



7 Day Pandemic Menu for Healthcare & Senior Living Facilities (featuring products available through SYSCO)

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 Sysco sites 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 (SYSCO brand *Wholesome Farms*), cheese portions (SYSCO *Block & Barrel*), portioned yogurt, frozen RTS waffles (SYSCO *Baker's Source*), 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 (extensive variety available under SYSCO *Classic*)
- 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 from your Sysco site
- Dinner includes instant potatoes/rice or frozen/fresh RTS mashed potatoes/sweet potatoes (check out SYSCO *Classic & Imperial* offerings)
- Desserts consist of pre-packaged cookies (shelf stable), frozen readymade cookies/desserts (try delicious offerings from SYSCO *Baker's Source*), canned puddings (SYSCO *Classic*) and portioned ice cream cups (*Wholesome Farms*)
- 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). SYSCO offers an extensive variety of disposables.
- 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 or SYSCO Healthcare Account Executive for more details
Visit our website at www.mapleleafHH.com for ingredient, allergen and nutritional information**



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	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
LUNCH	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
DINNER	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

MENU DAY	MAPLE LEAF MENU ITEM	MAPLE LEAF PRODUCT	MAPLE LEAF PRODUCT CODE	SYSCO CODE	CASE YIELD	PRODUCT AVAILABILITY & SUBSTITUTIONS	PRODUCT PREPARATION	PROTEIN (g) PER SERVING
DAY 1	Turkey Salad Wholegrain Sandwich	Maple Leaf Fully Cooked Diced Turkey	64364	3614688	67 x 60g portions	Available at all sites except Moncton & Halifax	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	Schneiders Skinless Wiener	13404 5"x12 count 13676 7"x 5 count	0573436 2667863	13404: 144 x 38g portions 13676: 60 x 90g portions	Available at all sites except Edmonton, Vic, Van & Calgary Suggesting alternate Roller Grill Wiener 13676 #2667863 Or serve your favorite Maple Leaf or Schneiders Hot Dog!	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	Schneiders Natural Pulled Beef	26985	4875031	75 x 60g portions	Available at all sites except at Montreal, Kelowna, Halifax, Moncton, Victoria Suggesting alternate Shaved Steak 33548 #3822923	Heat pulled beef/shaved steak 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 Shaved Steak (60g): 13g protein
DAY 2	Sausage Patty	Schneiders Breakfast Sausage Patty	23108	2667277	100 x 50g portions	Available at all sites nationally	Heat breakfast sausage patty according to package instructions.	1 patty (50g): 7g protein
	BBQ Pork Rib Patty on Whole Wheat Bun	Schneiders Fully Cooked Rib Patty (BBQ Super-Rib)	72230	5392410	54 x 85g portions	Available at all sites except BC Alternate suggestion for BC Pork Rib 72052 #2754406	Heat rib patties and add your favorite barbeque sauce.	Patty (85g): 16g protein Patty (113g): 17g protein
	Meatless Sausage Crumble Tomato Sauce & Spaghetti	Field Roast Italian Sausage Crumble (meat alternative)	31435	5386780	60 x 60g portions	Available at all sites except Moncton, Halifax, Victoria, Calgary & Winnipeg	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	Sure Slice Corned Beef	21444	2750479	52 x 72g portions	Available at all sites except Kelowna, Victoria, Maritimes Alternate suggestion MSD Sliced Corned Beef 44938 #9882465	Place 3 slices (72g) or more of fully cooked corned beef between 2 slices of buttered rye bread.	3 slices (72g): 12g protein

