

**WEEK 3**

Fall/Winter

**BUCHANAN LODGE MASTER MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cranberry Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Cinnamon Buns Cheese Slice Jam & Peanut Butter Tea - Coffee - Milk	Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Bacon Poached Eggs Toast Jam & Peanut Butter Tea - Coffee - Milk	Orange Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Poached Eggs Toast Jam & Peanut Butter Tea - Coffee - Milk	Cranberry Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Lemon Muffins Poached Eggs Jam & Peanut Butter Tea - Coffee - Milk	Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Sausages Poached Eggs Pancakes/Syrup Toast & Jam Tea - Coffee - Milk	Orange Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Boiled Eggs Raisin Toast Jam & Peanut Butter Tea - Coffee - Milk	Cranberry Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Poached Eggs Toast Jam & Peanut Butter Tea - Coffee - Milk
Cranberry Juice Roast Pork & Gravy Applesauce Whipped potatoes Braised Red Cabbage Butterscotch Pudding	Apple Juice Baked Rigatoni with Meat Sauce Waxed Beans Garlic Bread Apricots	Orange Juice Chicken & Mushroom Pie with Cornbread Topping Whipped Potatoes Diced Beets Fruit Medley	Cranberry Juice Savory Lamb Stew Parslied Potatoes Fall-Mix Vegetables Chocolate Ice Cream	Apple Juice Baked Salmon with Hollandaise Sauce Whipped Potatoes Carrots Coins Raspberry Pudding Cake	Orange Juice Cornflake Chicken Whipped Potatoes Creamed Spinach Ambrosia Dessert	Cranberry Juice Curried Chicken Stew Rice Mixed Vegetables Mandarin Oranges
Cream of Broccoli Soup Soda Crackers Assorted Sandwiches: Crab Salad Cream Cheese Caesar Salad Blueberry Pie	Chicken Noodle Soup Soda Crackers Battered Cod Tartar Sauce Oven Fries Ketchup Rainbow Coleslaw Pineapple Upside Down Cake	Butternut Squash Soup Soda Crackers Ham Salad Plate Pasta Salad Sour Cream Cukes Multigrain Bread Warm Rice Pudding	Beet Borscht Soda Crackers Cheese Omelette Whole wheat Dinner Roll Broccoli Florets Cherry Cake	Scotch Broth Soup Soda Crackers Mini Cheeseburger with Sliced Tomato Potato Chips Dill Pickle Diced Pears	Lentil Rice Soup Soda Crackers Cabbage Rolls Green Peas Wholewheat Bread Vanilla Pudding	Potato Chowder Soda Crackers Assorted Sandwiches: Devilled Ham Egg Salad 3-Bean Salad Coconut Cream Pie

**\*Note:**

1. Assorted beverages (Coffee/Tea/Milk/Juice) 250 ml are available at all meals and snacks.
2. PM snacks: assorted baked goods and fruits. HS snacks: assorted sandwiches.