

Terrace Lodge

Fall / Winter 2009

Week 1 of 5

Date: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Muffin or Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Whole Wheat Toast
LUNCH						
Meatloaf, Gravy, Mashed Potatoes & Green Peas Raisin Tart or Pineapple Tidbits <u>Alternate:</u> Fish Sticks Potato Wedges Winter Mixed Vegetables	Pork Ribette, BBQ Sauce, Whipped Potato & Peaches and Cream Corn Cottage Cheese with Fruit Dessert or Berries <u>Alternate:</u> Beef Stew Rice	Shrimp, French Fries and Coleslaw Buttertart Square or Diced Peaches <u>Alternate:</u> BBQ Chicken Breasts Whipped Potato Wax Beans	Salisbury Steak, Mushroom Gravy, Whipped Potato & Green Beans Pineapple Upside Down Cake or Cherries <u>Alternate:</u> Baked Ham Scalloped Potato Mashed Squash	Stir Fried Beef with Rice Oriental Mixed Vegetables Vanilla Pudding or Plums <u>Alternate:</u> Chunky Chicken Stew Whipped Potatoes Brussels Sprouts	Baked Chicken Thigh, Gravy, Whipped Potato & California Mixed Vegetables Very Berry Mousse or Mandarin Oranges <u>Alternate:</u> Hawaiian Pork Chop, Boiled Potato & Warm Red Cabbage with apples	Pot Roast , Gravy, Yorkshire Pdg Whipped Potato & Cauliflower Banana Cream Pie or Fruit Cup <u>Alternate:</u> Pork Cutlet Boiled Potato Baby Carrots
SUPPER						
Beef Vegetable Barley Soup Macaroni & Cheese with Stewed tomatoes Fruit Yogurt or Banana <u>Alternate:</u> Hot Dog on a Bun with Condiments & Tossed Salad	Minestrone Soup Chicken Nuggets, Tater Gems & Asparagus Cheesecake or Fruited Jell-O <u>Alternate:</u> Egg Sandwich Creamy Cucumber salad	Cream of Potato & Leek Soup Omelet, toast Broccoli Bread Pudding or Fruit Cocktail <u>Alternate:</u> Tuna macaroni salad Beets	Cream of Mushroom Soup Bean Casserole Niagara Mixed Vegetables Date Square or Diced Melon <u>Alternate:</u> Turkey Salad Plate With sliced turkey, cranberries, potato salad, 3 bean salad and Whole Wheat dinner roll	Tomato Soup Sliced Ham Sandwich Carrot and Pineapple salad Iced Chocolate Cake or Apricot Slices <u>Alternate:</u> Krunchie Perch, French Fries, Coleslaw	Cream of Chicken Soup Beef Stroganoff Whipped Potatoes Niagara Mixed Vegetables Shortcake Cookies or Blueberries with topping <u>Alternate:</u> Cream Cheese & Fresh Parsley Sandwich Sliced Tomatoes	French Canadian Pea Soup Lasagna Roll with Caesar Salad Chocolate Pudding or Assorted Desserts <u>Alternate:</u> Salmon Salad Sandwich Cucumber salad Pickles

Choice of Egg includes poached or scrambled

Note: Whole Wheat Bread, Butter, Margarine, 4 oz Water, 4 oz Choice of Juice, 4 oz Milk (8 oz milk at breakfast), 6 oz Coffee/Tea are served at each meal. Jams, Jellies, Marmalade and Honey are available at Breakfast.

