

Fred Douglas Lodge Summer 2022

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oatmeal	Cream of Wheat Scrambled Eggs	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat Pancakes and Syrup	Oatmeal
L I G H T M E A L	Tomato Basil Grilled Cheese with Dill Pickle and Tomato Cucumber Salad Mandarin Orange	Lentil Soup Chicken Pot Pie with Tossed Salad or Kernel Corn Butterscotch Pudding	Vegetable Beef Potato Pancakes with Sour Cream, Breakfast Sausage and Peas & Carrots Fruit Cocktail	Potato Soup Chicken Bites with Sweet Potato Fries and Peas Sherbet	Chicken Noodle Captain Burger With Tartar Sauce, French Fries & Coleslaw Fresh Baked Cookie	Vegetable Soup Cheese Omelet with Potato Patty and Marinated 4 Bean Salad Chocolate Cake with Butter Icing	Cream of Mushroom Shepherd's Pie With Gravy & Butter squash Apricots
M A I N M E A L	Beef Stew, Broccoli and Dinner Roll Banana Bread	Teriyaki Chicken Stir Fry with White Rice Ice Cream	Meatball Stroganoff with Buttered Egg Noodles and Italian Vegetables Jello Parfait	Pork Paddy with Brown Gravy, Mashed Potatoes and California Vegetables Cheesecake and Berries	Sweet & Savory Meatloaf with Oven Roasted Potatoes and Sunrise Vegetables Peaches	Sesame Chicken with Rice Pilaf and Broccoli Rhubarb Crisp	Roast Pork with Gravy, Buttered Yams and Green Beans Chocolate Cream Pie

Fred Douglas Lodge Summer 2022

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat Scrambled Eggs and Breakfast Sausage	Oatmeal
L I G H T M E A L	Navy Bean Fresh Fruit Plate with Cottage Cheese & English Muffin Lemon Tart	Borscht Perogies & Meatballs, Sour Cream and Mixed Vegetables Pineapple	Italian Pasta Western Omelet, with Cheddar Cheese Sauce, Tater Tots and Sliced Tomato Fruit Salad	Chicken Vegetable Soup Pineapple Pork Paddy with Steamed Rice and Peas & Carrots Fresh Baked Cookie	Green Pea Soup Chunky Chicken with French Fries and Coleslaw Black Forest Cake	Cabbage Soup Macaroni & Cheese With Broccoli Banana or Orange	Tomato Juice Oriental Meatballs with Fried Rice and Oriental Vegetables Mandarin Oranges
M A I N M E A L	Chicken a la King with Egg Noodles & Florentine Mix Vegetables Jello	Mandarin Pork with Oriental Noodles and Tri- Coloured Carrots Ice Cream	Chicken Souvlaki with Lemon Roasted Potatoes & Broccoli Pudding	Bow Tie Noodles with Alfredo Sauce, Tossed Mixed Green Salad or California Vegetable Mix Fresh Fruit	Baked Cod with Herb Potatoes O'Brien & Italian Vegetable Mix Peaches	Turkey Pot Pie with Harvard Beets Bread Pudding	Beef Wellington with Baked Potato, Gravy & Carrot Coins Orange Sherbet

WEEK 2 Spring/Summer 2022

Fred Douglas Lodge Summer 2022

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cream of Wheat	Oatmeal	Cream of Wheat Pancakes and Syrup	Oatmeal	Cream of Wheat Scrambled Eggs	Oatmeal	Cream of Wheat
L I G H T M E A L	Corn Chowder	Mushroom Barley Soup	Vegetable & Rice Soup	Beef Noodle	Chicken Vegetable Soup	Cream of Cauliflower	Minestrone Soup
	Cold Cuts with Pasta Salad, Pickled Beets, Cheese Slice and Cheesy Bread Stick	Open Faced Hot Beef Sandwich with Mashed Potatoes, Gravy and Green Beans	Chicken Nuggets with Oriental Stir Fry Vegetables, Spring Roll and Plum Sauce	Crab Croissant with Fruit Cup & Cheddar Slice	Hot Dog with French Fries and Creamy Coleslaw	Steak & Mushroom Pot Pie with Gravy, Butter Squash	French Toast, Syrup and Sausage
	Pineapple	Apricots	Broken Glass Parfait	Date Square	Fresh Baked Cookie	Mandarin Orange	Tropical Citrus Whip
M A I N M E A L	Chicken With Creamy Mushroom Sauce, Baked Potato & California Vegetables	Cheddar & Bacon Quiche with Sunrise Vegetables	BBQ Pork Rib with Oven Roasted Potato and Green Peas	Braised Beef Rigatoni with Cauliflower	Baked Fish with Tartar Sauce Mashed Potatoes & Vegetable Medley	Chicken Kiev with Wedge Cut Potatoes & Sunrise Vegetables	Baked Ham Scalloped Potatoes and Peas & Carrots
	Lemon Bar	Carrot Cake with Cream Cheese Icing	Fresh Fruit	Peaches	Fruit Cocktail	Pineapple Upside Down Cake	Apple Pie

