

Fred Douglas Lodge Fall/Winter 2021/22

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Regular Breakfast	Scrambled Eggs	All regular breakfasts include hot and cold cereals, hardboiled egg, cheese, muffins, toast, milk, juice and coffee or tea				Regular Breakfast
L I G H T M E A L	Navy Bean Potato Pancakes with Sausage, Sour Cream & Peas & Carrots Pears	Chicken Rice Spinach & Cheese Quiche with California Mix Vegetables Mandarin Oranges	Beef Vegetable Bow Tie Pasta with Mushroom Alfredo Sauce & Mixed Vegetables Fruit Salad	French Pea Soup Grilled Cheese Sandwich with Broccoli Apple Salad Peanut Butter Marshmallow Square	Cabbage Soup Deli Meat Plate with Pasta Salad, Pickled Beets & Rye Bread Ice Cream	Cream of Spinach Soup Chicken Strips with Plum Sauce, French Fries and Apple Zucchini Salad Banana or Orange	Tomato Juice Bacon & Eggs with Potato Tots & Melon Slice Matrimonial Cake
M A I N M E A L	Pork Cutlet with Orange Ginger Sauce Oven Roasted Potato Wedges & Zucchini Jello	Chicken –la-King in Pastry With Steamed Rice & Kernel Corn Pumpkin Swirl	Sweet & Sour Meatballs with Rice Pilaf & Oriental Vegetables Marbled Cake	Pork Tourtière Pie With Gravy & Braised Cabbage Fresh Fruit	Lemon Baked Sole with Rice Pilaf & Broccoli Peaches	Cabbage Rolls with Orzo Pasta & Parsley Carrots Fresh Baked Cookie	Roast Beef, Baked Potato, Gravy & Green Beans Orange Sherbet

WEEK 1 Fall 2021 Spring 2022

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L I G H T M E A L	Vegetable Soup	Lentil Soup	Borscht Soup	Chicken Noodle Soup	Butternut Squash Maple Soup	Corn Chowder Soup	Tomato Juice
	Club House Salad with Garlic Toast	Egg or Tuna Salad Croissant & Fruit Cup	Perogies with Onions, Sour Cream and Garlic Sausage	Mushroom Frittata and Spinach Salad with Raspberry Dressing	English Style Fish & Chips With Creamy Coleslaw	Tourtiere with Gravy & Parsnips	French Toast, Syrup, Breakfast Sausage
	Pineapple	Lemon Slice	Apricots	Berries & Cream	Peaches	Fresh Baked Cookie	Cantaloupe
M A I N M E A L	BBQ Pork Riblet with Egg Noodles and Scandinavian Vegetables	Meatloaf with Baked Potato, Gravy and Buttered Beets	Sweet Thai Chicken Balls with Fried Rice and Mixed Vegetables	Creamy Tomato Turkey on Penne Noodles with Italian Vegetables	Salisbury Steak with Mushroom Gravy, Mashed Potato & Broccoli	Paprika Chicken in Sour Cream Gravy With Oven Roast Potatoes & Carrots	Baked Ham Scalloped Potatoes With Peas & Carrots
	Yogurt	Pears	Fresh Fruit	Bread Pudding	Fruit Cocktail	Neapolitan Ice Cream	Apple Pie

