

STRATHMERE LODGE

SAMPLE MENU ITEMS

WEEK 1 – SUNDAY

BREAKFAST

Orange Juice
Cream of Wheat
Fried Egg
Whole Wheat Toast & Jams
OR
Fresh Fruit
Corn Flakes
Peanut Butter
Oatmeal Muffin
Milk, Coffee, Tea

LUNCH

Roast Turkey & Sage Dressing
Gravy & Cranberry Jelly
Mashed Potatoes
Turnip
Pumpkin Pie
OR
Diamond Cut Cod
Mashed Potatoes
Green Beans
Crushed Pineapple
Milk, Coffee, Tea, Bread

SUPPER

Cream of Tomato Soup
Egg Salad Sandwich
Mix Greens/French Dressing
Tapioca Pudding
OR
Rainbow Tortellini
in Alfredo Sauce
Roasted Red Peppers
Banana
Milk, Coffee, Tea, Bread

PM Snack: *Chocolate Chip Cookies*

HS Snack: *Lemon Loaf*

WEEK 2 – WEDNESDAY

BREAKFAST

Cranberry Juice
Oatmeal
Boiled Egg
Whole Wheat Toast & Jams
OR
Prune Juice
Special K
Cheddar Cheese
Raisin Toast
Milk, Coffee, Tea

LUNCH

Meatloaf
Onion Gravy
Parsley Boiled Potatoes
Cauliflower
Poke Cake
OR
Vegetable Chili
Cornmeal Muffin
Very Berry Mousse
Milk, Coffee, Tea, Bread

SUPPER

Scotch Broth
Chicken Fingers & Plum Sauce
French Fries
Oriental Vegetables
Ambrosia
OR
Sliced Cheese Sandwich
Marinated Vegetable Salad
Ice Cream
Milk, Coffee, Tea, Bread

PM Snack: *Cherry Turnover Cookies*

HS Snack: *Pudding*

WEEK 3 – FRIDAY

BREAKFAST

Tomato Juice
Cream of Wheat
Scrambled Eggs
Whole Wheat Toast & Jams
OR
Prunes
Bran Flakes
Cream Cheese
White Toast & Jams
Milk, Coffee, Tea

LUNCH

Fish Filet
Dill Sauce
Mashed Potatoes
Garden Blend Vegetables
Maple Cake
OR
Turkey a la King
Toast Points
Wax Beans
Orange Sections
Milk, Coffee, Tea, Bread

SUPPER

Chicken Noodle Soup
Hot Beef on a Bun
Mixed Green Salad
Escalloped Apples w/Cinnamon
OR
Baked Manicotti
Blush Sauce
Spinach
Vanilla Ice Cream
Milk, Coffee, Tea, Bread

PM Snack: *Oatmeal Cookies*

HS Snack: *Cheese & Crackers*

BROUGHT TO YOU BY:



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