

Fred Douglas Lodge Fall/Winter 2022/23

SUBJECT TO CHANGE

Revised October 26 2022

	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 Sweet & Sour Chicken Balls Fried Rice Stirfry Vegetables Matrimonial Cake
M A I N M E A L	Pork Cutlet with Orange Ginger Sauce Oven Roasted Potato Wedges & Zucchini Jello	Chicken Teriyaki With Steamed Rice & Kernel Corn Pumpkin Swirl	Pork Tourtière Pie With Gravy & Braised Cabbage Marbled Cake	Sweet & Sour Meatballs with Rice Pilaf & Oriental Vegetables Fresh Fruit	Lemon Baked Sole with Oven Roasted Potato & Broccoli Peaches	Baked Cabbage Rolls in Tomato Sauce with Garlic Sausage & Parsley Carrots Fresh Baked Cookie	Roast Beef, Baked Potato, Gravy & Green Beans Orange Sherbet

WEEK 1 Fall 2022 Winter 2023

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L I G H T M E A L	Vegetable Soup	Lentil Soup	Borscht Soup	Chicken Noodle Soup	Butternut Squash Soup	Corn Chowder Soup	Tomato Juice
	Cheeseburger French Fries And Coleslaw Pineapple	Oriental Vegetable Stir- Fried Noodles With Battered Shrimp & Seafood Sauce Lemon Slice	Perogies with Onions, Sour Cream, Garlic Sausage with Peas & Carrots Apricots	Mushroom Frittata and Sunrise Vegetables Berries & Cream	English Style Fish & Chips with Tartar Sauce & Creamy Coleslaw Peaches	Tourtiere with Gravy & Parsnips Fresh Baked Cookie	French Toast, Syrup, Breakfast Sausage Cantaloupe
M A I N M E A L	BBQ Pork Riblet with Egg Noodles and Scandinavian Vegetables Yogurt	Meatloaf with Baked Potato, Gravy and Buttered Beets Pears	Herbed Chicken with Steamed Rice and Mixed Vegetables Fresh Fruit	Creamy Tomato Turkey on Bow Tie Noodles with Italian Vegetables Bread Pudding	Salisbury Steak with Mushroom Gravy, Mashed Potato & Broccoli Fruit Cocktail	Paprika Chicken in Sour Cream Gravy With Oven Roast Potatoes & Carrots Neapolitan Ice Cream	Baked Ham Scalloped Potatoes With Peas & Carrots Apple Pie

WEEK 2 Fall 2022 Winter 2023

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L I G H T M E A L	Italian Soup Reuben Sandwich with Tomato-Onion Salad Mandarin Orange	Beef Noodle Soup Turkey with Gravy & Oven Roasted Potatoes & Beets Fruit Cocktail	Vegetable Soup Western Omelet with Potato Paddy and California Vegetables 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 Pineapple Chicken with Steamed Rice & Peas Banana	Cream of Carrot Captain Burger with Niblet Corn, Sliced Tomatoes & Cucumbers Apricots
M A I N M E A L	Meatball Stroganoff with Buttered Egg Noodles & Peas 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 Potato, & Broccoli Lemon Pie

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L I G H T M E A L	Beef Vegetable Smoked Farmer Sausage with Potato Wedges & Corn <small>3884285 Mini sausage</small> Fruit Cocktail	Chicken Gumbo Pepperoni Pizza with Caesar Salad Brownie with Frosting	Cream of Vegetable Macaroni & Cheese with Broccoli Cookie	Chicken Rice Soup Perogies and Onions With Cabbage Roll, Sour Cream & Green Beans Mandarin Orange Slices	Pepper Pot Fish Cakes with French Fries and Garden Salad Peaches	Pumpkin Soup Hotdog & Baked Beans & Sliced Tomato Jello Parfait	Asian Beef Vegetable Waffles with Syrup & Fruit Cup Dessert Loaf
M A I N M E A L	Chicken Souvlaki with Tzatziki Sauce Steamed Rice and Fall Vegetable Medley Strawberry Shortcake	Pork Stew with Green Beans & Cornmeal Biscuit Apricots	Oriental Vegetable Beef Stir Fry with Noodles Fresh Fruit	Turkey Meatloaf with Mashed Potato, Gravy & Carrot Coins Pumpkin Pie	BBQ Pork Riblet with Hash Browns & California Mix Vegetables Rhubarb Crisp	Beef Lasagna with California Mix Vegetables and Garlic Toast Pineapple	Roast Pork with Buttered Yams & Broccoli Pudding

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L I G H T M E A L	Mushroom Soup Honey Garlic Ribs with Rice, Spring Roll, Cocktail Vegetables Fresh Baked Cookie	Chicken Vegetable Soup Cheese Omelet with Tater Tots & Green Peas Butter Tart	Minestrone Soup Crab Croissant with Fruit Salad Chocolate Tart	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 Buttermilk Pancakes with Syrup & 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 Beef Stir Fry with Steamed Rice Bread Pudding	Open Faced Pork Sandwich with Gravy & Sunrise Vegetables Mandarin Orange Sections	Spaghetti with Beef & Basil Marinara Sauce, Italian Vegetables and Garlic Toast Cream Puff	Beef Pot Pie with Red Skinned Roasted Potatoes & Florentine Vegetables Fruit Cocktail	Roast Turkey with Mashed Potato, Gravy & Green Beans Apple Crisp