

Peace Hills Lodge Fall Winter Menu 2019

WEEK ONE

Other Alternates are available 24 Hours: WW Bread, Raisin Bread, Cheddar Cheese, Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices, Milk, Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter | Menu 2019-20**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Western Omelette	Oatmeal	Poached Eggs	Oatbran	Oatmeal/B.Egg	Sunnyboy	Cream of Wheat
	Hashbrowns	Cheese Portions	Bacon	Peanut Butter	Cheese Portions	Peanut Butter	Cheese Portions
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Beef	Beef Stroganoff	<b>Residents Choice</b>	Swiss Stk	Cod Fillet	Hot Hamburger	Chicken Cordon Blue
	Cabbage Rolls	Egg Noodles	Turkey/Gravy/Stuffing	Parsley Pot.	O'Brien Potatoes	Mash Pot/Gravy	Potatoes/Gravy
	Perogies	Peas & Carrots	Mash Potatoes	Dilled Gr Beans	Spinach/carrots	Peas	Fresh Cauliflower
	Romanesco Veg.		Broccoli /Turnips		Blueberry		& Diced carrots
	Cantaloupe	Banana Pudding	Maple Walnut Icecr.	Fruit Cocktail	Cheesecake	Raspberry Mousse	Cherry Pie
<b>Alternative</b>	Egg Salad Sand	Turkey Sandwich	Salmon Sandwich	Chicken Strips	Pork Cutlet	Turkey Sandwich	Egg Sal. Sand
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Asparagus Soup	Chicken Pasta	Vegetable Soup	Pea Soup	Chicken Bruschetta	Sauerkraut Soup	Chicken Noodle Soup
	Turkey/lettuce Sand	Primavera w. Bun	Beef Chs Sandwich	Mini Submarine	Pasta Casserole	Variety Sandwich	Beef/CheeseSand
	Greek Salad	Chef's Salad	Spinach Salad	Tossed Salad s/n	Beet Pickles/ Bun	Coleslaw	Caesar Salad
	Buttertart Square	Carrot Cake	Tropical Fruit	Mango Sauce	Coconut Pudding	Apricots	Triple Berry Crisp
<b>Alternative</b>	Tuna Sandwich	Salami Sand	Egg Salad Sandwich	Beef Sandwich	Quiche	Egg Salad Sand	P&B/Jam Sandwich
<b>Pickles</b>		<b>Pickles</b>	Pickles				Pickles
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>
	Cook Turkey*			Add romaine			

White and Whole Wheat Bread available with every meal  
 Non-hydrogenated margarine used for sandwiches

Peace Hills Lodge  
Fall and Winter Menu 2019 to 2020

WEEK TWO

Other Alternates are available 24 Hours: WW Bread, Raisin Bread, Cheddar Cheese, Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices, Milk, Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter Menu 2019-20**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Waffles	Oatmeal	Fried Eggs	Cr. Of Wheat	Oatmeal/B. Eggs	Sunnyboy	Oatbran
	Scrambled Eggs	Cheese Portions	Bacon	Peanut Butter	Cheese Portions	Peanut Butter	Cheese
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Beef Sausages	BBQ Chicken	<b>Resident's Choice</b>	Turkey Schnitzel	Potato Crusted Cod	Meatloaf/ gravy	Chunky Beef Stew
	Onion. Sauce.	Rst. Baby Potato	Roast Beef/Gravy	Steamed Potato	Brown Rice	Mashed Potatoes	W. Vegetables
	Mashed Potato	Wax & Green	Mashed Potato	Turkey Gravy	Peas & Carrots	Glazed Carrots	Biscuit or Bun
	Sunrise Veggies	Beans	Brussel Sprouts	Broccoli			Green Beans
	Peach Cobbler	Chocolate Pudding	Half Hr. Pudding	Lemon Mousse	Orange ShortCake	Stewed Rhubarb	Pecan Pie
<b>Alternative</b>	Turkey/Cheese San	Salmon Sandwich	Turkey Sandwich	Beef Sandwich	S&S Riblets	Crab Sandwich	Tuna Sandwich
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Tomato Soup	Beef&Macaroni	Mushroom Soup	Cabbage Roll	Hamburger Soup	Chicken Fingers	Borscht
	Grilled Cheese	Casserole/Bun	Chicken Sal.Sandwich	Casserole S/N	Ham Sandwich	Hot Pork & Beans	Salmon Salad Sand
	Mushroom Salad	Sliced Tomato	Cucumber/Tom. Salad	Carrot Raisin Sal	Green Salad	Tator Tots/Bun	Tossed Salad
	Pears	Apricots	Cantaloupe	Date Square	Baked Apple Slices	Purple Plums	Peach Fruit Jello
<b>Alternative</b>	Beef Sandwich	Dsl. Salmon Sand.	Chs. & Lettuce Sandwic	Tuna Sandwich	Turkey Sand.	Amish Broccoli Salad	Alt. Chicken Salad
<b>Pickles</b>	Pickles					Alt. Egg Salad Sand.	
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>
				add on			peaches in jello
	Cook Roast Beef		Yorkshire Pudding	Cheesy Bread Stick			

