

PIYAMI LODGE - Sample Menu (Week 3)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried eggs & bacon	Yogurt	Scrambled eggs & sausage	French toast & berries	Soft poached eggs OR Hard boiled eggs	Yogurt	Donut holes w/cinnamon sugar
	Cream of wheat	Oatmeal	Sunny Boy cereal	Oatmeal	Ham	Oatmeal	Oatmeal
	Whole orange	Whole banana	Whole orange	Fruit cocktail	Cream of wheat OR Whole orange	Whole banana	Whole banana
Lunch	Beef noodle soup	Potato Salad	Chicken gumbo soup	Corn chowder	Butternut squash soup	Potato soup	Beef & rice soup
	Bologna sandwich OR Seafood salad croissant	BBQ Beef on a bun OR Turkey sandwich	Toasted cheese melts OR Taco salad	Egg salad sandwich OR Reuben sandwich	Vegetarian pizza OR Ham/bacon skewers & cucumber salad	Bologna sandwich OR Salami sandwich	Fruit plate w/cottage cheese & bun OR Ham & Swiss skewers
	Fruit salad	Coleslaw	Orzo salad	Carrot salad	Green salad	Caesar salad	Veggie pasta salad
	Lemon Jello OR Papaya & mango	Ice cream treat OR Canned fruit cocktail	Mixed Berry Trifle OR Apricots	Blueberry loaf OR Fresh strawberries	Lemon pudding OR Fresh grapes	Grape Jello w/whipped Cream OR Fresh BC cherries	Strawberry mousse OR Peaches
Supper	Tomato juice	Cream of mushroom soup	Fruit skewer	Caesar salad	Tomato aspic	Pancakes	V8 juice
	Roast Chicken w/stuffing & gravy	Bacon & tomato sandwich OR Turkey sandwich	Battered cod OR Steak	Asian glazed pork ribs	BBQ Chicken breasts OR Beef pot pie	Omelette w/cheese	Roast beef w/boiled potatoes & gravy
	Mashed potatoes	Broccoli	French fries	Fried rice	Mashed potatoes	Bacon	Mixed vegetables
	Brussel sprouts OR Squash	Cucumber salad	Green beans	Vegetable stirfry	Broccoli & cauliflower	Tomatoes	
	Coffee mallow pie OR Canned mandarins	Chocolate Kahlua cake OR Cantaloupe	Cherry cheesecake OR Fresh pineapple	Rhubarb crisp OR Canned pears	Lemon meringue tarts OR Fresh watermelon	Chocolate ice cream OR Blueberries	Hawaiian 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*