



**GOLDEN WEST CENTENNIAL LODGE SPRING/SUMMER MENU**



**WEEK ONE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH**</b>							
<b>Soup &amp; Crackers</b>	Homemade Cauliflower & Cheese	Homemade Borscht	Homemade Tomato	Homemade Turkey Rice	Homemade Vegetable	Homemade French Pea	Homemade Cream of Carrot
<b>Standard and ConCarb Diet</b>	Breaded Perch Roll Coleslaw	Hamburger Potato Salad	Western Omelette Texas Toast Sliced Tomatoes	Mini Submarine Sandwiches Bean Salad	Toasted Tomato Sandwich Pickled Beets	Chicken Cacciatore Stew Macaroni Noodle	Pancakes and Syrup Bacon Melon Slices
<b>Standard Dessert</b>	Ice Cream	Banana	Fruit Cocktail	Strawberry Mousse	Peaches	Mandarins	Jello
<b>SUPPER **</b>							
<b>Standard and ConCarb Diets</b>	Turkey Meatloaf Roasted Potato Creamed Corn	Potato Frittata Sausage Green Peas	Sweet and Sour Pork Rice Green Beans	Honey Teriyaki Salmon Mashed Potatoes Italian Vegetables	Cheese Burger Casserole Mixed Vegetables	Shepard's Pie Roll Carrots	Roast Turkey/Stuffing Mashed Potato/Gravy Winter Blend Vegetables
<b>Standard Dessert</b>	Peaches	Oatmeal Cookie	Broken Glass Dessert	Pears	Country Carrot Cake	Stewed Fruit	Apple Pie

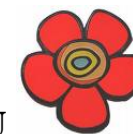
**WEEK TWO**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH **</b>							
<b>Soup &amp; Crackers</b>	Homemade Mushroom Barley	Homemade Corn Chowder	Homemade Minestrone	Homemade French Pea	Homemade Beef Vegetable	Homemade Cream of Broccoli	Homemade Chicken Noodle
<b>Standard and ConCarb Diet</b>	Macaroni and Cheese Green Beans	Salmon Burger Creamy Coleslaw	Bacon Omelette Texas Toast Orange Segments	Mandarin Chicken Salad Biscuit	Hot Turkey Sandwiches With Gravy Mixed Vegetables	Potato Pancakes Garlic Sausage Diced Carrots	Cottage Cheese Pineapple/Mandarin fruit Biscuit
<b>Standard Dessert</b>	Lemon Meringue Pie	Pears	Fruit Crumble	Fruit Cocktail	Banana	Mandarins	Brownie
<b>SUPPER**</b>							
<b>Standard and ConCarb Diets</b>	Honey Mustard Pork Chops Au Gratin Potato Italian Mixed Vegetables	Veal Steakette Mashed Potato Peas	Chicken Strips with Honey Dill French Fries California Mix Vegetables	Meat Lasagna Garlic Toast Garden Salad	Baked Fish Roasted Potato Green Peas	Vegetable Quiche Catalina Salad	Beef Meatloaf Baked Potato Squash
<b>Standard Dessert</b>	Peaches	Cookie	Banana	Date Square	Lemon B'Milk Cake	Peaches	Assorted

\* Peanut Butter available at every Breakfast \*Wednesday Breakfast- Cinnamon Brown Sugar toast available\* Banana available at every Breakfast \* Bread available at Lunch and Supper



## GOLDEN WEST CENTENNIAL LODGE SPRING/SUMMER MENU



### WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH**</b>							
<b>Soup &amp; Crackers</b>	Homemade Tomato	Cream of Mushroom Soup	Homemade Vegetable	Homemade Cream of Potato	Homemade Beef Noodle	Homemade Chicken Rice	Homemade Ham and Lentil
<b>Standard and ConCarb Diet</b>	Assorted Sandwiches Marinated Carrot Salad	Cold Plate -Potato Salad Sliced Ham and Dilled Egg Cucumber slices	Cod Nuggets Coleslaw Roll	Meat Pizza Garden Salad	Chicken Strips Strawberry Mandarin Salad Biscuit	Tuna Melt Sweet Potato Fries	Scrambled Eggs Hash browns Tomato Slices
<b>Standard Dessert</b>	Diced Pears	Vanilla Ice Cream	Homemade Strawberry Shortcake	Blueberry Pie	Banana	Mandarin Oranges	Diced Peaches
<b>SUPPER **</b>							
<b>Standard and ConCarb Diets</b>	English Style Fish Mashed Potato Green Beans	Pasta & Meat Sauce Garlic Toast – ½ slice Caesar Salad	Cranberry Chicken Rice Creamed Corn	Sausage Patties Garlic Mashed Potato Harvard Beets	Baked Ham Scalloped Potatoes Peas and Carrots	Salisbury Steak Mashed Potatoes PEI Mixed Vegetables	Chicken Pot Pie Brussel Sprouts
<b>Standard Dessert</b>	Lemon Mousse	Fruit Cocktail	Brownie	Melon Mix	Peach Frozen Yogurt	Cheesecake	Date Square

### WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LUNCH **</b>							
<b>Soup &amp; Crackers</b>	Homemade Borscht	Homemade Corn Chowder	Homemade Cream of Tomato	Homemade Spinach	Homemade Cream of Carrot	Homemade Vegetable	Homemade French Pea
<b>Standard and ConCarb Diet</b>	Perogies/ Sour Cream Garlic Sausage Peas	Chicken Salad Croissant Vegetable Salad	Grilled Cheese Sandwich Waldorf Salad	BBQ Beef Sandwiches French Fries	Cottage Cheese Pasta Peas	Pancakes and Syrup Sausage Strawberries	Cold Plate- Cottage Cheese, Fruit, Muffin
<b>Standard Dessert</b>	Coconut Cream Pie	Pears	Cookie	Peaches	Mandarins	Butter Tart	Banana
<b>SUPPER **</b>							
<b>Standard and ConCarb Diets</b>	Meatballs Rice Winter Mix Vegetables	Pork Cutlets Roasted Potato Diced Carrots	Beef Stroganoff Mashed Potato Chopped Broccoli	Honey Garlic Chicken Rice Scandinavian Vegetables	Lemon Baked Fish Mashed Potato Diced Carrots	Breaded Liver with Onions Mashed Potato Squash	Roast Pork Applesauce Mashed Potato Peas and Carrots
<b>Standard Dessert</b>	Jello	Ice Cream	Fruit Cocktail	Banana	Chocolate Pudding	Stewed Fruit	Pears

\* Peanut Butter available at every Breakfast \*Wednesday Breakfast- Cinnamon Brown Sugar toast available\* Banana available at every Breakfast \* Bread available at Lunch and Supper