

Lakehead F/W 17/18 - WEEK 2

	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 Fruit	Fresh Banana	Fresh Fruit	Banana	Blueberries	Fresh Fruit
	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
	Assorted Yogurt	Poached Egg	Hard Boiled Egg	Cheddar Cheese	Scrambled Eggs	Cottage Cheese	Fried Egg
	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Raisin Toast w/Margarine	Buttered Wheat Toast	Belgian Waffle	Bacon
	-----	-----	-----	-----	-----	-----	Buttered Wheat Toast
	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	Peanut Butter
L U N C H	Minestrone Soup	German Vegetable Soup	Cream of Broccoli Soup	LS V8 Juice	Corn Chowder	Ham & Bean Soup	French Onion Soup
	BBQ Pork Riblette on White Bun	Weiners & Beans	Pork Tortiere	Chef Salad Plate	Hamburger on White Bun	Beef Shepherd's Pie	Macaroni & Cheese
	Potato Pom Poms	Sliced Carrots	Wax Beans	Bread Stick	Coleslaw	Diced Turnips	Parsley Carrots
	Sliced Tomato	Bannock	Assorted Desserts	Brownie	Tomato Slices & Lettuce	Whole Wheat Roll	Date Square
	Carrot Cake	Apple Strudel	-----	-----	Coffeecake	Strawberry Mousse	-----
	-----	Turkey Schnitzel	Tuna Salad on Wheat	Roast Beef on Wheat	-----	-----	Crab Salad
Quiche Lorraine	Potato Salad	Garden Salad	Carrot Raisin Salad	Egg Salad on Wheat	Three Cheese Omelete	Tossed Salad with Dressing	
Tossed Salad with Dressing	Hamburger Bun	Orange Sections	Mango	Broccoli Salad	Veggie Pick of the Day	Chilled Apricots	
Tropical Fruit Salad	Fresh Banana			Fruit Cocktail	Warm Fruit Compote		
D I N N E R	Chicken Souvlaki	Honey Garlic Pork	Beef Stew	Roast Turkey	Montreal Chicken	Pork Chop w/Rosemary Sauce	Roast Beef
	Greek-Style Potato	Drummies	Romanesco Vegetables	Gravy	Whipped Potatoes		Mashed Potatoes
	Veggie Pick of the Day	Baked Potato	Whole Wheat Roll	Mashed Potatoes	Veggie Pick of the Day	Roasted Potatoes	Buttered Corn
	Whole Wheat Dinner Roll	Broccoli Coleslaw Salad	Baked Custard	Scandinavian Vegetables	Buttered WW Bread	Sliced Beets	Buttered White Bread
	Poke Gelatin Cake	Peach Crisp	-----	Sage Bread Stuffing	Iced Orange Cake	Buttermilk Biscuit	Black Forest Cake
	-----	-----	Chicken Burger on White Bun	Lemon Meringue Pie	-----	Assorted Desserts	-----
	Braised Liver & Onions	Krunchie Perch		-----	Glazed Salmon/Sauce	-----	Turkey Pot Pie
	Whipped Potatoes	Oven-Browned Potatoes	Crinkle Cut Fries	Hot Dog on Bun	Paprika Potatoes	Grilled Rueben Sandwich	Prince Edward Veggies
	Cauliflower	Veggie Pick of the Day	Creamed Corn	Macaroni Salad	Steamed Broccoli	Marinated Tomato Salad	Buttered WW Bread
	Hot Spiced Apples	Fruit Cocktail	Stewed Rhubarb	Julienne Carrots	Mixed Berries	Blushing Pineapple	Chilled Diced Pears
			Chilled Peaches				