

**WEEK 4**  
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 Blueberry Muffin 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 Raisin 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 Scrambled Eggs 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	Apple Juice Stewed Prunes or Banana Half Hot Oatmeal Asstd. Cold Cereals Bacon Poached Eggs Pancakes/Syrup Toast & Jam Tea - Coffee - Milk
Apple Juice  Roast Beef & Gravy Yorkshire Pudding Whipped Potatoes Brussels Sprouts  Peach Crumble	Orange Juice  Breaded Chicken with Gravy Yam Fries Green Peas  Crushed Pineapple	Cranberry Juice  Glazed Sauerbraten Meatballs Noodles Romanoff Braised Green Cabbage  Brownies	Apple Juice  Pork Souvlaki Greek Style Potatoes Greek Green Beans  Tropical Fruit	Orange Juice  Whitefish Fillets with Lemon Dill Sauce Blushing Potatoes Carrot Coins  Pineapple Tidbits	Cranberry Juice  Tangy Chicken O'Brien Potatoes Diced Squash  Blueberry Cloud	Apple Juice  Veal Parmesan Mashed Potatoes Green Peas  Lunar Cake with Applesauce
Chicken Vegetable Soda Crackers  Lasagna Caesar Salad Garlic Bread  Butterscotch Ice Cream	Beef Noodle Soda Crackers  Smoked Turkey Sandwich Tomato & Mushroom Salad Bread & Butter Pickle Warm Tapioca	Cream of Mushroom Soda Crackers  Chicken Pot Pie Tossed Salad with Italian Dressing  Apricots	Tomato and Basil Soda Crackers "Bangers and Mash" (Sausage with Mashed Potato and Gravy) Diced Turnips Dinner Roll Bread Pudding with Vanilla Sauce	French Onion Soda Crackers  Old-fashioned Beef Stew Dinner Roll Broccoli Florets  Gingerbread Cake	Cream of Cauliflower Soda Crackers  Pasta Primavera with Cheese Garlic Bread Spinach Salad with Mandarins  Fruit Yogurt	Vegetable Barley Soup Soda Crackers  Shrimp Sandwiches Caesar Salad  Peanut Butter Squares

**\*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.