

WEEK 1

Fall/Winter

BUCHANAN LODGE MASTER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Cinnamon Buns Cheese Slice 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 Scrambled Eggs Toast Jam & Peanut Butter Tea - Coffee - Milk	Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Boiled Eggs Toast Jam & Peanut Butter Tea - Coffee - Milk	Orange Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Bacon/Poached Eggs Raisin Toast Jam & Peanut Butter Tea - Coffee - Milk	Cranberry Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Waffles/Syrup Poached Eggs Jam & Peanut Butter Tea - Coffee - Milk	Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Poached Eggs Raisin Bran Muffins Jam & Peanut Butter Tea - Coffee - Milk
Apple Juice Roast Beef & Gravy Whipped Potatoes Corn Pumpkin Squares with Whipped Topping	Orange Juice Potato Crusted Cod with Lemon Wedge Savory Mashed Potatoes Spinach Fruit Cocktail	Cranberry Juice Teriyaki Beef Strips Jasmine Rice Julienne Carrots Red Velvet Cake	Apple Juice Lemon Parmesan Chicken Parslied Potatoes California Mix Vegetables Strawberry Ice Cream	Orange Juice Swiss Steak Whipped Potatoes Diced Turnips Raspberry Cranachan	Cranberry Juice Turkey Schnitzel with Cream Gravy Blushing Potatoes Wax Beans Lemon Sauce Pudding Cake	Apple Juice Chicken Souvlaki with Whole Potatoes Sautéed Green Cabbage Pineapple Tidbits
Chicken & Rice Soup Soda Crackers Perogies with Sour Cream and Sauerkraut Cucumber Salad Chocolate Éclair	Beef and Barley Soup Soda Crackers Croissant Chicken Salad Garden Pasta Salad Apple Crisp & Whipped Topping	Corn Chowder Soda Crackers Ham & Broccoli Quiche Yam Fries Date Squares	Vegetable Barley Soup Soda Crackers Shepherd's Pie with Gravy Whole Wheat Bread Pickled Beet Slices Diced Peaches	Tomato & Rice Soup Soda Crackers Grilled Cheese Sandwich Creamy Coleslaw Dill Pickle Slice Fresh Apple Cake	Lentil Rice Soup Soda Crackers BBQ Ribs Parmesan Herb Scone Long Green Beans Mandarin Oranges	Chicken Veg Soup Soda Crackers Orzo Salad with Lemon & Feta cheese Sandwiches Vanilla Coconut Custard

*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.