White and Whole Wheat Bread available with every meal  
Non-hydrogenated margarine used for sandwiches

Peace Hills Lodge  
Fall and Winter Menu 2019 - 2020

WEEK THREE

Other Alternates are available 24 Hours: WW Bread, Raisin Bread, Cheddar Cheese, Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices, Milk, Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter Menu 2019-20**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
	Pancakes	Oatmeal	Poached Eggs	Oatbran	Oatmeal / B.Egg	Cr.Wheat	Sunnyboy
	Maple Sausages	Cheese Portions	Bacon	Peanut Butter	Cheese Portions	Peanut Butter	Cheese Portions
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Roast Chicken/Gravy	Chili	Shepherds Pie	Pork Loin Roast	Maple Glazed Salmon	Spaghetti &	S&S Riblets
	Steam Potato	CornBread	w.Bread Stick	Mashed Pot/gravy	Roasted Potato	Meatsauce S/N	Brown Rice
	Parsnips& Carrots	Caesar Salad	Carrots s/n	Buttered Corn	Carrot & Peas	Green Beans	NewEngland Veg.
	Lemon Pudding	Pumpkin Tarts	Apple Pie	<b>Angel Food Cake</b>	Mixed Fruit S/N	Rice Pudding	Coconut Cr.Pie
<b>Alternative</b>	Crab Sal. Sand	Ham Sandwich	Turkey Sand	<b>Strawberries w. cr</b>	Beef Sausage .	Turkey Sandwich	Chicken Sand.
			Alt.	Turkey/Lettuce Sand			
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Reuben	Vegetable Soup	<b>Resident's Choice</b>	Chicken Barley Sou	Rib- o- Pork on Bun	Mushroom Soup	French On. Soup*
	Casserole	Tuna Sandwich	Chicken Breast &	Egg Sal.Sand	Sliced Tomatoes	Chicken Sal. Sand	Ham & Cheese Crois.
	Pea&Ham Salad	Marinated Bean Salad	Swiss on Bun/Tators	Chef's Salad s/n	Coleslaw	Dilled Tomato Salad	Marinated Veg. Salad
	Cantaloupe	Peaches	Spinach Salad	Apricots	Rhubarb Crisp	Apple Sauce S/N *	Lemon Butter Cake
<b>Alternative</b>	Veggies & Dip	Chicken Salad Sand.	Butterscotch Sundae	Salmon Sand.	Beef & Cheese Sand.	Egg Salad Sand.	Turkey Sandwich
<b>Pickles</b>			Alt. Cheese & tom Sand.				
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>
			add beet pickles	add romaine	Fruit Buckets	Garlic Toast	*croutons
		Cook Pork Loin				*Use Large Cans*	*Mozza cheese

White and Whole Wheat Bread available with every meal  
Non-hydrogenated margarine used for sandwiches

