fresh Fruit OR Rice Pudding	Water 2% Milk  Tomato Soup  Tuna Salad Wholegrain Sandwich Potato Salad Steamed Carrots  BBQ Pork Rib Patty on Whole Wheat Bun  Applesauce OR Digestive Cookies	Water 2% Milk  Cream of Mushroom Soup  Egg Salad Wholegrain Sandwich Carrot & Raisin Salad Buttered Green Peas  Turkey Pot Pie & Gravy  Mixed Berries OR Chocolate Pudding	Water 2% Milk  Chicken Noodle Soup  Ham & Cheese on Wholegrain Bun Bean Salad Steamed Cauliflower  Boneless Chicken Bites & Ranch Dip  Mandarin Oranges OR Ginger Cookie	Water 2% Milk  Minestrone Soup  Sliced Turkey & Mayo Wholegrain Sandwich Creamy Coleslaw Buttered Corn  BBQ Pulled Pork on Whole Wheat Bun  Banana OR Ice Cream Cup	Water 2% Milk  Cream of Broccoli Soup  Salmon Salad on Whole Wheat Bun Caesar Salad Buttered Turnips  Steak & Mushroom Pot Pie  Chilled Sliced Peaches OR Oatmeal Raisin Cookie	Water 2% Milk  Beef Barley Soup  Ham/Turkey/Cheese Whole Wheat Submarine Macaroni Salad Steamed Vegetable Blend  Hot Open-Face Pulled Chicken Sandwich with Gravy  Chilled Tropical Fruit OR Mini Powdered Donuts
	Water 2% Milk  V8 or Tomato Juice  Hot Open-Face Pulled Beef Sandwich with Gravy Mashed Potatoes Steamed Zucchini  Cheese Wholegrain Sandwich  Chilled Sliced Pears OR Chocolate Chip Cookie	Water 2% Milk  V8 or Tomato Juice  Meatless Sausage Crumble in Tomato Sauce Spaghetti Tossed Garden Salad  Corned Beef on Rye Sandwich  Fresh Fruit OR Ice Cream Cup	Water 2% Milk  V8 or Tomato Juice  Grilled Chicken Thigh Roasted Potatoes Steamed Broccoli Buttered Wholegrain Bread  Roast Beef & Mustard Wholegrain Sandwich  Pineapple Tidbits OR Peanut Butter Cookies	Water 2% Milk  V8 or Tomato Juice  Tuna Noodle Casserole Buttered Brussel Sprouts Buttered Whole Wheat Roll  Toasted Bacon, Egg & Cheese on Whole Wheat English Muffin  Chilled Apricots OR Tapioca Pudding	Water 2% Milk  V8 or Tomato Juice  Sweet n' Sour Meatballs Steamed Rice Steamed Oriental Vegetables  Wieners & Beans Casserole Buttered Whole Wheat Roll  Fruit Cocktail OR Vanilla Wafers	Water 2% Milk  V8 or Tomato Juice  Pork Drummies Mashed Sweet Potatoes Buttered Green Beans Buttered Wholegrain Bread  Hamburger on Whole Wheat Bun with Fixins  Fresh Fruit OR Butterscotch Pudding	Water 2% Milk  V8 or Tomato Juice  Sliced Roast Pork & Gravy Mashed Potatoes Peas & Carrots Buttered Wholegrain Bread  Chicken Pot Pie  Assorted Pies OR Strawberries
LUNCH							
DINNER							

MENU DAY	MAPLE LEAF MENU ITEM	MAPLE LEAF PRODUCT	MAPLE LEAF CODE	CASE YIELD	PRODUCT PREPARATION	PROTEIN (G) PER SERVING
DAY 1	Turkey Salad Wholegrain Sandwich	<b>Maple Leaf Fully Cooked Diced Turkey</b>	64364	67 x 60g portions	Combine diced turkey with mayonnaise/salad dressing, salt and pepper. Place #12 scoop of prepared turkey salad between 2 buttered wholegrain bread slices. Chill until service.	Diced Turkey (60g): 13g protein
	Hot Dog on a Bun with Fixins	<b>Schneiders Skinless Wiener</b>	13404 5"x12 count  13676 7"x 5 count	13404: 144 x 38g portions  13676: 60 x 90g portions	Steam or boil 1 hot dog and place in hotdog bun. Serve with condiments - ketchup, mustard, relish.	1 wiener (38g): 5g protein 1 wiener (90g): 11g protein *note most wieners contain 6-11g of protein
	Hot Open-Face Pulled Beef Sandwich & Gravy	<b>Schneiders Natural Pulled Beef</b>	26985	75 x 60g portions	Heat pulled beef according to package instructions. Prepare dry mix beef gravy. Place 1 slice of whole wheat bread, cover with 60g of pulled beef and ladle 1 oz/28.5 mL of prepared beef gravy over top.	Pulled Beef (60g): 17g protein
