

BLUE SKY LODGE - Sample Menu (Week 3)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried eggs & bacon w/hash browns	Yogurt	Scrambled eggs & sausage	French toast w/fresh berries	Soft poached eggs OR Hard boiled eggs	Yogurt	Donut holes w/cream cheese dipping sauce
	Cream of wheat	Oatmeal	Sunny Boy cereal	Oatmeal	Ham	Oatmeal	
	Stewed prunes	Whole banana	Whole orange	Grapefruit	Cream of wheat OR Whole orange	Whole banana	Sunny Boy cereal OR Whole apple
Lunch	Beef noodle soup	Cream of mushroom soup	Chicken gumbo soup	French onion soup	Sweet potato chowder	Pea soup	Beef & rice soup
	Bologna on Kaiser bun OR Seafood salad bun	Chicken burger OR BLT croissant	Toasted cheese & tomato sandwich OR Beef enchilada	Egg salad sandwich OR Reuben sandwich	Ham & pineapple pizza OR Beef skewers & macaroni salad	Chicken, mushroom, onion & pepper omelette OR Pancakes & bacon	Fruit plate w/cottage cheese & bun OR Grilled ham & Swiss cheese sandwich
	Fruit salad	Broccoli salad	Veggie quinoa salad	Carrot salad	Brussel sprout salad	Hash browns & tomato wedges	Veggie pasta salad
	Vanilla ice cream OR Papaya & mango	Strawberry jello w/ whipped cream OR Canned fruit cocktail	Peach trifle OR Apricots	Banana loaf OR Fresh strawberries	Assorted ice cream OR Fresh grapes	Fresh baked butterscotch or chocolate chip cookies OR Fresh raspberries	Cinnamon custard OR Peaches
Supper	Tomato juice	Tossed salad	Fruit skewer	Caesar salad	Tomato aspic	Spring mix tossed salad	V8 juice
	BBQ Steak OR Shrimp	Chili w/cornbread OR Honey Garlic glazed Chicken thighs	Potato Crusted Cod OR Swiss steak	Honey garlic pork ribs	Chicken breasts OR Beef pot pie	Fresh fish OR Beef stroganoff	Roast beef OR Baby roasted potatoes
	Mashed potatoes	Rice	French fries	Potatoes au gratin	Mashed potatoes	Pasta	Peas OR Fresh Taber Corn
	Brussel sprouts	Mixed vegetables	Green beans	Braised celery OR Ratatouille	Broccoli	Carrots	
	Homemade warm apple fritter OR Canned mandarins	Peanut butter pie OR Cantaloupe	Blueberry cheesecake OR Fresh pineapple	Rhubarb crisp OR Canned pears	Lemon meringue pie OR Fresh cherries	Strawberry shortcake OR Fresh fruit cocktail	Pineapple delight OR Fresh cherries

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*