Peace Hills Lodge  
Fall and Winter Menu 2019 - 2020

WEEK FOUR

Other Alternates are available 24 Hours: WW Bread, Raisin Bread, Cheddar Cheese, Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices, Milk, Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter Menu 2019-20**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice
	Waffles	Oatmeal	Fried Eggs	Oatbran	Sunnyboy/B.Egg	Oatmeal	Cream of wht
	Scrambled Eggs	Peanut Butter	Bacon	Cheese Portion	Peanut Butter	Cheese Portion	Peanut Butter
		WWToast	WWToast	WWToast	WWToast	WWToast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	S&B Chicken	Beef Goulash	<b>Resident's Choice</b>	Beef Stir Fry	Almond	Liver & Onions	Ginger Beef
	Roasted Red Potato	Mashed Potatoes	BBQ Ribs	Egg Noodles	Crusted Sole	Mashed Potatoes.	Meatballs
	Broccoli	Squash & Zucchini	Baked Potato	Stir Fry Veggies	Savory Fries	Gravy	Brown rice Pilaf
			Eva's Veggies S/N	with ginger sauce	Brussel Sprouts	Creamed Corn	Pick of the Day
			Bread Pudding &	Chocolate			
	Vanilla Pudding	Revels	Caramel Sauce	Mousse	Lemon Pudding	Ambrosia	Pumpkin Pie
<b>Alternative</b>	Tom/Cheese Sand	Hotdog	BBQ Chicken Breast	Tuna Salad	S&S Riblet	Bk.Chicken Breast	Tuna Salad Sand.
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Beans & Wieners	Italian Wedding soup	Beef Veggie Soup	Chicken Noodle	Mac & Tomato	Cr. Broccoli Soup	Pasta primavera
	Casserole	Egg Salad Sand	Tuna Sandwich	Ham Salad Sand.	Skinless Smokies	Variety Sandwich	Dinner Bun
	Biscuit				Croissant 3"		Pickle
	Tossed Salad	Veggie Jello Salad s/n	Green Salad	Amish Broc. Sal.	Carrot&Raisin Sal.	BLT Salad	Green Salad
	Peach Cobbler	Diced Pineapple	Cantaloupe	Tropical Fruit	Straw.Bry/whipcr	Peaches	Tapioca
<b>Alternative</b>	Ham Sandwich	. Tuna Sand	Turkey Sandwich	Egg Sal.Sand.	Turkey Sandwich	Tuna Salad	
<b>Pickles</b>							
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>
		grated carrot,celery	Carrots/Celery/Onions				
		purple cabbage/peas					
		in salad					

White and Whole Wheat Bread available with every meal  
Non-hydrogenated margarine used for sandwiches

Peace Hills Lodge  
Fall and Winter Menu 2019 - 2020

WEEK FIVE

Other Alternates are available 24 Hours: WW Bread, Raisin Bread, Cheddar Cheese, Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices, Milk, Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter | Menu 2019-20**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Cheese Omellette	Oatmeal	Poached Eggs	Oatbran	Sunnyboy/ B.Egg	Oatmeal	Cr.of Wheat
	Sausages	Peanut Butter	Bacon	Cheese Portion	Peanut Butter	Cheese Portion	Peanut Butter
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Lasagna	Krispy Baked Chicken	<b>Resident's Choice</b>	Salisbury Steak	Potato Crusted Cod	Chicken S/N	Bratwurst in
	Garlic toast	Fries / gravy	Pork Loin Rst/Gravy	Mashed Pot. / Gr	Roasted Potato	Rice Pilaf	Sauerkraut s/n
	Cesar Salad	Coleslaw	Mashed Potatoes	Peas & Yams	Gr. Beans Alm.	Oriental Veggies	Baby Potato/Carrots
	Pecan Streusel	Rice Pudding	Harvard Beets	Lemon Square	Cherry Cheesecake	Stewed Rhubarb	Blueberry Pie
<b>Alternative</b>	Turkey Sandwich	Crab Sal. Sand.	Orange Shortcake	Turkey/Chs Sand	Chicken Strips	Salmon Sandwich	Turkey Sandwich
			Alt. Baked Salmon loin				
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Mushroom Soup	Vegetable Soup	Turkey Noodle	Potato Soup	Beef Veggie	Hotdog on a Bun	Tomato Rice Soup
	Salmon Sandwich	Pastrami & Swiss	Casserole / Bun	Ham /Chs Sand	Egg Salad Sand.	Macaroni&Cheese	Rst. Beef Sand
	Copper Penny Salad	on Rye	Chef's Salad S/N	Spinach Salad	Sunshine Salad	Pineapple Coleslaw	Caesar Salad
	Orange Sections	Tropical Fruit S/N	Apricots	Blueberry Crisp	Butterscotch Puddin	Date Square	Cherry Jello
<b>Alternative</b>	Rst. Beef Sand.	Broccoli Salad	Egg Salad Sand.	Chicken Sal. Sand.	Ham Sandwich	Beef Sandwich	Tuna Sandwich
<b>Pickles</b>		Chicken Sal. Sand	<b>Pickles</b>				
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>
	Cook Loin Rst	Fruit Bucket	Add Romaine or			Honey Garlic	Bratwurst or skinless
			Spinach to Salad				smoked sausage.

