Calcium Rich Menu (1 day SAMPLE)

	Calcium
Breakfast:	
250 ml. Orange Juice	27.3 mg.
1 Medium Banana	5.9 mg.
1 Slice Whole Wheat Toast w/ 1 Slice Processed Cheese	25 mg./Toast 129.3 mg./Cheese
AM Snack:	
4 Arrowroot Cookies	4.3 mg.
Lunch:	
4 Fluid Ounces Chicken Noodle Soup	8.9 mg.
2 oz. Salmon Salad (w/ 1Tbsp. Mayonnaise), on 2 Slices of Whole Wheat Bread	50 mg./Bread 120.7 mg./Salmon 2.1 mg./Mayonnaise
125 ml. Vanilla Ice Cream w/ 2 Tbsp. Chocolate Syrup	76 mg./Ice Cream 0 mg./Syrup
PM Snack:	
125 ml. Pudding Cup	80 mg.
-OR- 1 Medium Orange	
Dinner:	
125 ml. Glass of Milk (w/ 1 Tbsp. Low Fat Milk Powder Added)	187.8 mg.
1 Cup Tossed Salad w/ 1 Tbsp. yogurt & Dill Dressing	39.8 mg.
3 oz. Meat Lasagna (w/ 1 Tbsp. Parmesan Cheese Added)	142.3 mg.
125g. Baked Custard	101.6 mg.
HS Snack:	
2 Saltine Crackers w/ 1 oz. Cheddar Cheese	168 mg.
Total:	**1169 mg./1200 mg.**

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Stronger bones. Better lives. ONTARIO OSTEOPOROSIS STRATEGY

HR SENIORS HEALTH RESEARCH TRANSFER NETWORK Linking Caregivers, Researchers & Policy Makers

OAKWOOD RETIREMENT COMMUNITIES INC.