DAY 2	Sausage Patty	<b>Schneiders Breakfast Sausage Patty</b>	23108	100 x 50g portions	Heat breakfast sausage patty according to package instructions.	1 patty (50g): 7g protein
	BBQ Pork Rib Patty on Whole Wheat Bun	<b>Schneiders Fully Cooked Rib Patty (BBQ Super-Rib)</b>	72230	54 x 85g portions	Heat rib patties and add your favorite barbeque sauce.	Patty (85g): 16g protein
	Meatless Sausage Crumble Tomato Sauce & Spaghetti	<b>Field Roast Italian Sausage Crumble (meat alternative)</b>	31435	60 x 60g portions	Heat fully cooked meatless Italian sausage crumble and combine with spaghetti sauce. Boil spaghetti noodles, drain and pour over meatless Italian sausage sauce. Garnish with parmesan cheese for additional protein.	60g portion: 17g protein
	Corned Beef on Rye Sandwich	<b>Sure Slice Corned Beef</b>	21444	52 x 72g portions	Place 3 slices (72g) or more of fully cooked corned beef between 2 slices of buttered rye bread.	3 slices (72g): 12g protein
DAY 3	Bacon Strips	<b>Maple Leaf Fully Cooked Bacon</b>	21913	300 slices per case	Heat and serve 2 strips fully cooked bacon per serving.	2 strips (12g): 3.5g protein
	Turkey Pot Pie & Gravy	<b>Schneiders Turkey Pot Pie</b>	44129	36 x 125g portions	Heat and serve 1 pot pie per serving. Prepare poultry gravy from dry mix and ladle 1 oz/28.5 mL of prepared gravy over top.	1 pie (125g): 9g protein
	Grilled Chicken Thigh	<b>Maple Leaf Healthy Selections Grilled Chicken Thigh</b>	21355	44 x 90g portions	Heat and serve fully cooked thighs according to package instructions.	1 thigh (90g): 17g protein
	Roast Beef & Mustard Wholegrain Sandwich	<b>Sure Slice Roast Beef</b>	21333	52 x 72g portions	Place 3 slices (72g) of sliced roast beef on wholegrain bread. Butter one side with margarine/butter and the other side with mustard.	3 slices (72g): 10.5g protein

MENU DAY	MAPLE LEAF MENU ITEM	MAPLE LEAF PRODUCT	MAPLE LEAF CODE	CASE YIELD	PRODUCT PREPARATION	PROTEIN (G) PER SERVING
DAY 4	Ham & Cheese on Wholegrain Bun	<b>Sure Slice Black Forest-Style Ham</b>	21440	52 x 58g portions	Place 3 slices (58g) of black forest ham and 1 oz /28.5g of cheddar cheese on wholegrain bun. Butter 1 side with margarine/butter and the other side with mustard.	3 slices (58g): 9g protein
	Boneless Chicken Bites & Ranch Dip	<b>Maple Leaf Chicken Dippers</b>	64004	44 x 100g portions	Heat chicken dippers and serve 3-30 g pieces (100g) per portion with 1 oz/28.5 mL of ranch dip.	3 each (100g): 16g protein
	Toasted Bacon, Egg & Cheese on WW English Muffin	<b>Maple Leaf Fully Cooked Bacon</b>	21913	300 slices per case	Heat and serve 2 strips of fully cooked bacon per sandwich. Heat and serve egg patty according to package instructions. Toast whole wheat English muffin and butter both sides with margarine/butter. Place 2 slices of bacon, 1 heated egg patty and 1 processed cheese slice (15 g) on toasted English muffin.	2 strips (12g): 3.5g protein
DAY 5	Sausage Links	<b>Maple Leaf Ready Links Fully Cooked Breakfast Sausage</b>	64000	200 links per case	Heat and serve 2 or more breakfast links per serving.	2 links (46g): 7g protein
	Sliced Turkey & Mayo Wholegrain Sandwich	<b>Sure Slice Turkey Breast</b>	21334	52 x 58g portions	Place 3 slices (58g) of sliced turkey on a buttered wholegrain bread slice. Butter the other slice with 10 mL (2 tsp) of mayonnaise and place on top of meat.	3 slices (58g): 10g protein
