

**Peace Hills Lodge
Spring Summer Menu 2020**

WEEK ONE

**Other Alternatives Available 24hrs. WW Wheat Bread, Cheddar cheese, Peanut Butter, Yogurt, Fresh Fruit, and Snacks
Juices, Milk, Coffee, Variety Tea and Hot Chocolate Raisin Bread**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	French Toast	Oatmeal	Bacon	Cr. Of Wheat	Boiled Egg	Oatmeal	Oatbran
	Scrambled Eggs	Peanut Butter	Fried Eggs	Peanut Butter	SunnyBoy	Peanut Butter	Cheese Portions
		WWToast	WWToast	WWToast	WWToast	WWToast	WWToast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Chk Cordon Blue	Farmers Sausage	Residents Choice	Turkey Schnitzel	Almond Crusted Sole	Pork Cutlet/gravy	Honey Garlic
	W.gravy	Cabbage Roll	BBQ Side Ribs	Mashed Potato	Savory Fries	Parsley Potatoes	Meatballs
	Baked Potato	Herb Roast Potato	Brown Rice	Gravy	Pick of the Day	Peas	Brown Rice Pilaf
	Broccoli	Peas	Corn	Harvard Beets			Stirfry(buttered)
	Revels	Carrot Cake	1/2 Hr. Pudding	Peaches	Raspberry Frost	Choc.Pudding	Cherry Pie
Alternative	Egg SaladSand	Chicken Salad Sand	BBQ Chicken Breast	Beef Sandwich	Hamburger Patty with Gravy	Chicken Sandwich	Turkey Sandwich Sand.
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Ital. Wedding Soup	Tomato Vegetable Soup	Chicken Noodle Soup	Cold Plate(s/n)	Beef & Macaroni	Clam Chowder Soup	Chicken Barley Soup
	Rst Beef Sand	Tuna Sandwich	Salami & Cheese Sand.	Rolled Beef slices	Casserole/ Roll	Variety Sand	Crab Salad Sand.
	Tossed Salad	Plum Tomatoes	Dilled Bean Salad	Pea & Ham Salad	Sauerkraut Salad	Veggie Jelly Salad	Sliced Tomatoes
	Purple Plums	Cantaloupe	Orange.Sections	Pumpkin Tarts	Strawberries&Cr.	Pears	Apple Crisp
Alternative	Tuna Sand	1/3 Beef Sand	Chicken Sandwich	Salmon Sandwich	Beef Sandwich	Tuna Sandwich	Ham Sandwich
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
				Pork&Beans, Cottage Cheese	On Rye Bread	Apple sauce	
				Potato Salad			
				Pickles/ Bun			

