








2022-23 Fall - Winter Menu

MP Lodge

Week 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 7 Dec 5 Jan 2	Jan 30 Feb 27 March 27	Nov 8 Dec 6 Jan 3	Jan 31 Feb 28 March 28	Nov 9 Dec 7 Jan 4	Feb 1 March 1 March 29	Nov 10 Dec 8 Jan 5	Feb 2 March 2 March 30	Nov 11 Dec 9 Jan 6	Feb 3 March 3 March 31	Nov 12 Dec 10 Jan 7	Feb 4 March 4 April 1	Nov 13 Dec 11 Jan 8	Feb 5 March 5 April 2
	<b>Beverages</b>	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk • Water												
<b>Breakfast</b>	Oat Bran Cereal Scrambled Eggs Toast Fruit or Cold Cereal 		Cream of Wheat Cereal Toast Fruit Pancakes & Sausages or Cold Cereal		Oatmeal Cereal Toast Fruit Grilled Bacon or Cold Cereal		Corn Meal Toast Fruit Boiled Eggs or Cold Cereal		Cream of Wheat Cereal Toast Fruit Egg and Ham Bake or Cold Cereal 		Oatmeal Cereal Toast Fruit Cheese Slice or Cold Cereal		Oat Bran Toast Fruit Pan Omelet or Cold Cereal	
<b>Lunch</b>														
<b>Entree</b>	Crustless Ham and Onion Quiche Caesar Salad or Assorted sandwiches		Chili Con Carne Garlic Stick Italian Mix Vegetable Tossed Salad or Assorted sandwiches		Hot Turkey Sandwich California Mixed Vegetables Garden Salad or Assorted sandwiches 		Leek, Cheese & Potato Puff Pastry Sausages Tomato Slices Cucumber Salad or Assorted sandwiches		Beer Battered Cod Potato Wedges Coleslaw Olives or Assorted sandwiches		Baked Mushroom Ravioli PEI Mixed Vegetables Caesar Salad or Assorted Sandwiches		Potato and Cheese Pyrohy Turkey Sausages Tossed Green Salad or Assorted sandwiches	
<b>Dessert</b>	Assorted Desserts		Orange Sections  Lemon Pie		Butter Tart		Cheese Cake		Vanilla Ice Cream		Bananas			
<b>Soup</b>	Garden Vegetable Soup		Cream of Butternut Squash		Tomato & Red Pepper		Chicken Noodle		Borshch		Leek and Potato		Red Lentil	
<b>Supper</b>														
<b>Entrée</b>	Teriyaki Baked Salmon Fillet Rice Blend Peas Garden Salad  Entrée 2 Meatballs with Mushroom Sauce		Southern Baked Chicken Whipped Potatoes Corn Niblets Caesar Salad 		Sun Dried Tomato Pork Roast w Gravy Whipped Potatoes Broccoli Florets Quinoa Salad		Creamy Chicken w Mushroom Marsala Egg Noodles Winter Vegetable Tossed Salad		Ginger Beef Rice Stir Fry Vegetables Spinach Salad		Honey Garlic Pork Shanks Scalloped Potatoes Italian Vegetables Caesar Salad		Roast Beef & Gravy Whipped Potatoes Glazed Carrots Garden Salad 	
<b>Dessert</b>	Fruit Cocktail		Banana Cream Pie		Coffee Cake		Diced Pears		Apple Pie		Jell-O		Lemon Meringue Pie	
<b>PM/HS Snack</b>	Puree Fruit Cup		Cheese & Crackers		Banana		Muffin		Croissants		Yogurt		Baked Cookie	
<b>Condiments</b>	• Bread • Buns • Margarine •													