

PEMMICAN LODGE - Sample Menu (Week 2)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|--|--|---|--|--|--|
| Breakfast | Poached eggs & bacon | Yogurt | Scrambled eggs & sausage | Fresh baked muffin & cottage chees | Soft poached eggs OR Hard boiled eggs | Yogurt | Waffle |
| | Cream of wheat | Oatmeal | Sunny Boy cereal | Oatmeal | Ham | Oatmeal | Sausage |
| | Apricots | Kiwi | Whole orange | Grapefruit | Cream of wheat | Cherries | Sunny Boy cereal |
| | | | | | Whole orange | | Whole apple |
| Lunch | Mushroom soup | Southwest chicken rice soup | Vegetable soup | Tortellini soup | Chicken mulligatawny soup | Beef barley soup | Tomato soup |
| | Grilled cheese sandwich OR Salmon salad sandwich | Homemade Hamburger OR Hotdog w/lettuce, tomato & onions | Baked Tomato and Cheese flatbread sandwich OR Spaghetti w/meat sauce | Brunch omelette buffet Sausages Hash browns | Tuna salad sandwich OR Chefs Garden Salad with Boiled Eggs | Turkey sandwich OR Ham sandwich w/lettuce & red peppers | Beef on a bun OR Chicken fingers w/plum sauce |
| | Cauliflower salad | Veggie macaroni salad | Greek salad | Kohlrabi slaw | Bean salad | Oranges | Garden salad |
| | Chocolate Ice cream OR Papaya & mango | Carrot cake OR Canned fruit cocktail | Orange tapioca pudding OR Apricots | Yogurt fruit parfait OR Fresh strawberries | Matrimonial square OR Fresh cherries | Strawberry Jello OR Fresh raspberries | Lemon loaf OR Honeydew melon |
| Supper | Tossed salad | Tomato juice | Coleslaw | Fruit salad | V8 juice | Spinach salad | Tomatoes & cucumbers |
| | Baked ham | Turkey loaf OR Baked pork chops | Sole & shrimp OR Breaded chicken drumsticks | Roast beef | Breaded chicken breasts OR Salisbury steak | Fresh salmon OR Porcupine meatballs | Beef stew OR Chicken lasagna |
| | Scalloped potatoes | Mashed potatoes | Quinoa | Baked potato | Roasted potatoes | Rice | Fresh baked biscuit |
| | Steamed asparagus OR Succotash | Broccoli | Stir fried kohlrabi | Mashed rutabaga OR Beets | Zucchini | Fresh corn on the cob | Peas |
| | Apple pie & ice cream OR Apricot cake | Carrot cake OR Banana | Cheesecake OR Fresh pineapple | Rhubarb crisp OR Watermelon | Squares OR Fresh strawberries | Key lime pie OR Fresh fruit cocktail | Mixed berry crumble 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*