

Sylvan Lake Foundation

Menu-Week Five

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Oat bran Scrambled egg ham Cold cereal Toast Seasonal fruit	Oatmeal Yogurt Muffin Cold cereal Toast Seasonal fruit	Oat bran poached egg muffin Toast Cold cereal Seasonal fruit	Sunny boy Bagel with cream cheese Muffin Cold cereal Seasonal fruit	Cream of wheat boiled egg muffin Toast Cold cereal Seasonal fruit	Oat bran Yogurt and granola Muffin Toast Cold cereal Seasonal fruit	Cream of wheat Cheddar cheese. Toast Muffin Cold cereal Seasonal fruit
D I N E R	Salad: Harvest Beet Roasted chicken Fall Medley vegetables. Roasted Garlic & Herb potato ALT: Riblets Dessert: Fruit Slice	Salad: Marinated Tomato Beef stew Roasted potato Turnips and carrots ALT: crunchy Perch Dessert: Pears	Salad: Mixed Green w/ Berries Creamed chicken breast Mashed potato gravy yams ALT: beef wellington Dessert: Jello	Salad: Tossed Sweet and sour pork Chow mien Asian mixed vegetable ALT: Sweet-sour Meatballs Dessert: Apricots	Salad: Barley Fruit Liver and Onions Mashed potato w/gravy Cream corn ALT: Pork Cutlets Dessert: Tropical Fruit	Salad: Coleslaw Baked Salmon Creamy pasta Mixed vegetable ALT: Crispy Chicken Dessert: Pudding	Salad: Asian Carrot Ginger beef Steamed rice Asian mixed vegetable. ALT: Baked Haddock Dessert: Fruit Cocktail
S U P P E R	Soup: beef vegetable Creamed seafood on a yorkie Mixed vegetable Dessert: Pumpkin Pie Alt: Sandwich	Soup: vegetable Chowder Hot dog Potato salad Mustard green beans Dessert: Butter tart Alt: Sandwich	Soup: Beef Noodle French toast Bacon Orange slices Dessert: Peaches Alt: Sandwich	Soup: country harvest Chicken salad sandwich Sweet potato tots Dessert: Mousse Alt: Sandwich	Soup: Minestrone Maccaroni Stewed tomato Honey garlic sausage Dessert: Apple maple bread pudding Alt: Sandwich	Soup: potato Beef strips with onions, peppers Smothered Gravy in a Yorkshire pudding Dessert: Ice Cream Alt: Sandwich	Soup: Italian wedding Chicken taco salad Lettuce, Tomatoes, Peppers Tortilla Chips Dessert: Key Lime Cake Alt: Sandwich
<p>Fall Winter Menu Date: 2025/2026</p>						<p>Beverage choices are coffee, cocoa, hot tea, milk, juice, or punch. Fruit – Our choice of canned or seasonal fruit Juice is Apple, Orange, Tomato, Cranberry or Prune Water is served at all meals. When available: Cold Cereal-Special K, Raisin Bran, Cheerios, Rice Krispies Vegetables, Fruits, Cheeses, Dressings, and Assorted salads Soup of the Day – Variety of homemade soups daily</p>	