	BBQ Pulled Pork on Whole Wheat Bun	<b>Schneiders Natural Pulled Pork</b>	26980	75 x 60g portions	Heat pulled pork in barbeque sauce. Serve 60 g of heated pulled pork on a buttered whole wheat bun and top with 1 oz/28.5 ml prepared barbecue sauce.	60g portion: 12g protein
	Sweet n' Sour Meatballs	<b>Schneiders Broiled Meatballs</b>	40118	75 x 60g portions	Heat meatballs and combine with prepared sweet n' sour sauce.	6 meatballs (60g): 11g protein
	Wieners and Beans Casserole	<b>Schneiders Skinless Wiener</b>	13404 5"x12 count  13676 7"x 5 count	13404 144 x 38g portions  13676 60 x 90g portions	Pour 2.85L can of baked beans with pork and tomato sauce into 4" deep insert pan; cut 24 wieners (1.0 kg) into 1 inch pieces and combine with beans. Cover with foil and bake at 300" F for ~ 1 hour. Recipe yield: 16 servings. Serve #6 Scoop/175 mL per serving.	1 wiener (38g): 5g protein 1 wiener (90g): 11g protein  *note most wieners contain 6-11g of protein
DAY 6	Steak & Mushroom Pot Pie	<b>Schneiders Steak &amp; Mushroom Pot Pie</b>	40004	36 x 125g portions	Heat pies according to package instructions. Prepare beef gravy from dry mix then ladle 1 oz/28.5 mL gravy on top when serving.	1 pie: 13g protein
	Pork Drummies	<b>Maple Leaf Pork Drummies</b>	30248/ 30298	32 portions	Heat Drummies as per package instructions. Add favorite sauce if desired such as BBQ.	1 Drummie (114g): 25g protein
	Hamburger on Whole Wheat Bun with Fixins	<b>Schneiders 3 oz Beef Burgers</b>	41522	54 x 85g burgers	Heat burgers and place on a whole wheat bun when serving. Serve condiments and tomato slice/onion/lettuce if available.	1 burger (85g): 13g protein

MENU DAY	MAPLE LEAF MENU ITEM	MAPLE LEAF PRODUCT	MAPLE LEAF CODE	CASE YIELD	PRODUCT PREPARATION	PROTEIN (G) PER SERVING
DAY 7	Bacon Strips	<i>Maple Leaf Fully Cooked Sliced Bacon</i>	21913	300 slices per case	Heat and serve 2 strips fully cooked bacon per serving.	2 strips (12g): 3.5 g protein
	Ham/Turkey & Cheese Whole Wheat Submarine	<i>Sure Slice Turkey Breast Sure Slice Black Forest-Style Ham</i>	21334 21440	156 slices per case	Place 2 slices ham (38.6g), 1 slice turkey (19.3g) and 1 slice cheese (28.5g) on a whole wheat submarine bun. Butter one side of bun and the other with mayonnaise. Add tomato slices, leaf lettuce and onion slices if available.	2 slices Ham (38.6g): 4.5g protein 1 slice Turkey (19.3g): 5g protein
	Hot Open-Face Pulled Chicken Sandwich with Gravy	<i>Schneiders Natural Pulled Chicken</i>	26995	75 x 60g portions	Heat pulled chicken according to package instructions. Prepare dry mix poultry gravy. Place 1 slice of whole wheat bread, cover with 60g pulled chicken and ladle 1 oz/28.5 mL of prepared poultry gravy over top.	60g portion: 14g protein
	Sliced Roast Pork Loin & Gravy	<i>Maple Leaf Healthy Selections Sliced Roast Pork</i>	21354	79 x 60g portions	Heat by boiling Sliced Pork in bag and serve 2 slices per serving. Prepare pork gravy from dry mix and ladle ½ oz /15 mL over heated pork at the point of service	Sliced Pork (60g): 21 g protein
	Chicken Pot Pie	<i>Schneiders Chicken Pot Pie</i>	81035	36 x 125g portions	Heat and serve 1 pie per serving. Prepare Chicken gravy from dry mix. Ladle 1 oz /28.5 mL prepared gravy over top at point of service.	1 pie (125g): 13g protein