

REGULAR WEEK AT A GLANCE
TBG SM Lodge Menu Spring Summer 2022

All

Week3: June 20 to June 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Fruit,Fresh in Season *Cereal,Oatmeal *Egg,Scrambled *Bread,Raisin Toast Buttered *Jam	*Fruit,Fresh in Season *Cereal,Cream of Wheat *Egg,Omelet Plain *Bread,Whole Wheat Toast Buttered *Jam	*Fruit,Fresh in Season *Cereal,Oatmeal *Egg,Boiled OS *Bacon *Bread,Whole Wheat Toast Buttered *Jam	*Fruit,Fresh in Season *Cereal,Cream of Wheat *Egg,Scrambled *Bread,Whole Wheat Toast Buttered *Jam	*Fruit,Fresh in Season *Cereal,Hot Sunny Boy *Egg,Poached *Bread,Whole Wheat Toast Buttered *Jam	*Fruit,Fresh in Season *Bacon *Waffles OS *Bread,Whole Wheat Toast Buttered *Syrup,Table 30 mL *Jam	*Fruit,Fresh in Season *Cereal,Oatmeal *Parfait,Strawberry Orange *Bread,Whole Wheat Toast Buttered *Jam
LUNCH						
*Chicken,Parmesan Bundles *Potato,Baby Roasted OS *Mixed Vegetables-California Blend *Salad,Chef's *Cantaloupe,Wedge	*Pork,Chop Zesty *Rice,Brown *Mixed Vegetables-California Blend *Salad,Red Beet Citrus *Banana,Fresh	*Chicken,Breast Seasoned *Peas,Green *Potato,Mashed Fresh *Salad,Spinach with Dressing *Pear,Diced	*Pasta,Fagioli *Bread,Dinner Roll Whole Wheat *Salad,Romaine with Dressing *Peach,Diced	*RESIDENT CHOICE	*Beans,Green *Ham,Baked *Potato,Scalloped *Salad,Garden *Pineapple	*Beef,Meatballs *Potato,Mashed Fresh *Gravy,Mushroom *Mixed Vegetables-Oriental Mix *Salad,Mixed Greens with Dressing *Peach,Diced
DINNER						
*Soup,Corn Chowder *Sandwich,Turkey Club Smoked *Veggies & Assorted Dip *Square,Pumpkin Spice Blondies	*Soup,Cream of Mushroom *Beef,Hamburger *Veggies & Assorted Dip *Salad,Garden with Dressing *Square,Brownie Chocolate Iced	*Soup,Hearty Vegetable *TBG Sandwich, Assorted *Cake,Rhubarb Upside Down *Veggies & Assorted Dip	*Daily Soup *Annie Walker's Classic French Potato Salad *Beef,Hot Dog on a Bun *Veggies & Assorted Dip *Ice Cream,Assorted	*Soup,Vegetable Florentine *Salad,Chicken Sandwich *Veggies & Assorted Dip *Cake,Banana Yogurt	*Soup,Beef Barley *Chili,Beef *Biscuit,Tea Plain Buttered *Veggies & Assorted Dip *Square,Peanut Butter Creamy	*Soup,Split Pea *Casserole,Macaroni and Cheese *Salad,Garden *Veggies & Assorted Dip *Cake,Apple Cobbler
AM SNACK						
*Juice,Assorted	*Juice,Assorted	*Juice,Assorted	*Juice,Assorted	*Juice,Assorted	*Juice,Assorted	*Juice,Assorted
PM SNACK						
*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted	*Juice,Assorted Drink Diet *Fruit,Fresh Assorted
EVENING SNACK						
*Milk,1% 125 mL *Sandwich,Peanut Butter & Jam Half	*Milk,1% 125 mL *Cheese & Crackers	*Milk,1% 125 mL *Sandwich,Corned Beef on Rye Half	*Milk,1% 125 mL *Sandwich,Turkey Sliced Half	*Milk,1% 125 mL *Sandwich,Chicken Sliced on WW Half	*Milk,1% 125 mL *Sandwich,Deli Meat Half	*Milk,1% 125 mL *Salad,Egg Sandwich Half

Meal Notes: Two Crackers are served every day at Lunch with Soup. 175mlml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal. Cereal yogurt, cheese, bread, peanut butter, Jam, small canned fruit

Note: *I ndicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Deer Meadows