

Fred Douglas Lodge Summer 2023

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 <i>Alt: Chicken Balls</i>	Lentil Soup Chicken Pot Pie with Tossed Salad or Kernel Corn Butterscotch Pudding <i>Alt: Boneless BBQ Pork Rib</i>	Vegetable Beef Potato Pancakes with Sour Cream, Breakfast Sausage and Peas & Carrots Fruit Cocktail <i>Alt: Chicken Fingers</i>	Potato Soup Chicken Bites with Sweet Potato Fries and Peas Sherbet <i>Alt: Battered Cod</i>	Chicken Noodle Captain Burger With Tartar Sauce, French Fries & Coleslaw Fresh Baked Cookie <i>Alt: Omelet or Scrambled Eggs</i>	Vegetable Soup Cheese Omelet with Potato Patty and Marinated 4 Bean Salad Chocolate Cake with Butter Icing <i>Alt: Hot Dog</i>	Cream of Mushroom Shepherd's Pie With Gravy & Butter squash Apricots <i>Alt: Battered Pollock</i>
M A I N M E A L	Beef Stew, Broccoli and Dinner Roll Banana Bread <i>Alt: Hot Dog</i>	Beef Stroganoff with Buttered Egg Noodles and Italian Vegetables Ice Cream <i>Alt: Battered Pollock</i>	Cabbage Rolls with Meatballs and Mixed Vegetables Jello Parfait <i>Alt: Turkey Pot Pie</i>	Pork Paddy with Brown Gravy, Mashed Potatoes and California Vegetables Cheesecake and Berries <i>Alt: Tourtiere</i>	Sweet & Savory Meatloaf with Oven Roasted Potatoes and Sunrise Vegetables Peaches <i>Alt: Boneless BBQ Pork Rib</i>	Sesame Chicken with Rice Pilaf and Broccoli Rhubarb Crisp <i>Alt: Beef Pot Pie</i>	Roast Pork with Gravy, Buttered Yams and Green Beans Chocolate Cream Pie <i>Alt: Chicken Fingers</i>

WEEK 1 Spring Summer 2023

Cold Alternatives: Sandwich, Cold Cereal, Boiled Eggs, Toast, and Waffle (as available)

Fred Douglas Lodge Summer 2023

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 <i>Alt: Beef Pot Pie</i>	Borscht Perogies & Meatballs, Sour Cream and Mixed Vegetables Pineapple <i>Alt: Turkey Pot Pie</i>	Italian Pasta Western Omelet, with Cheddar Cheese Sauce, Tater Tots and Sliced Tomato Fruit Salad <i>Alt: Tourtiere</i>	Chicken Vegetable Soup Pineapple Pork Paddy with Steamed Rice and Peas & Carrots Fresh Baked Cookie <i>Alt: Battered Pollock</i>	Green Pea Soup Chunky Chicken with French Fries and Coleslaw Black Forest Cake <i>Alt: Omelet or Scrambled Eggs</i>	Cabbage Soup Macaroni & Cheese With Broccoli Banana or Orange <i>Alt: Battered Cod</i>	Tomato Juice Cold Cuts with Pasta Salad, Pickled Beets, Cheese Slice and Cheesy Bread Stick Mandarin Oranges <i>Alt: Tourtiere</i>
M A I N M E A L	Chicken a la King with Egg Noodles & Florentine Mix Vegetables Jello <i>Alt: Battered Cod</i>	Mandarin Pork with Oriental Noodles and Tri- Coloured Carrots Ice Cream <i>Alt: Chicken Balls</i>	Chicken Souvlaki with Lemon Roasted Potatoes & Broccoli Pudding <i>Alt: Hot Dog</i>	Bow Tie Noodles with Alfredo Sauce, Tossed Mixed Green Salad or California Vegetable Mix Fresh Fruit <i>Alt: Chicken Fingers</i>	Baked Cod with Herb Potatoes O'Brien & Italian Vegetable Mix Peaches <i>Alt: Boneless BBQ Pork Rib</i>	Turkey Pot Pie with Harvard Beets Bread Pudding <i>Alt: Chicken Balls</i>	Roast Beef with Baked Potato, Gravy & Carrot Coins Orange Sherbet <i>Alt: Battered Pollock</i>

WEEK 2 Spring/Summer 2023

Cold Alternatives: Sandwich, Cold Cereal, Boiled Eggs, Toast, and Waffle (as available)

Fred Douglas Lodge Summer 2023

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 Oriental Meatballs with Fried Rice and Oriental Vegetables Pineapple <i>Alt: Boneless BBQ Pork Rib</i>	Mushroom Barley Soup Open Faced Hot Beef Sandwich with Mashed Potatoes, Gravy and Green Beans Apricots <i>Alt: Chicken Balls</i>	Vegetable & Rice Soup Chicken Nuggets with Oriental Stir Fry Vegetables, Spring Roll and Plum Sauce Broken Glass Parfait <i>Alt: Omelet or Scrambled Eggs</i>	Beef Noodle Crab Croissant with Fruit Cup & Cheddar Slice Date Square <i>Alt: Chicken Fingers</i>	Chicken Vegetable Soup Hot Dog with French Fries and Creamy Coleslaw Fresh Baked Cookie <i>Alt: Tourtiere</i>	Cream of Cauliflower Steak & Mushroom Pot Pie with Gravy, Butter Squash Mandarin Orange <i>Alt: Battered Pollock</i>	Minestrone Soup French Toast, Syrup and Sausage Tropical Citrus Whip <i>Alt: Chicken Balls</i>
M A I N M E A L	Chicken With Creamy Mushroom Sauce, Baked Potato & California Vegetables Lemon Bar <i>Alt: Beef Pot Pie</i>	Cheddar & Bacon Quiche with Sunrise Vegetables Carrot Cake with Cream Cheese Icing <i>Alt: Battered Cod</i>	BBQ Pork Rib with Oven Roasted Potato and Green Peas Fresh Fruit <i>Alt: Turkey Pot Pie</i>	Braised Beef Rigatoni with Cauliflower Peaches <i>Alt: Chicken Balls</i>	Baked Fish with Tartar Sauce Mashed Potatoes & Vegetable Medley Fruit Cocktail <i>Alt: Turkey Pot Pie</i>	Chicken Kiev with Wedge Cut Potatoes & Sunrise Vegetables Pineapple Upside Down Cake <i>Alt: Omelet or Scrambled Eggs</i>	Baked Ham Scalloped Potatoes and Peas & Carrots Apple Pie <i>Alt: Boneless BBQ Pork Rib</i>