WEEK 3 Spring/Summer 2022

Fred Douglas Lodge Summer 2022

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cream of Wheat	Oatmeal	Cream of Wheat Scrambled Eggs and Sausage	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
L I G H T M E A L	Tomato Basil Soup Chicken Fingers with Honey Mustard Dip Tater Tots and Kernel Corn Mandarin Oranges	Beef Barley & Black Bean Grilled Cheese with Dill Pickle and Sliced Tomatoes Banana Cream Pie	Minestrone Soup Deli Meat Plate with Pasta Salad, & Marinated Bean Salad & Rye Bread Peaches	Mushroom Soup Rueben Sandwich with Apple Coleslaw And Dill Pickle Lime Graham Slice	Vegetable Soup Macaroni and Cheese with California Mixed Vegetables Jello	Cream of Carrot Perogies & Sour Cream, Fried Onions and Garlic Sausage, Peas & Carrots Chocolate Brownie	Tomato Juice Belgium Waffles and Bacon Fruit Cocktail
M A I N M E A L	Shanghi Beef Stir Fry with Broccoli & Asian Noodles Bread Pudding	Sweet Harvest Pork Stew with Dinner Roll and Braised Cabbage Pears	Chicken Parmesan with Spaghetti Marinara and Italian Mixed Vegetables Desert Loaf	Tourtière Pie with Gravy & Roasted Summer Squash Apricots	Fish Night with Oven Roasted Potato Wedges and Carrot Coins Apple Crisp	Teriyaki Pork with Steamed Noodles and Oriental Vegetables Fresh Fruit	Roast Turkey Gravy Mashed Potatoes & Sunrise Vegetables Rice Pudding

WEEK 4 Spring/Summer 2022

Fred Douglas Lodge Summer 2022

SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cream of Wheat Scrambled Eggs & Sausage	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat Pancakes & Syrup	Oatmeal	Cream of Wheat
L I G H T M E A L	Tomato Vegetable 4 Cheese Ravioli Bake with Green Beans or tossed Salad Blueberry Tart	Cream of Broccoli Cheese Burger with B&B Pickles, with Crinkle Cut Fries & Fancy Mix Vegetables Jello Parfait	Onion Soup Chicken Pot Pie with Gravy & Baked Parsnips Peanut Butter Marshmallow Square	Italian Wedding Soup Hot Dog with French Fries and Coleslaw Banana or Orange	Butternut Squash Soup Chicken Burger with Ranch Dressing Tomato, lettuce and Italian Vegetables Jello	Pea Soup Turkey Meatloaf with Mashed Potatoes, Gravy and Mixed Vegetables Cream Puff	Chicken Rice Soup Western Omelet with Tater Tots and Carrots Ice Cream
M A I N M E A L	Sweet & Sour Chicken Balls with Vegetable Spring Roll, Plum Sauce and Fried Rice Pudding	Salisbury Steak Mashed Potatoes, Mushroom Gravy & Corn Diced Pears	Beef Lasagna with Peppers Medley and Garlic Toast Mandarin Orange Slices	Beef Stir Fry with Rice and Oriental Vegetables Dessert Loaf	Friday Night Fish Fry with Tartar Sauce, Dill Potatoes and Broccoli Pineapple Tidbits	Pork Schnitzel, Sweet Potato Fries, Gravy and Diced Carrots Blondie Square	Chicken Cordon Bleu with Baby Potatoes, Gravy and Peas Rhubarb Pie

WEEK 5 Spring/Summer 2022