Terrace Lodge

Fall / Winter 2009

Week 2 of 5

Date: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Scone or Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Whole Wheat Toast
LUNCH						
Breaded Fish, Tartar Sauce, Potato Coins & Scandinavian Mixed Veg. Carrot Cake or Pear Halves <u>Alternate:</u> Beef Chili with onions Whole Wheat Toast Spinach	Resident's Choice Coconut Tart or Fruit Cocktail <u>Alternate:</u> Cabbage Rolls Wax Beans with diced red peppers	Corn Flaked Herbed Chicken Mashed Potatoes PEI mixed vegetables Tangerine Mousse or Tropical Fruit Salad <u>Alternate:</u> Cottage Roll Boiled Potato Diced Beets	Honey Mustard Pork Loin, Oven Browned Potato & Pearl Mix Vegetables Cream Puff or Apricots <u>Alternate:</u> BBQ Beef Whipped Potato Baked Tomato	Oktoberfest Sausage with sauerkraut on a Bun with Tossed Salad Rice Krispie Square or Mandarin Oranges <u>Alternate:</u> Spaghetti with Meat Sauce Italian Mixed Vegetables	Sole with Lemon Glaze, Rice & Asparagus Iced Banana Cake or Diced Peaches <u>Alternate:</u> Beef Skillet Mexican Corn & Tea Biscuit	Roast Pork, Whipped Potato & turnip carrot casserole Cherry Pie or Ice Cream <u>Alternate:</u> Veal Schnitzel Parsley Boiled Potatoes Creamed Peas
SUPPER						
Cream of Vegetable Chowder Open Face Hot Turkey Sandwich with Gravy Fancy mixed vegetables Apple Crumble or Orange Sections <u>Alternate:</u> Peanut butter & Jam Sandwich Jellied Fruit Salad	Chicken Rice Soup Grilled ham with scalloped potatoes Creamed Corn Black Forest Pudding or Diced Peaches <u>Alternate:</u> Cottage Cheese & Fruit Salad Plate with raisin bread Ambrosia Salad	Vegetable Soup Cod Nuggets, Potato Coins & Carrots Custard or Banana <u>Alternate:</u> Corned Beef Sandwich Tomato Slice/Dill Pickle	Cream of Broccoli Deli Salad Plate with Whole Wheat Roll Yogurt or Melon <u>Alternate:</u> Chicken Broccoli Bake Herbed Red Potatoes	Clam Chowder Soup Sliced Cheese & Onion Sandwich Bean Salad Apple Prune Crisp or Assorted Desserts <u>Alternate:</u> Quiche Lorraine Parslied Cauliflower	Leek & Potato Soup Ribs on a Bun with Winter Mixed Vegetables Vanilla Mousse or Grapes <u>Alternate:</u> Chicken Salad Sandwich Marinated vegetables	Minestrone Soup Egg Salad Sandwich with Tomato Slices Strawberry Rhubarb or Iced Orange Cake <u>Alternate:</u> Turkey Stew with Green Beans

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Choice of Egg includes poached or scrambled

Note: Whole Wheat Bread, Butter, Margarine, 4 oz Water, 4 oz Choice of Juice, 4 oz Milk (8 oz milk at breakfast), 6 oz Coffee/Tea are served at each meal. Jams, Jellies, Marmalade and Honey are available at Breakfast.

Terrace Lodge

Fall / Winter 2009

Week 3 of 5

Date: _____

BREAKFAST						
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals
Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg Bacon	Choice of Egg
Whole Wheat Toast	Whole Wheat Toast	Bacon Whole Wheat Toast	Whole Wheat Toast	Croissant or Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
LUNCH						
Muskoka Chicken, Whipped Potato, PEI Vegetable Medley	Swiss Steak, Whipped Potato & Parsnips	Mushroom Pork Chops Whipped Potato Asparagus Tips	Chicken Burger with Diced Carrots	Swest & Sour Meatballs, Whipped Potato & Mashed Squash	Pulled BBQ Pork on a Bun Corn	Roast Turkey, Poultry Dressing, Cranberry Sauce, Gravy, Whipped Potato & Italian Mixed Vegetables
Ice Cream or Winter Fruit Cup	Spice Cake or Plums	Date Squares or Apricot Slices	Vanilla Caramel Cake or Fruit Cocktail	Peach Cobbler or Plums	Fruit Tifle or Butterscotch Pudding	Coconut Cream Pie or Berries
<u>Alternate:</u> Baked Fish Boiled Potato Broccoli	<u>Alternate:</u> Farmer's Sausage, Parsley Boiled Potato & Niagara Mixed Veg	<u>Alternate:</u> Baked Liver, Onion, Gravy Hash brown potatoes Buttery Lima Beans	<u>Alternate:</u> Mexican Fish with Rice Vegetable & Bean Salad	<u>Alternate:</u> Lemon Pepper Fish Rice Pilaf Scandinavian Mixed Veg.	<u>Alternate:</u> Veal Cutlet Whipped Potato Green Beans	<u>Alternate:</u> Stuffed Pepper, Garlic Breadstick, Carrot Coins
SUPPER						
Cream of Potato and Bacon Soup	Cream of Tomato Soup	Heartland Bean Medley Soup	Vegetable Soup	Italian Wedding Soup	Cream of Mushroom	Beef Noodle Soup
Shepherd's Pie with Gravy & Brussels Sprouts	Shaved Turkey Sandwich, Layered Salad	Steak Pot Pie Wax Beans	Macaroni and Cheese & Stewed Tomatoes	Chicken Broccoli Bake with Peas and Carrots	<i>Chef's Choice</i>	Captain Burger & Tartar Sauce with Tossed Salad
Tripleberry Crumble Square or Applesauce	Tapioca Pudding or Diced Peaches	Chocolate Mousse or Fruit Yogurt	Cheesecake or Banana	Lime Sherbet or Orange Sections	Melon Mix or Fruit Whip	Strawberry Mousse or Tropical Fruit
<u>Alternate:</u> Sliced Ham Sandwich Sunrise Salad	<u>Alternate:</u> Vegetarian Chili with dinner roll Cauliflower	<u>Alternate:</u> Cottage Cheese Fruit Salad Plate with tea biscuit	<u>Alternate:</u> Pastrami Sandwich Dill Pickle & Coleslaw	<u>Alternate:</u> Toasted Western Caesar Salad	<u>Alternate:</u> French Toast with syrup Cottage cheese and fruit sauce	<u>Alternate:</u> Grilled Cheese Sandwich Baked Tomato

