

# ALBERTA ROSE LODGE - Sample Menu (Week 1)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Fried eggs & bacon	Yogurt	Scrambled eggs & sausage	Pancakes & bacon	Soft poached eggs OR Hard boiled eggs	Yogurt	Cheese triangles
	Cream of wheat	Oatmeal	Sunny Boy cereal	Oatmeal	Ham	Oatmeal	Raisin toast
	Whole pear	Whole orange	Whole banana	Honeydew melon	Cream of wheat Whole banana	Whole orange	Sunny Boy cereal Whole apple
<b>Light Meal</b>	Hearty vegetable soup	Beef barley soup	Chicken noodle soup	Clam chowder	Butternut squash soup	Cream of cauliflower soup	Lentil soup
	Fruit plate with cottage cheese & scone OR Pork & bean casserole	Ham & cheese sandwich OR Lamb burger	Beef pot pie OR Chicken quesadilla	Egg salad sandwich OR Garden salad w/ turkey & cheese	Steak sandwich OR Chicken salad sandwich	Turkey & Swiss cheese sandwich OR Ham & cheese sandwich	Deli plate w/bun OR Turkey tetrazzini
	Cucumber salad	Sweet potato fries	Parsnip salad	Carrot salad	Spring mix tossed salad	Pea salad	Grape salad
	Strawberry ice cream OR Papaya or mango	Brownie OR Canned fruit cocktail	Banana loaf OR Apricots	Butterscotch pudding OR Strawberries	Mango ice cream OR Fresh BC Cherries	Broken glass jello salad OR Fresh BC peaches	Butter tart OR Honeydew melon
<b>Main Meal</b>	Tossed salad	Gelatin salad w/fruit (sugar free gelatin)	Tomato juice	Spinach dip & fresh baked bun	Oriental salad	Coleslaw	V8 juice
	Prime rib with gravy, Yorkshire pudding & mashed potatoes	BBQ chicken thighs OR Stuffed green peppers	Fresh lemon pepper salmon w/rice OR Meatloaf w/mashed potatoes	BBQ glazed pork ribs	Ginger Beef OR Pineapple Chicken	Baked basa w/rice OR Sausage w/sauerkraut	Baked chicken breasts OR Shepherd's pie
	Fresh Taber corn on the cob OR Brussel sprouts	Boiled potatoes	Green beans	Stuffed potatoes OR Pasta	Fried Rice	Carrots	Yams OR Mashed potatoes
		Mixed root vegetables	Cheesecake w/strawberry topping OR Fresh pineapple	Snap peas	Stir fried vegetables		Snap peas
	Apple pie OR Canned mandarins	Pineapple delight OR Cantaloupe		Fresh fruit w/whipped cream OR Canned pears	Lemon meringue pie OR Fresh watermelon	Peach cobbler OR Fresh fruit cocktail	Strawberry crepe OR Peaches

**Breakfast includes choice of:** white or whole wheat toast, muffin, cold cereal, juice, milk, coffee, tea, water, peanut butter *as well as daily menu option*

**Light Meal includes choice of:** white or whole wheat bread, juice, milk, coffee, tea, water, sweet or diabetic dessert *as well as daily menu option*

**Main Meal includes choice of:** white or whole wheat bread, juice, milk, coffee, tea, water, peanut butter, sweet or diabetic dessert *as well as daily menu option*