

MENUS # 5

WESTPARK LODGE SPRING SUMMER MENU 2021

MONDAY DAY# 29	TUESDAY DAY # 30	WEDNESDAY DAY # 31	THURSDAY DAY#32	FRIDAY DAY # 33	SATURDAY DAY # 34	SUNDAY DAY # 35
Cream of wheat Or Cold cereal Yogurt Kiwi & strawberries Cinnamon toast or toast	Oatmeal Or Cold cereal Poached egg Cantaloupe Toast	Red river cereal Or Cold cereal Yogurt Orange slices Toast/pumpkin muffin	Oatmeal Or Cold cereal Poached eggs Fruit Cocktail Toast	Cream of Wheat Or Cold cereal Yogurt Banana Raspberry Muffin / toast	Red river cereal Or Cold cereal Bacon and eggs Fruit salad Toast	Oatmeal Or Cold cereal French toast/blueberry sauce (blueberry sauce made from scratch with blueberries) toast
Chicken Gumbo soup Egg Salad Sandwich Waldorf Salad Alternate Ham sandwich Peaches	Borsch soup Bologna Sandwich Fruit slices Alternate Fruit & cottage cheese cold plate/scone cookies	Vegetable macaroni soup Chicken burger Sweet potato tots Greek Salad Alternate Tomato & cheese Sandwich Pudding	Corn chowder Cobb salad cold plate bun Alternate Beef Stir Fry & Rice (bell peppers, carrots, cauliflower, broccoli, celery) Ice cream	Steak and potato soup Turkey/Lettuce Sandwich Broccoli Salad/sunflower seeds Alternate Macaroni and cheese Tapioca Pudding	Italian Tomato Veg soup Cheese Sandwich Romaine Salad Alternate Chicken Pot Pie Jell-o and strawberries	Cream of Broccoli Tuna Salad Cold Plate Beet pickles Alternate Chicken Stir Fry/Noodles (bell peppers, carrots, cauliflower, broccoli, celery) Watermelon
Pork chops Potato Peas & Carrots Alternate Spaghetti & meat sauce Garlic toast Flapper Pie (graham crust)	Salmon Steak Potato Broccoli Alternate Chicken Lasagna Lemon cake	Meat loaf Mashed potatoes Cream corn Alternate Parmesan pork cutlet Fruit Salad & whipped cream	Chicken thigh Potato or sweet potato Loaded Cauliflower casserole Alternate Ham steak Butter tart	Battered fish & chips Carrots Alternate Shepherd's pie Turn-over	Swedish Turkey meatballs Potato squash Alternate Pork Stew/Biscuit Cream pie	Ham Scalloped Potato 4-way mix veg (peas, carrots, beans, corn) Bread Pudding sauce

250 ml glass Milk, 125 ml yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter.
Milk, choice of Juice, tea or coffee and water are an option at every meal.
Eggs offered every day
Cold cereals offered – cornflakes, cheerios, rice krispies, raisin bran, special K
Crackers are served at lunch time with soup
Fruit/cookies and muffins available 24/7
Many salads have Salad topper (craisins, sunflower seeds and pumpkin seeds)

Minced option with "minced appropriate veg and starch"

Updated March 2021