

*Sylvan Lake Foundation*

*Menu-Week Three*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	Oat bran Scrambled egg Sausage Cold cereal Toast Seasonal fruit	Oatmeal Yogurt Muffin Cold cereal Toast Seasonal fruit	Oat bran Boiled egg muffin Toast Cold cereal Seasonal fruit	Sunny boy Assorted bagel with cream cheese Muffin Cold cereal Seasonal fruit	Cream of wheat Poached egg muffin Toast Cold cereal Seasonal fruit	Oat bran Yogurt Muffin Toast Cold cereal Seasonal fruit	Cream of wheat Sliced cheese. Toast Muffin Cold cereal Seasonal fruit
D I N N E R	<b>Salad:</b> Mandarin & Cranberry  Roast Turkey Mashed Potato W/ Gravy Roasted Turnip & Carrots <b>Alt:</b> Veal Cutlet <b>Dessert:</b> Fruit	<b>Salad:</b> Cucumber Bacon  Beef Cabbage Rolls Perogies / Sour Cream Peas & Onions <b>Alt:</b> Baked Fish <b>Dessert:</b> Boston cream poke cake	<b>Salad:</b> Harvest  Cranberry Orange Pork Tenderloin Baked potatoes/ Sour Cream P.E.I. Mix Vegetables <b>Alt:</b> Honey Garlic Chicken <b>Dessert:</b> Peaches	<b>Salad:</b> Classic Spinach  Turkey Stew W/ Winter Mix Vegetables Fresh Biscuit Mashed potato, gravy <b>Alt:</b> Beef Strips W/ Gravy <b>Dessert:</b> Pudding	<b>Salad:</b> coleslaw  Beer battered fish Potato Fries Zucchini & Peppers <b>Alt:</b> S&P Pork <b>Dessert:</b> Fruit Cocktail	<b>Salad:</b> Orange fluff  Glazed Pork Shank Hashbrown Casserole Baked Yams <b>Alt:</b> Beef Pot Pie <b>Dessert:</b> Coconut Pudding	<b>Salad:</b> Apple Zucchini Slaw  Beef Wellington W/ Gravy Medley Baby Potatoes New England Vegetables <b>Alt:</b> Stuffed Chicken <b>Dessert:</b> Fresh Banana & oranges
S U P P E R	<b>Soup:</b> Beef Vegetable  Cheese Ravioli W/ Sauce Garlic Toast <b>Dessert:</b> Fruit Pie / Ice Cream <b>ALT:</b> Sandwich	<b>Soup:</b> Chicken Vegetable  Eggs Benedict Leafy Green Salad <b>Dessert:</b> Pears <b>ALT:</b> Sandwich	<b>Soup:</b> French Onion  Shepherds Pie W/ Peas Soft Bun Cumber slice <b>Dessert:</b> Chocolate Cherry Cake <b>ALT:</b> Sandwich	<b>Soup:</b> Pumpkin apple  Beef and broccoli Rice Sprig roll <b>Dessert:</b> Pineapple Delight <b>ALT:</b> Sandwich	<b>Soup:</b> Vegetable  Turkey chilli Toss salad Dinner bun <b>Dessert:</b> Cookies <b>ALT:</b> Sandwich	<b>Soup:</b> Cream Of Broccoli  Chicken Wings Tater Tots Ceasar Salad <b>Dessert:</b> Ice Cream Novelty <b>ALT:</b> Sandwich	<b>Soup:</b> Orzo Lemon Chicken  Cheese Omelet Pork Breakfast Sausage Sliced orange <b>Dessert:</b> Loaf <b>ALT:</b> Sandwich

Fall/Winter Menu Date: 2025/2026



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