

HERITAGE LODGE - Sample Menu (Week 4)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried eggs & bacon	Strawberry yogurt	Scrambled eggs & English Muffin	Fresh baked blueberry scones w/cheese triangles	Poached eggs OR Boiled Eggs	Peach yogurt	Pancakes
	Cream of wheat	Oatmeal	Sunny Boy cereal	Oatmeal	Ham	Oatmeal	Bacon
	Pears	Orange slices	Whole banana	Honeydew melon	Cream of wheat OR Orange Slices	Whole banana	Sunny Boy cereal OR Apple slices
Lunch	Vegetable noodle soup	Cream of celery soup	Chicken soup	Scotch broth	Tomato Soup	Hamburger vegetable soup	Potato soup
	Beef Stew w/biscuit OR Tuna melt	Deli plate w/salami, cheese & bun OR Macaroni and cheese	Ham salad sandwich OR Shrimp Caesar salad	Chicken drumsticks w/french fries OR Fish and chips	Hamburger w/toppings OR Grilled cheese sandwich	Grilled Roast Beef and Swiss Sandwich OR Perogies w/bacon and sauerkraut	Ham and Swiss quiche OR Chicken wraps
	Beet salad	Cucumber salad	Pea salad	Coleslaw	Cauliflower salad	Bean salad	Pear salad
	Strawberry Ice cream OR Papaya	Butter tart OR Canned fruit cocktail	Lemon Jello OR Apricots	Chocolate cupcakes OR Strawberries	Lime sherbet OR Grapes	Nanaimo bars OR Fresh peaches	Chocolate pudding OR Honeydew melon
Supper	Waldorf salad	Hummus w/tortilla chips	Tomato juice	Spinach salad	Oriental salad	V8 juice	Zucchini slaw
	Roasted pork loin w/gravy and mashed potatoes	Lamb chops w/gravy OR Veal cutlets	Fresh salmon w/creamy dill sauce & rice OR Cabbage rolls	Farmers sausage w/mashed potatoes OR Spaghetti and meat sauce	Roast beef w/gravy	Caribbean basa w/rice OR Beef lasagna w/garlic toast	BBQ Chicken Breasts OR Honey Mustard Baked Ham
	Asparagus OR Turnips	Boiled potatoes	Mixed carrots, cauliflower & broccoli	Lima beans & carrots	Mashed yams	Carrots	Scalloped potatoes
		Broccoli			Peas OR Buttered parsnips		Braised cabbage
	Banana cream pie OR Canned mandarins	Cream puff OR Cantaloupe	Pear cobbler OR Fresh pineapple	Gingerbread cake OR Canned pears	Strawberries, blueberries & blackberries w/whipped cream OR Fresh watermelon	Fruit flan OR Fresh fruit cocktail	Apple strudel 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*