

SUNNY SOUTH LODGE - Sample Menu (Week 4)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Fried eggs	Peach yogurt	Scrambled eggs & English muffin	Fresh baked scones w/cheese triangles	Poached eggs	Strawberry Yogurt	Pancakes
	Bacon	Oatmeal	Sunny Boy cereal	Oatmeal	Ham	Oatmeal	Bacon
	Cream of wheat	Orange Segments	Whole banana	Honeydew melon	Cream of wheat	Whole banana	Sunny Boy cereal
	Pear slices				Mandarin Oranges		
Lunch	Vegetable noodle soup	Cream of celery soup	Chicken soup	Scotch broth	Tomato soup	Hamburger vegetable soup	Potato soup
	Beef Stew w/biscuit OR Waffles w/strawberry sauce and whipped cream	Deli plate w/devilled eggs & bun OR Macaroni and cheese	Ham salad sandwich OR Chicken 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/sausage & sauerkraut	Ham and cheese quiche OR Chicken quesadilla
	Beet salad	Cucumber salad	Pea salad	Coleslaw	Cauliflower salad	Bean salad	Pear salad
	Maple walnut ice cream OR Papaya	Butter tart OR Canned fruit cocktail	Strawberry Jello OR Apricots	Chocolate cupcakes OR Strawberries	Lime sherbet OR Grapes	Rice Krispy squares OR Fresh peaches	Vanilla pudding OR Honeydew melon
	Waldorf salad	Hummus w/tortilla chips	Tomato juice	Spinach salad	Oriental salad	V8 juice	Zucchini slaw
Supper	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	Baked basa w/rice pilaf OR Beef lasagna w/garlic toast	Baked chicken breasts w/mushroom sauce OR Baked ham
	Asparagus OR Turnips	Boiled potatoes			Mashed Yams	Carrots	Scalloped potatoes
		Broccoli	Mixed carrots, cauliflower and broccoli	Lima beans and carrots	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	Cherry pie 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*