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Choice of Egg includes poached or scrambled

Note: Whole Wheat Bread, Butter, Margarine, 4 oz Water, 4 oz Choice of Juice, 4 oz Milk (8 oz milk at breakfast), 6 oz Coffee/Tea are served at each meal. Jams, Jellies, Marmalade and Honey are available at Breakfast.

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Fall / Winter 2009

Week 4 of 5

Date: _____

BREAKFAST						
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals
Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg	Choice of Egg Bacon	Choice of Egg
Whole Wheat Toast	Whole Wheat Toast	Bacon Whole Wheat Toast	Whole Wheat Toast	Scone Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
LUNCH						
Meat Loaf Gravy, Whipped Potato & Diced Beets	Salmon boats Dill Sauce, Whipped Potato & Creamed Corn	Oktoberfest Sausage on a Bun & Wax Beans	Lemon Asparagus Chicken Whipped Potato Pearl Mixed Vegetables	Baked Ham, Scalloped Potatoes with onions & Honey Glazed Carrots	Roast Beef, Gravy Whipped Potato & Peaches & Cream Corn	Roast Pork, Whipped Potato & Baked Squash
Iced Banana Cake or Applesauce	Macaroons or Diced Pears	Chocolate Mousse or Apricot Slices	Strawberry Shortcake or Fruit Cup	Cheesecake or Diced Peaches	Tangerine Mousse or Berries	Lemon Pie or Blueberries with topping
<u>Alternate:</u> Chicken Stew Rice, Broccoli	<u>Alternate:</u> Braised Beef Tips Oven roast Potatoes Scandinavian Mixed Veg.	<u>Alternate:</u> Cabbage Roll Casserole Whipped Potato Green Peas	<u>Alternate:</u> Philly Steak on a Bun Oven Roast Potato, Turnip	<u>Alternate:</u> Lemon Dill Cod Whipped Potato, Spinach	<u>Alternate:</u> Quiche Lorraine Garden Mixed Vegetables	<u>Alternate:</u> Turkey Cutlet Cranberry Sauce Boiled Potatoes & Broccoli
SUPPER						
Cream of Cauliflower Soup	Chicken Noodle Soup	Tomato Soup	Chunky Beef Vegetable Soup	Cream of Chicken Soup	Split Pea Soup	Harvest Vegetable Soup
Pizza & Caesar Salad	Pork Tortiere with Diced Carrots	Scalloped Beef & Macaroni with Fancy Mixed Vegetables	Cheese/Fruit Salad Plate with Raisin Bread	Hot Dog with Baked Beans & Tomato Wedges	Chicken with Dumplings PEI Mixed Vegetables	Hamburger with Condiments, Sliced Tomato & Lettuce Warm Spinach with Onions
Raspberry Pear Crisp or Mandarin Orange Sections	Apple Tart or Fruit Cocktail	Buttertart Square or Diced Melon	Fruit Yogurt or Jell-O Poke Cake	Éclair or Cantaloupe	Applesauce Cake or Jell-O	Chocolate/Banana Pudding Parfait or Assorted Desserts
<u>Alternate:</u> Peanut Butter & Jam Sandwich Ambrosia Salad	<u>Alternate:</u> Egg Salad Sandwich Tossed Salad	<u>Alternate:</u> Sliced Turkey Sandwich Coleslaw Salad	<u>Alternate:</u> Fish Nuggets, Tater Gems Asparagus	<u>Alternate:</u> Hawaiian Chicken Salad Sandwich Tropical Fruit Cup	<u>Alternate:</u> Cheese Ravioli with Tomato Sauce Italian Mixed Vegetables	<u>Alternate:</u> Tuna Sandwich with Garden Salad
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						