WEEK 2 Fall 2021 Spring 2022

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	Regular Breakfast	Scrambled Eggs	All regular breakfasts include hot and cold cereals, hardboiled egg, cheese, muffins, toast, milk, juice and coffee or tea				Regular Breakfast
L I G H T M E A L	Italian Soup Chef's Salad with Dinner Roll Mandarin Orange	Beef Noodle Soup Open Faced Hot Turkey Sandwich with Gravy & Oven Roasted Beets Fruit Cocktail	Vegetable Soup Western Omelet with Potato Triangles and Sliced Tomato Carrot Cake	Cream of Potato Soup Chicken Finger Caesar Salad with Garlic Toast Ice Cream	Tomato Basil Soup Grilled Cheese with Corn Salad Dill Pickle Spear Jello Parfait	Beef Barley Soup Cheese Burger With French Fries & Coleslaw Banana	Cream of Carrot & Turnip Reuben Sandwich with Tomato-Onion Salad Apricots
M A I N M E A L	Meatball Stroganoff with Buttered Noodles & Peas & Pearls Butterscotch Pudding	Ginger Pork Oriental Noodles & Sunrise Vegetables Jello	Toupie Ham with Roasted Sweet Yams & Green Beans Pears	Shepherd's Pie with Gravy & Diced Squash Blueberry Cheesecake	Breaded Fish Fillet with Lemon Rice & Mixed Vegetables <small>2728848 Pollock</small> Fruit Tart	Spaghetti with Meat Sauce, Parmesan & Italian Mix Veg Peach Cobbler	Chicken Kiev with Roasted Baby Potatoes, & Broccoli Lemon Pie

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L I G H T M E A L	Beef Tuscan Smoked Farmer Sausage with Potato Wedges & Corn <small>3884285 Mini sausage</small> Fruit Cocktail	Chicken Gumbo Tuna or Bologna Sandwich with 4 Bean Salad Brownie with Frosting	Cream of Vegetable Macaroni & Cheese with Broccoli Cookie	Chicken Rice Soup Wieners & Beans with Corn Bread Biscuit & Sliced Tomato Mandarin Orange Slices	Pepper Pot Fish Cakes with French Fries and Garden Salad Peaches	Pumpkin Harvest Soup Perogies and Onions With Cabbage Roll, Sour Cream & Buttered Squash Jello Parfait	Asian Beef Vegetable Waffles with Syrup & Fruit Cup Dessert Loaf
M A I N M E A L	Lemon Chicken with Steamed Rice and Fall Vegetable Medley Strawberry Shortcake	Veal Cutlet with Mashed Potato, Gravy & Green Beans Apricots	Oriental Vegetable Beef Stir Fry with Rice Noodles Fresh Fruit	Turkey Schnitzel with Mashed Potato, Gravy & Carrot Coins Pumpkin Pie	Maple Glazed Pork Riblet with Hash Browns & California Mix Vegetables Rhubarb Crisp	Vegetable Lasagna with California Mix Vegetables and Garlic Toast Pineapple	Roast Pork with Buttered Yams, Broccoli & Applesauce Pudding

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	Regular Breakfast	All regular breakfasts include hot and cold cereals, hardboiled egg, cheese, muffins, toast, milk, juice and coffee or tea				Scrambled Eggs	Regular Breakfast
L I G H T M E A L	Three Sisters Soup Honey Garlic Ribs with Rice, Spring Roll, Cocktail Vegetables Fresh Baked Cookie	Turnip Bisque Soup Cheese Omelet with Tater Tots & Green Peas Butter Tart	Minestrone Soup BLT Salad with Rye Bread Mandarin Orange Sections	Cream of Cauliflower Soup Chili with Dinner Roll & Fiesta Corn Fresh Fruit	Tomato Soup Captain Burger with Tartar Sauce, Lettuce, Slice Tomato & Potato Wedges Jello	Cream of Broccoli Soup Chicken Nuggets With French Fries & Tossed Green Salad Iced Brownie	Tropical Fruit Juice Pancakes & Bacon Mixed Berries and Cream
M A I N M E A L	Salisbury Steak with Mashed Potato, Mushroom Gravy & Winter Vegetables Diced Pears	Chicken Balls with Plum Sauce, Oriental Noodles and Broccoli Pudding	Teriyaki Turkey Stir Fry with Steamed Rice Bread Pudding	Open Faced Pork Sandwich with Gravy & Sunrise Vegetables Chocolate Tart	Spaghetti with Beef & Basil Marinara Sauce, Italian Vegetables and Garlic Toast Cream Puff	Beef Pot Pie with Baby Potatoes & Sunrise Vegetables Fruit Cocktail	Roast Turkey with Mashed Potato, Gravy & Green Beans Apple Crisp

WEEK 5 Fall 2021 Spring 2022