**White and Whole Wheat Bread and butter available with every meal
Non-hydrogenated margarine used for Sandwiches**

Peace Hills Lodge
Spring Summer Menu 2020

WEEK TWO

Other Alternatives Available 24 hrs. WW Bread, Raisin Bread. Cheddar , Peanut Butter, Yogurt, Fresh Fruit,Snacks, Juices, Milk, Coffee, Variety Tea and Hot Chocolate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Western Omelette	Oatmeal	Poached Eggs	Cr. Of Wheat	Cream of Wheat	Oatmeal	Oatbran
	Hashbrowns	Cheese Portions	Bacon	Peanut Butter	Boiled Egg	Peanut Butter	Cheese Portions
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Hot Hamburger	Parmesan Chicken	Residents Choice	Lasagna/meatsauce	Dilled Cod Loin	S&S Riblets	Basil Chicken
	Mashed potato	Parsley Potato/gravy	Pork Loin Roast/Gravy	Garlic toast	Creamed Red Potato	w.Pineapple bits	Potatoes/Gravy
	Peas	Buttered Beets	Mashed Potatoes	Cesar Salad	Almond Gr. Beans	Brown Rice	Diced Carrots
	Butterscotch	Custard with	Eva's Mixed Veg			Cheesy Broccoli	
	Icecream	Raspberry Sauce	Pineapple upside-down cake	Coconut Pudding	Cherry Chs.Cake	Stewed Rhubarb	Choc. Cr. Pie
Alternative	Tomato Sandwich	Egg Sandwich	Chicken Salad Sandwich	Turkey & Chs. Sand	Chicken fingers	Turkey Sandwich	Beef Sand.
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Corn Chowder.	Hamburger Soup	Turkey Veg Soup	Cold Plate s/n	Mushroom Soup	Hot Dogs/Bun	Tomato Rice Soup
	Turkey/ Cheese Sand.	Salmon Sandwich	Egg Salad Sand	Heated Chicken	Variety Sandwich	Mac&Cheese	Ham &Cheese
	Copper Penny Salad	Amish Broccoli Salad	Tossed Salad	Wings	Pasta Salad	Chefs salad	Japanese salad
	Peach Crisp	Orange Sections	Purple Plums	Potato Salad	Ice Cream Sandwich	Jello w. peaches	Date Square
Alternative	Ham Sandwich		Rst. Beef Sand	Watermelon	3 dif type.sandwich	Turkey/Lett sandwich	Chicken Salad Sand
				Cucumber/Tom Salad			
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
			Apple sauce	Dinner Bun	tartar sauce		
				Pork&Beans			
				Cottage Cheese			
	Cook Pork loins						

**White and Whole Wheat Bread and Butter available with every meal
Non-hydrogenated margarine used for Sandwiches**

**Peace Hills Lodge
Spring Summer Menu 2020**

WEEK THREE

Other Alternatives Available 24 hrs. WW Wheat Bread, Raisin Bread ,Cheddar cheese

Yogurt ,peanut butter, Fresh Fruit, Snacks, Juices,Milk, Coffee,Variety Tea and Hot Chocolate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
	Waffles	Oatmeal	Bacon	Sunny Boy	Oatmeal	Oatbran	Cr.Of Wheat
	Scrambled Eggs	Cheese Portions	Fried Eggs	Peanut Butter	Boiled Egg	Peanut Butter	Cheese Portion
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WWToast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Ginger Beef	Spag&Meatsauce	Festive Ham	Beef Sausage in	Potato Crusted Cod	Salis.Steak S/N	Pork Chops/ Gr. SN
	Brown Rice	Garlic toast	Scalloped Potato	Tom.&Onion sauce	Creamed. Baby Potatoe	Mash Potato/Gr	Roasted Potatoes
	Stirfry Vegetables	Ceasar Salad	Corn&Peas Mixed	Mashed Potatoes	Romanesco Veggie	Peas	Glazed Baby Carrot
	Lemon Buttercake	Jello w. Fruit /whip cr.	Angel Food Cake	Green Beans	Strawberry IceCream	Rice Pudding	Apple Pie
Alternative	Egg Salad	Salmon Sandwich	Strawberries/Whip cr.	Cherry Fruit Blossom	Chicken Fingers	Ham sandwih	Tuna Sandwich
			S&S Meatballs	Alt.Egg Sandwich			
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Chicken Wild Rice Soup	Cream of Vegetable Soup	Residents Choice	Chicken Alfredo	Cold Plate S/N	Mushroom Soup	Chicken Noodle
	Variety Sandwich	Tuna Sandwich	4 oz.Chk.Br. Burger	Casserole	Egg Salad S/N	Chicken Sal.Sand	Beef & Chs.Sand
	Beet Salad	Carrot Raisin Salad	Fries	Tossed/ Bun	Potato Salad	Spinach Salad	Ceaser Salad
	Apricots	Cantaloupe	Coleslaw	Tropical fruit S/N	Cherries	Apple Sauce	Tripleberry Crisp
Alternative	Variety Sandwich	1/3 Beef Sand	Hot CinnamonBaked Apple Slices	Ham Sandwich	Pea & Ham Salad	Tuna Salad	Turkey Sandwich
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
			Alt.Salmon Sand.	Fruit Buckets	Cornbread	Mush/ Onion gravy	Pork gravy
					Pork& Beans		Apple sauce
					Pickles, Tomato slices		
				Egg Noodle	Scoop of Egg Salad		