Choice of Egg includes poached or scrambled

Note: Whole Wheat Bread, Butter, Margarine, 4 oz Water, 4 oz Choice of Juice, 4 oz Milk (8 oz milk at breakfast), 6 oz Coffee/Tea are served at each meal. Jams, Jellies, Marmalade and Honey are available at Breakfast.

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Fall / Winter 2009

Week 5 of 5

Date: _____

Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Turnover or Whole Wheat Toast	Choice of Juice Oatmeal or Assorted Cold Cereals Choice of Egg Bacon Whole Wheat Toast	Choice of Juice Cream of Wheat or Assorted Cold Cereals Choice of Egg Whole Wheat Toast
LUNCH						
Chicken Stew, Boiled Potato & Parslied Wax Beans Apple Crumble Square or Pineapple Tidbits <u>Alternate:</u> Salmon Loaf with dill sauce, & Brussels Sprouts	Peameal Bacon, Whipped Potato & French cut Green beans Raspberry Shortcake or Apricot Slices <u>Alternate:</u> Beef Hash Boiled Potato Stewed Tomato	BBQ Beef Whipped Potato Yams Triple Berry Crumble or Fruit Cup <u>Alternate:</u> Captain Burger with Lettuce & Tomato Sauerkraut Salad	Pork Ribette, BBQ Sauce, Whipped Potato & Corn Niblets Lemon Pudding Cake or Mandarin Orange Sections <u>Alternate:</u> Stuffed Peppers Rice Spinach	Sausage Rolls Scalloped Potatoes Squash Cherries in the snow or Fruit Yogurt <u>Alternate:</u> Baked Pollock Whipped Potatoes & Diced Carrots	Glazed Baked Ham Boiled Potatoes Broccoli Lemon Mousse or Cantaloupe <u>Alternate:</u> Veal Parmesan Whipped Potato Diced Beets	Chicken Kiev, Whipped Potato, Peas & Carrots Blueberry Pie or Diced Peaches <u>Alternate:</u> Cheeseburger Bake Oven Browned Potato Italian Mixed Vegetables
SUPPER						
Cream of Celery Soup Beef Pot Pie, Gravy & Fancy mixed vegetables Vanilla Pudding or Banana <u>Alternate:</u> Cottage Cheese Fruit Salad with fruit explosion muffin	Garden Vegetable Soup Devilled Egg Plate Jello or Honeydew Melon <u>Alternate:</u> Grilled Cheese Sandwich Three Bean Salad	French Canadian Pea Soup Simmered Chicken dinner with Tea Biscuit, Carrot Coins Butterscotch Pudding or Diced Peaches <u>Alternate:</u> Ham Sandwich Coleslaw Vinaigrette	Cream of Potato & Bacon Soup Chicken Fingers, Potato Coins Caesar Salad Iced Chocolate Cake or Poached Pears <u>Alternate:</u> Egg Salad Sandwich Tomato & Cucumber Slices	Cream of Cauliflower Soup Resident's Choice Coconut Tart or Stewed Rhubarb <u>Alternate:</u> Corned Beef Sandwich on Rye with Sauerkraut Creamed Peas	Bean Soup Chicken Pot Pie Red Cabbage Oatmeal Cookie or Plums <u>Alternate:</u> Cheese Omelette Croissant Green Beans	Cream of Vegetable Chowder Soup Vegetable Lasagna & Green Pepper Slaw Chocolate Pudding or Assorted Desserts <u>Alternate:</u> French Dip with Au jus, Mashed Potatoes & Garden Blend Mixed Vegetables

Choice of Egg includes poached or scrambled

Note: Whole Wheat Bread, Butter, Margarine, 4 oz Water, 4 oz Choice of Juice, 4 oz Milk (8 oz milk at breakfast), 6 oz Coffee/Tea are served at each meal. Jams, Jellies, Marmalade and Honey are available at Breakfast.