

Lakehead F/W 17/18 - WEEK 3

	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	Cream of Wheat	Fresh Banana
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Pancakes	Oatmeal
	Cheddar Cheese	Poached Egg	Scrambled Eggs	Poached Egg	Sausage Link	Assorted Yogurt	Bacon
	Raisin Toast w/Margarine	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Buttered Wheat Toast	Hot Spiced Apples	Fried Egg
	-----	-----	-----	-----	-----	-----	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	Split Pea Soup	Tomato Rice Soup	Italian Wedding Soup	LS V8 Juice	Butternut Squash Soup	Turkey Soup with Wild Rice	Beef Noodle Soup
	Strawberry Drizzle	Sliced Turkey on Wheat	Oven Baked Perogies	Chili Beef & Bean	Roast Beef on Bun	Hot Dog on Bun	Chicken Pot Pie
	Sausage Link	Garden Salad	w/Sour Cream	Cauliflower	Au Jus Sauce	LoCal Creamy Pasta Salad	Vanilla Tapioca Pudding
	Pancakes	Baked Custard	Marinated Vegetable Salad	Bannock	Crinkle Cut Fries	Marinated Cucumbers	-----
	Chocolate Pudding	-----	Assorted Desserts	Raspberry Jelly Roll	Tomato Salad	Frosted Spiced Cake	Tuna Salad on Wheat
	-----	Captain Burger	-----	-----	Orange Sorbet	-----	Creamy Coleslaw
	Chicken Salad on Wheat	Crinkle Cut Fries	Bologna Sandwich on	Ham Salad on Wheat	-----	Tomato & Cheese	Fruit Cocktail
Caesar Salad	Red Seedless Grapes	Wheat	Mixed Green Salad	Egg Salad on White	Sandwich		
Stewed Rhubarb		Greek Salad	Marshmallow Fruit Cup	Spinach Salad	Four Bean Salad		
		Mixed Berries		-	Peach Halves		
				Cinnamon Applesauce			
D I N N E R	Sweet-n-Sour Meatballs	Cabbage Rolls	Southern Style Chicken	LS Hot Turkey Sandwich	Baked Ham	Lemon Thyme Chicken	Meat Lasagna
	Buttered Egg Noodles	Sliced Carrots	Roasted Potatoes	Mashed Potatoes	Scalloped Potatoes	Parslied Potatoes	Veggie Pick of the Day
	Veggie Pick of the Day	Bread Stick	Buttered Corn	Green Beans	Prince Edward Veggies	Diced Squash	Garlic Bread
	Butter Tart Square	Lemon Gelatin	Buttered White Bread	Apple Crisp	Buttered WW Bread	Assorted Desserts	Tiramisu Parfait
	-----	-----	English Trifle	-----	Cherry Pie	-----	-----
	Quiche Florentine	Grilled Ham on Wheat	-----	Beef Wellington	-----	Salisbury Steak	Smoked Turkey on Rye
	Garden Salad without	Spinach Salad	Sauerkraut	Savory Potato Wedges	Lemon Pepper Cod	Garlic Mashed Potatoes	Beet & Onion Salad
Tomato	Fruit Cocktail	Oktoberfest Sausage	Fancy Blend Vegetables	Whipped Potatoes	Sunrise Mix Vegetables	Citrus Cup	
Buttered WW Bread		Mashed Potatoes	Mandarin Oranges	Turnips Mashed w/Brown	Blueberries		
Mango & Pineapple		Stewed Rhubarb & Berries		Sugar			
				Chilled Apricots			