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DAY 3	Bacon Strips	<i>Maple Leaf Fully Cooked Bacon</i>	21913	0161232	300 slices per case	Available at all sites except Winnipeg, Victoria & Regina	Heat and serve 2 strips fully cooked bacon per serving.	2 strips (12g): 3.5g protein
	Turkey Pot Pie & Gravy	<i>Schneiders Turkey Pot Pie</i>	44129	0244451	36 x 125g portions	Available at all sites nationally	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	<i>Maple Leaf Healthy Selections Grilled Chicken Thigh</i>	21355	5578929	44 x 90g portions	Available at all sites except Maritimes	Heat and serve fully cooked thighs according to package instructions.	1 thigh (90g): 17g protein
	Roast Beef & Mustard Wholegrain Sandwich	<i>Sure Slice Roast Beef</i>	21333	2672749	52 x 72g portions	Available at all sites nationally	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
DAY 4	Ham & Cheese on Wholegrain Bun	<i>Sure Slice Black Forest-Style Ham</i>	21440	2750594	52 x 58g portions	Available at all sites nationally	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	<i>Maple Leaf Chicken Dippers</i>	64004	0750374	44 x 100g portions	Available at all sites except St John's & Victoria	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	<i>Maple Leaf Fully Cooked Bacon</i>	21913	0161232	300 slices per case	Available at all sites except Winnipeg & Regina	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

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DAY 5	Sausage Links	<i>Maple Leaf Ready Links Fully Cooked Breakfast Sausage</i>	64000	6223487	200 links per case	Available at all sites nationally	Heat and serve 2 or more breakfast links per serving.	2 links (46g): 7g protein
	Sliced Turkey & Mayo Wholegrain Sandwich	<i>Sure Slice Turkey Breast</i>	21334	2672855	52 x 58g portions	Available at all sites nationally	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	<i>Schneiders Natural Pulled Pork</i>	26980	4875045	75 x 60g portions	Available at all sites except Moncton & Vancouver Alternate suggestion Greenfield Pulled Pork 48111 #4874994	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	<i>Schneiders Broiled Meatballs</i>	40118	0222968	75 x 60g portions	Available at all sites except Victoria	Heat meatballs and combine with prepared sweet n' sour sauce.	6 meatballs (60g): 11g protein
	Wieners and Beans Casserole	<i>Schneiders Skinless Wiener</i>	13404 5"x12 count 13676 7"x 5 count	0573436 2667863	13404 144 x 38g portions 13676 60 x 90g portions	Available at all sites except Edmonton, Victoria, Vancouver & Calgary Suggesting alternate Roller Grill Wiener 13676 #2667863 Or serve your favorite Maple Leaf or Schneiders Hot Dog!	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	<i>Schneiders Steak & Mushroom Pot Pie</i>	40004	2457390	36 x 125g portions	Available at all sites except Atlantic Alternate suggestion Beef Pie 81019 #2666741	Heat pies according to package instructions. Prepare beef gravy from dry mix then ladle 1 oz/28.5 mL gravy on top when serving.	Steak & Mushroom Pie: 13g protein Beef Pot Pie: 8g protein
	Pork Drummies	<i>Maple Leaf Pork Drummies</i>	30248/ 30298	0247090/5471901	32 portions	Available at all sites except St John's, Moncton & Victoria Alternate suggestion Pork Country Sausage 64003 #3046170	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	<i>Schneiders 3 oz Beef Burgers</i>	41522	2753432	54 x 85g burgers	Available at all sites except Victoria	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

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DAY 7	Bacon Strips	<i>Maple Leaf Fully Cooked Sliced Bacon</i>	21913	0161232	300 slices per case	Available at all sites except Winnipeg, Victoria & Regina	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	2672855 2750594	156 slices per case	Available at all sites nationally	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	4875005	75 x 60g portions	Available at all sites except St John's	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	0742635	79 x 60g portions	Available at all sites except Winnipeg, Victoria & Vancouver Alternate suggestion HS Pork Loin Chop 21364 #0282727	Heat by boiling Sliced Pork or Loin Chop (1 each) 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 Pork Chop (90g): 24g protein
	Chicken Pot Pie	<i>Schneiders Chicken Pot Pie</i>	81035	2704344	36 x 125g portions	Available at all sites except in St John's Alternate suggestion Chicken & Leek Pot Pie 43002 #5156821	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