

WEEK 3 MEAL PLAN FOR: October 1st – October 7th



Please try to reserve lunch guests by **10:30am** and dinner guests by **1:30pm** along with your guest's meal choice.

Breakfast 8 am – 9 am
Lunch 12 pm – 1 pm
Dinner 5:30 pm – 6:30 pm

	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4 th	Friday 5 th	Saturday 6th	Sunday 7th
Breakfast	Scrambled eggs, Home fries, choice of toast, jam	French toast, syrup and butter, Pea meal bacon	Cheese omelet served with choice of toast	Apple crepe served with fruit salad	Banana pancakes and sausage, syrup and butter	Poached egg, choice of toast, jam	Egg sunny side up, Bacon, and choice of toast
Alternate Choice	Choice of hot cereal, juice, choice of toast, jam and yogurt	Choice of hot cereal, juice, choice of toast, jam and yogurt	Choice of hot cereal, juice, choice of toast, jam and yogurt	Choice of hot cereal, juice, choice of toast, jam	Choice of hot cereal, juice, choice of toast, jam	Choice of hot cereal, juice, choice of toast, jam	Choice of hot cereal, juice, choice of toast, jam
Lunch	Chicken Caesar salad served with a dinner roll	Mushroom ravioli served with a fresh vegetable	Belgian waffles, Fresh fruit & bacon	Baked macaroni and cheese served with a fresh vegetable	Broccoli quiche served with Spinach & strawberry salad	Chicken mandarin salad served with a dinner roll	Hotdog on a bun served with Potato salad
Alternate Choice	Egg salad on white served with soup of the day	Tuna on white served with soup of the day	Ham & Swiss on a croissant served with soup of the day	Pastrami on rye with a pickle served with soup of the day	Pulled pork on a bun served with soup of the day	Turkey & lettuce on rye served with soup of the day	Salami & cheddar on whole wheat with soup of the day
Dessert	Mandarin oranges	Raspberry Jello	Ice cream sandwich	Peanut butter square	Watermelon slice	Butterscotch pudding	Cherry tart
Events							
Dinner	Vegetarian lasagna, Garlic bread	Liver & onions, Mash potato, Fresh vegetable	Turkey stew, Mash potato, Fresh vegetable	BBQ steak pizza served with a garden salad with French dressing	Cheeseburger pot pie, Fresh vegetable	Pasta primavera, Garden salad with ranch dressing, Garlic bread	Ham, Scallop potato, Fresh vegetable
Alternate Choice	Citrus salmon, Baked sweet potato, Fresh vegetable	Pork cutlet, Steamed potato, Fresh vegetable	Herbed bake trout, Twisted potato wedge, Fresh vegetable	Chicken with a mango salsa, Scallop potato, Fresh vegetable	Sweet potato casserole served with a Fresh vegetable	Beef bourguignon, Mash potato, Fresh vegetable	Breaded haddock, French fries, Coleslaw
Dessert	Zucchini bread	Lava cake	Bumble blossom	Surprise cheesecake	Berry Sorbetto	Sugar cookies	Apple bread pudding with caramel sauce
Event							

- Please make reservations for your Guest(s) at the Front Desk and advise if you will be away for a meal. Thanks.