

GARDEN VIEW LODGE - Sample Menu (Week 5)



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|---|--|---|---|--|--|
| Breakfast | Fried eggs & bacon | Yogurt | Scrambled eggs & sausage | French toast & bacon | Soft poached eggs OR Hard boiled eggs | Yogurt | Apple or cherry danish |
| | Cream of wheat | Oatmeal | Sunny Boy cereal | Oatmeal | Ham | Oatmeal | |
| | Watermelon | Whole orange | Whole banana | Cantaloupe | Cream of wheat OR Whole orange | Whole banana | Sunny Boy cereal OR Whole apple |
| Lunch | Red beet soup | Hearty vegetable soup | Chicken soup | Cream of tomato soup | Pork vegetable soup | Spinach soup | Corn chowder |
| | Chicken tortellini alfredo OR Sloppy Joe | Hot beef sandwich w/gravy OR Salami on homemade bun | Monte Cristo sandwich OR Deli meat & Gouda on Kaiser bun | Taco salad OR Seafood salad croissant | Chicken fingers w/dipping sauce OR Mushroom, pepper & onion pizza | Toasted BLT sandwich OR Denver sandwich | Fruit plate w/cottage cheese & biscuit OR Salmon burger |
| | Tomato salad | Marinated vegetable salad w/Italian dressing | Potato salad | Waldorf salad | Broccoli salad | Onion rings & veggie sticks | |
| | Vanilla ice cream OR Cantaloupe & Honeydew melon | Warm bread pudding w/caramel sauce OR Canned fruit cocktail | Chocolate mousse OR Apricots | Strawberry yogurt parfait OR Fresh strawberries | Maple twist ice cream w/macarons OR Fresh grapes | Lemon loaf OR Fresh BC peaches | Rice pudding OR Papaya & blueberries |
| Supper | Ambrosia salad | Tomato juice | Spring roll | Red cabbage salad | Tossed salad | V8 juice | Devilled eggs |
| | Roast turkey & mashed potatoes | Pork chops w/sautéed mushrooms OR Liver w/onions & gravy | Rainbow trout w/lemon OR Beef & zucchini stirfry | Herb baked chicken OR Minute steak w/gravy | Meatball Stroganoff OR Shrimp skewers | Fresh salmon w/dill sauce OR Grilled Italian-marinated chicken breasts | Corned beef & cabbage w/roasted potatoes OR Tuna casserole |
| | Romesco vegetables OR Zucchini | Baked potato OR Broccoli | Egg fried rice OR Fresh corn on the cob | New potatoes OR Cauliflower, peppers & zucchini | Egg noodles OR Fresh green beans | Berry salad OR Potato salad | Peas |
| | Key lime pie OR Fresh plums | Pear crumble OR Cantaloupe | Baked Alaska OR Fresh plums | Coconut cream pie OR Fresh orange | Angel food cake w/fresh berries OR Fresh watermelon | Vanilla ice cream OR Fresh cherries | Black forest cake 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*