White and Whole Wheat Bread available with every meal

Non-hydrogenated margarine used on Sandwiches

Peace Hills Lodge  
Fall and Winter Menu 2019 - 2020

WEEK SIX

Other Alternates are available 24 Hours: WW Bread,Raisin Bread,Cheddar Cheese , Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Variety Juices , Milk,Coffee, Variety Tea, Hot Chocolate and Water

**Fall and Winter Menu 2019-20**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
	Pancake	Oatmeal	Fried Eggs	Oatbran	Sunnyboy/B.Egg	Oatmeal	Cr. Of Wheat
	Sausages	Cheese Portions	Bacon	Peanut Butter	Cheese Portions	Peanut Butter	Cheese Portions
		WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
<b>Alternative</b>	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
	Chicken Alfredo	Corned Beef	<b>Resident's Choice</b>	Spaghetti & Meatsauc	Fish & Fries	Veal Cutlet/Gravy	Teriyaki Riblets
	Fetuccini/Bun	Parsley Potato	Ham/ Scallop Pot.	Garlic Toast	Coleslaw	Romanoff Potato	Brown Rice Pilaf
	Pick of the Day Veg.	Cabbage	Corn on Cob / Peas	Caesar Salad	Vanilla Custard &	Peas/carrots/corn	Sunrise Veggies
	Bread Pudding&Sauce	Buttertarts	Pineapple Upside do	Variety IceCream	Raspberry Sauce	Tropical Fruit	Lemon Meringue Pie
<b>Alternative</b>	Beef Pot Pie	Egg Salad Sand	Tuna Sandwich	Ham Sandwich	Rst Beef Sand	Egg Salad Sand	Turkey Sandwich
	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
	Beef Veggie	Cr. Of Veg Soup	Chicken Fingers	Potato& Leek. Soup	Turkey Scalloped	ChickenVegetable Soup	Beet Borscht S/N
	Ham&Swiss/lettuce on	Turkey Sandwich	Hot Pork&BeansS/N	Chicken Sandwich S/N	Casserole/ Bun	Bologna Sandwich	Egg Sal. Croissant
	Broccoli Salad	Stewed Tomatoes	Beet Pickles/ Bun	Carrot Salad	Tossed Salad S/N	Jello Veg. Salad S/N	Spinach Salad
	Peaches	Mango Sauce	Cantaloupe	Peach Crisp	Cherries	Vanilla Pudding	Tripleberry Crisp
<b>Alternative</b>	Turkey Sandwich	Tuna Sand.	Beef Sandwich	Ham&Chs Sand.	Variety Sandwich	Tuna Sandwich	Beef Sandwich
<b>Pickles</b>							
	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b>	<b>NOTES</b> in salad	<b>NOTES</b>
			Cottage Cheese	Slice Chicken Breast	use romaine	Red & Green,	Beets/Potatoes/carrots
			*cake			cabbage,peas	in Borscht
						celery,onions	

White and Whole Wheat Bread available with every meal  
Non-hydrogenated margarine used for sandwiches