**White and Whole Wheat Bread and Butter available with Every Meal
Non-hydrogenated margarine used for Sandwiches**

Peace Hills Lodge
Spring Summer Menu 2020

WEEK FOUR

Other Alternatives available 24 hrs. WW Wheat Bread, Raisin Bread, Cheddar , Yogurt, Peanut Butter, Juices, Milk, Coffee, Variety Tea and Hot Chocolate Fresh Fruit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
	Cheese Omelett	Oatmeal	Bacon	Cr. Of wheat	Sunny Boy	Oatmeal	Cr. Of Wheat
	Maple Sausages	Peanut Butter	Poached Eggs	Cheese Portion	Boiled Egg	Cheese Portion	Peanut Butter
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	S&B Chicken	Residents Choice	Liver & Onions	Oven Rst. Turkey	Haddock Loin	Swedish Meatballs	Teriyaki
	Roasted Potato	BBQ'd Hamburgers	Steam Potatoes	Mash Pot./gravity	Roasted Potato	Egg Noodles	Beef Strips
	Mixed veggies	on a Kaiser, Fries	Gravy	Stuffing	Broccoli	Gr. Beans Almondine	Brown Rice Pilaf
		Gravy/Pickles	Creamed Corn	Turnip	Beet Pickles		Stirfry Veggies
		Coleslaw					w. ginger sauce
	Apple crisp	Maple Walnut Icecr.	Butterscotch pud.	Rice Pudding	Ambrosia	Tapioca Pudding	Lemon Meringue Pie
Alternative	Tuna Sal. Sandwich	Hotdog	Baked Chicken Br.	Egg Salad Sand	Hamburger Patty in gravy	Turkey & Cheese Sand.	Ham Sandwich
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Tomato Soup	Asparagus Soup	Cold Plate	Clam Chowder	Pasta Primavera	Sauerkraut Soup	Cr. Cauliflower
	Grilled Cheese	Tuna Salad Sandwich	Assorted Deli Meat	Ham Salad	Dinner Bun S/N	Chicken Salad Sand	Variety Sandwich
			Potato Salad/ SN	Sand.	Tomato Slices		
	Greek Salad	Veggie Jelly Salad	Pea Salad	Dilled Bean Salad	Green Olive	Tossed Salad	Spinach Salad
	Revels	Tropical Fruit Salad	Peaches	Orange Sections	Straw. Bry/whipcr	Apricots	Pumpkin Tart
Alternative	Ham Sandwich	Turkey Sandwich	Cottage Cheese	Beef Sandwich	Turkey Sandwich	Ham Sandwich	same as above 3 choices
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
		1/2 turkey	Pickles/Bun		Extra Sandwiches		
		1/2 tuna	Sliced Tomatoes				
		Cook Turkey					

