

Lakehead F/W 17/18 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Fresh Fruit	Fresh Banana	Fresh Fruit	Fresh Fruit	Banana	Strawberries	Fresh Banana
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Cottage Cheese	Scrambled Eggs	French Toast	Fried Egg
	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Raisin Toast w/Margarine	Buttered Wheat Toast	Breakfast Sausage Link	Bacon
	-----	-----	-----	-----	-----	-----	Toasted English Muffin
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal	
			Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast
L U N C H	Cream of Tomato Soup	Cream of Mushroom Soup	Chicken Mulligatawny Soup	LS V8 Juice	Potato Onion Soup	Beef Barley Soup	Chicken Noodle Soup
	Grilled Cheese Sandwich	Beef Pot Pie	Cod Nuggets	Sloppy Joe	Pepperoni Pizza	Chicken Strips	BBQ Hamburger on Bun
	Romaine & Onion Salad	Peas & Carrots	Crinkle Cut Fries	Cauliflower	Carrot Raisin Salad	Plum Sauce	Vinaigrette Coleslaw
	Whipped Cherry Gelatin	Ice Cream Sandwich	Coleslaw	Frosted Chocolate Cake	Butterscotch Pudding	Crinkle Cut Fries	Iced Orange Cake
	-----	-----	Assorted Desserts	-----	-----	Rainbow Sherbet	-----
	Swedish Meatballs	Sliced Turkey on Wheat	-----	Egg Salad on Wheat	Ham & Swiss on Wheat	-----	Cottage Cheese & Fruit
	Buttered Egg Noodles	LoCal Broccoli Salad	Deli Salad Platter	Spinach Salad	Mixed Green Salad	Corned Beef on Rye	Bran Muffin
Veggie Pick of the Day	Crushed Pineapple	Potato Salad	Chilled Apricots	Mandarin Oranges	Garden Salad	Red Seedless Grapes	
Chilled Pears		Cucumber Slices			Pineapple Tidbits		
		Chilled Peach Slices					
D I N N E R	Honey Garlic Chicken	Meatloaf	Macaroni & Cheese	Potato & Cheese Perogie	Beef Stew	Apricot Glazed Pork Chop	Slow Tender Pork Roast
	Vegetable Fried Rice	Baked Potato	Marinated Vegetable Salad	Sliced Carrots	Prince Edward Veggies	Scalloped Potatoes	Gravy
	Broccoli & Cheese	Veggie Pick of the Day	Lemon Tart	Chocolate Frosted Eclair	Whole Wheat Dinner Roll	Steamed Broccoli	Mashed Potatoes
	Vanilla Pudding	Banana Cream Pie Slice	-----	-----	English Trifle	Buttered WW Bread	Diced Squash
	-----	-----	Swiss Steak	OpF Beef Patty Sndw	-----	Assorted Desserts	Buttered WW Bread
	Baked Cod	Ham Salad on Wheat	Garlic Mashed Potatoes	w/Gravy WW	Salmon with Maple Dijon	-----	Strawberry Rhubarb Pie
	Whipped Potatoes	LoCal Jellied Fruit Salad	Peppers & Onions	Garlic Mashed Potatoes	Glaze	Chicken Vegetable Pasta	-----
	Green Beans	Hot Spiced Apples	Mixed Berries	Montego Vegetables	Roasted Potatoes	Salad	Baked Haddock
Buttered WW Bread			Fruit Cocktail	Buttered Corn	Garlic Bread	Steamed Rice	
Mango				Stewed Rhubarb	Blueberries	Brussels Sprouts	
						Fruit Cocktail	