WEEK 3 Spring/Summer 2023

Cold Alternatives: Sandwich, Cold Cereal, Boiled Eggs, Toast, and Waffle (as available)

Fred Douglas Lodge Summer 2023

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 Dipping Sauce, Tater Tots and Kernel Corn Mandarin Oranges <i>Alt: Turkey Pot Pie</i>	Beef Barley & Black Bean Grilled Cheese with Dill Pickle and Sliced Tomatoes Banana Cream Pie <i>Alt: Chicken Kiev OR Chicken Fingers</i>	Minestrone Soup Deli Meat Plate with Pasta Salad, & Marinated Bean Salad & Rye Bread Peaches <i>Alt: Battered Pollock</i>	Mushroom Soup Macaroni and Cheese with California Mixed Vegetables Lime Graham Slice <i>Alt: Boneless BBQ Pork Rib</i>	Vegetable Soup Rueben Sandwich with Apple Coleslaw And Dill Pickle Jello <i>Alt: Chicken Fingers</i>	Cream of Carrot Perogies & Sour Cream, Fried Onions and Garlic Sausage, Peas & Carrots Chocolate Brownie <i>Alt: Tourtiere</i>	Tomato Juice Belgium Waffles and Bacon Fruit Cocktail <i>Alt: Battered Cod</i>
M A I N M E A L	Shanghi Beef Stir Fry with Broccoli & Asian Noodles Bread Pudding <i>Alt: Battered Cod</i>	Sweet Harvest Pork Stew with Dinner Roll and Braised Cabbage Pears <i>Alt: Beef Pot Pie</i>	Chicken Parmesan with Spaghetti Marinara and Italian Mixed Vegetables Desert Loaf <i>Alt: Hot Dog</i>	Tourtière Pie with Gravy & Roasted Summer Squash Apricots <i>Alt: Chicken Kiev OR Chicken Fingers</i>	Fish Night with Oven Roasted Potato Wedges and Carrot Coins Apple Crisp <i>Alt: Turkey Pot Pie</i>	Teriyaki Pork with Steamed Noodles and Oriental Vegetables Fresh Fruit <i>Alt: Chicken Balls</i>	Roast Turkey Gravy Mashed Potatoes & Sunrise Vegetables Rice Pudding <i>Alt: Beef Pot Pie</i>

WEEK 4 Spring/Summer 2023

Cold Alternatives: Sandwich, Cold Cereal, Boiled Eggs, Toast, and Waffle (as available)

Fred Douglas Lodge Summer 2023

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 <i>Alt: Turkey Pot Pie</i>	Cream of Broccoli Cheese Burger with B&B Pickles, with Crinkle Cut Fries & Fancy Mix Vegetables Jello Parfait <i>Alt: Boneless BBQ Pork Rib</i>	Onion Soup Chicken Pot Pie with Gravy & Baked Parsnips Peanut Butter Marshmallow Square <i>Alt: Battered Pollock</i>	Italian Wedding Soup Hot Dog with French Fries and Coleslaw Banana or Orange <i>Alt: Tourtiere</i>	Butternut Squash Soup Chicken Burger with Ranch Dressing Tomato, lettuce and Italian Vegetables Jello <i>Alt: Beef Pot Pie</i>	Pea Soup Turkey Meatloaf with Mashed Potatoes, Gravy and Mixed Vegetables Cream Puff <i>Alt: Battered Cod</i>	Chicken Rice Soup Western Omelet with Tater Tots and Carrots Ice Cream <i>Alt: Chicken Fingers</i>
M A I N M E A L	Sweet & Sour Chicken Balls with Vegetable Spring Roll, Plum Sauce and Fried Rice Pudding <i>Alt: Battered Cod</i>	Salisbury Steak Mashed Potatoes, Mushroom Gravy & Corn Diced Pears <i>Alt: Chicken Fingers</i>	Beef Lasagna with Peppers Medley and Garlic Toast Mandarin Orange Slices <i>Alt: Turkey Pot Pie</i>	Beef Stir Fry with Rice and Oriental Vegetables Dessert Loaf <i>Alt: Chicken Balls</i>	Friday Night Fish Fry with Tartar Sauce, Dill Potatoes and Broccoli Pineapple Tidbits <i>Alt: Boneless BBQ Pork Rib</i>	Pork Schnitzel, Sweet Potato Fries, Gravy and Diced Carrots Blondie Square <i>Alt: Omelet or Scrambled Eggs</i>	Chicken Cordon Bleu with Baby Potatoes, Gravy and Peas Rhubarb Pie <i>Alt: Hot Dog</i>

WEEK 5 Spring/Summer 2023

Cold Alternatives: Sandwich, Cold Cereal, Boiled Eggs, Toast, and Waffle (as available)