**White and Whole Wheat Bread and Butter Available with Every Meal
Non-hydrogenated used for Sandwiches**

Peace Hills Lodge
Spring Summer Menu 2020

WEEK FIVE

Other Alternatives Available 24 hrs. WW Bread, Raisin Bread, Cheddar and Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Juices, Milk, Coffee, Variety Tea and Hot Chocolate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
	Panckes	Sunny Boy	Bacon	Oatmeal	Oatbran	Cr.Wheat	Oatmeal
	Maple Sausages	Peanut Butter	Fried Eggs	Cheese Portion	Boiled Egg	Cheese Portion	Peanut Butter
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Beef Stew	BBQ Chicken	Rst Beef /Gravy	Beef Stroganoff	Potato Crusted Cod	Meatloaf/Gravy	Kolbasa
	Biscuits or Buns	Baked Potato	Mashed Potato	Egg Noodles	Rice Pilaf	Mashed Potato	Perogies
	Broccoli	Eva's Vegetables	Buttered Beets	Coined Carrots	Spinach/Parsnips	Buttered Peas	Buttered Squash
	Fruit Jello/ whip cr.	Watermelon	Cranberry Velvet	Honeydew	Lemonlicious Sq.	Black Cherry Ice Cream	Banana Cr. Pie
Alternative	Tom/cheese Sand	Beef Sandwich	Turkey Sand.	Turkey Sandwich	S&S Meatballs	Egg Salad	Turkey Sandwich
			Yorkshire *				
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Chicken Wings	Cr. of Veggie Soup	Bean Soup	Chick Noodle Soup	Sloppy Joe on a Bun	Back Bacon	Potato Soup
	Pasta Salad	Bologna Sand	Chicken Sandwich	Egg Sal. Sand	Tator Tots	Mac/ Tomato	Tuna Salad S/N
	Ceasar salad	Tossed Salad	Marinated Mush. Salad	Marinated Broccoli Sa	Coleslaw	Jello Veggie S/N	Green Salad
	Purple Plums	Apple tarts	Tuna Sandwich	Peaches	Tropical fruit	Coconut pudding	Blueberry Tarts
Alternative	Ham Sandwich	Turkey Sandwich	Tropical Fruit	Ham Sand	Turkey Sandwich	Chick. Salad Sand	Beef Sand.
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
	Dinner bun/pickles					grated carrots	1/2 Tuna Sand.
	Cook Rst.					in jello salad	1/2 Beef

Non-Hydrogenated Margarine used in Sandwiches

White and Whole Wheat Bread Available with every Meal

Peace Hills Lodge
Spring Summer Menu 2020

WEEK SIX

Other Alternatives Available 24hrs. WW Bread, Raisin Bread, Cheddar and Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Juices, Milk, Coffee, Variety Tea and Hot Chocolate.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Western Omelett	Oatmeal	Bacon	Oat Bran	Cr.of Wheat	Oatmeal	Sunny Boy
	Hashbrowns	Cheese Portions	Poached Eggs	Peanut Butter	B.Egg	Cheese Portions	Peanut Butter
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Chili/G.Toast	Swiss Steak	Residents Choice	Pork Loin Rst.	Salmon /w Dill Sauce	Ribs/Saurkraut	Salisbury Steak
	Cesar Salad	Mashed pot/gravy	Krispy Chicken	Mashed Pot. & gravy	O'Briens Potatoes	Parsley Potato	Potato Romanoff
	New England Veg.	Kernel Corn	Fries / Coleslaw	Buttered Beets	Roasted Brussel Sprouts	Pick of Day Veg	Broc & Cauliflower
	Tapioca Pudding	Buttertarts	Vanilla Ice Cream/Wafer	Cherry Cheesecake	Bread Pudding/Sauce	Orange Sherbert	Blueberry Pie
Alternative	Salmon Sandwich	Turkey Sandwich	Ham Sand	Turkey Sandwich	Meatballs / gravy	Tuna Sandwich	Lett. Cheese/sandwich
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Chicken veggie	Cr. Cauiflower	Tomato Soup	Borcht	Beef Veggie Soup	Cold Plate S/N	Chicken a la King
	Turkey /Cheese Sand.	Ham Sand	Beef Sandwich	Variety Sandwich	Egg Sal. Sand.	Hot Chicken Breast	Dinner Buns
	Vegetable Tray	Greek Salad	Tossed Salad	Tomato / Cuc Dill Sal	Spinach Salad	Beet Salad	Spring Salad
	Peach Cobbler	Apricots	Purple Plums	Cantaloupe	Peaches	Ambrosia	Honeydew
Alternative	Ham Sandwich	Chicken Sal. Sand	Ham Sandwich	3 choices Sand	Chicken Salad Sandwich	Turkey Sandwich	Ham Sandwich
	NOTES		NOTES	NOTES	NOTES	NOTES	NOTES
					Prep..Potato Salad	Pork &Beans	
					Prep Beet Salad	Potato Salad/Tom. Wedge	
		Cook Pork Loins				Pickle/ Bun/	

**White and Whole Wheat Bread and Butter available with every Meal
Non-hydrogenated Margarine used for Sandwiches**