

Week #1 WESTPARK LODGE FALL WINTER MASTER MENU 2025/2026

MONDAY NOV 3, 2025 Day #36	TUESDAY NOV 4, 2025 Day #37	WEDNESDAY NOV 5, 2025 Day #38	THURSDAY NOV 6, 2025 Day #39	FRIDAY NOV 7, 2025 Day #40	SAT NOV 8, 2025 Day #41	SUNDAY NOV 9, 2025 Day #42
Oatmeal Or Cheerios Yogurt Fruit cocktail Cinnamon bun Buttered or Dry Toast	Cream of Wheat Or Rice Krispies Pancakes Eggs Orange slices	Oatmeal Or Raisin Bran Honeydew Melon Homemade Muffins Cheese Slice Buttered or Dry Toast	Red River Cereal or Frosted Flakes Poached Eggs Strawberries Buttered or Dry Toast	Oatmeal or Cornflakes Cheddar Cheese/Banana Raisin Bran Muffin Buttered Or Dry Toast	Cream of Wheat Or Rice Krispies Cantaloupe French Toast Buttered or Dry Toast	Red River Cereal Or Cheerios Fried Eggs & Bacon Orange slice Buttered or Dry Toast
Corn Chowder Soup Pasta Casserole with Meat Spring mix Salad with Salad toppers Alternate Choice Roast Beef Sandwich Warm Banana Pudding	Vegetable Beef Soup Hot Dog\beans Caesar Salad Alternate Choice Chicken Salad sandwich Peaches	Cream of Tomato Soup Grilled Cheese Sandwich Carrot & Raisin Salad Alternate Choice Roast Turkey Sandwich Fruited Jell-O	Minestrone Bean Soup Chicken fingers/fries Plum sauce Coleslaw with (apples/cranberries/sunflower seeds) Alternate Choice Chili/bun Ice Cream/fruit sauce	Chicken Noodle Quiche Spinach Salad Alternate Choice Clubhouse Sandwich (no bacon) Tapioca pudding/fruit in season	Squash Soup Chef Salad with Turkey\Chicken Alternate Choice Reuben Sandwich pickles Apricots	Beef Barley Beef Dip Romaine Salad Alternate Choice Tuna Salad Sandwich Square
Baked Chicken parsley Mashed Potatoes Fresh Braised Vegetables (carrots, parsnip, zucchini) Alternate choice Pork chop/mushroom gravy Angel Food Cake with Strawberry Topping	Lasagna California Mix (broccoli, cauliflower, carrots) Garlic Toast Alternate choice Baked Haddock Fish & Fries Butter Tart	Liver & Onions Pan Fried Potatoes 4way Mixed Vegetables (peas, Carrots, beans, corn) Alternate choice Chicken/Gravy Turn Over	Salmon Steak with Lemon Mashed Potatoes Carrots Alternate choice Cabbage Rolls, perogy and sausage Cream Pie	Veal Cutlet Rice Roasted Fall Medley (Squash, carrot. sweet potato, onion) Alternate choice Hawaiian Chicken Fruit Cobbler	Meatloaf Hashbrown Casserole Cauliflower/broccoli Alternate choice Chicken Stew/biscuit Cake/sauce	Turkey (Cook extra for sandwiches) Dressing Gravy Mashed Potatoes Peas & Carrots Cheesecake

250mL glass of Milk, 125mL yogurt is offered at Breakfast as an alternative to egg, cheese, or peanut butter.
Milk, choice of Juice, tea, or coffee and water are an option at every meal.
Crackers are served at lunch time with soup.
Fruit/cookies/muffins available 24/7
Most sandwiches are made with Tomato and Lettuce

Minced options with "minced appropriate vegetables and starch.

*M. Adair, RD
Sept 22/2025*

Week #2 WESTPARK LODGE FALL WINTER MASTER MENU 2025/2026

MONDAY NOV 10, 2025 Day #43	TUESDAY NOV 11, 2025 Day #44	WEDNESDAY NOV 12, 2025 Day #45	THURSDAY NOV 13, 2025 Day #46	FRIDAY NOV 14, 2025 Day #47	SAT NOV 15, 2025 Day #48	SUNDAY NOV 16, 2025 Day #49
Oatmeal Or Special - K Cheddar Cheese Orange Date Muffins kiwi Buttered or Dry Toast	Red River Cereal Or Raisin Bran Poached Egg Fruit Cocktail Buttered or Dry Toast	Oatmeal Or Cheerios Yogurt Cantaloupe Cinnamon Toast/ Buttered or Dry Toast	Cream Of Wheat Or Cornflakes Fried Egg Honeydew melon Buttered or Dry Toast	Oatmeal Or Frosted Flakes Slice cheddar cheese Fruit salad Carrot Pineapple Muffin Buttered or Dry Toast	Red River Cereal Or Cheerios Orange slice yogurt Raisin Toast Buttered or Dry Toast	Cream of Wheat Or Rice Krispies Pancakes/Sausage Eggs Strawberries
Turkey Noodle Soup Chicken Burger Tater Tots Spring Mix Salad Alternate Choice Veggie Omelette Peaches	Tomato Vegetable Soup Bologna Sandwich Pasta salad Alternate Choice Chicken Broccoli Rice Casserole Green tossed Salad Cream Puffs	Cream of Mushroom Egg Salad Sandwich Greek Salad Alternate Choice Tuna Sandwich Pears	Borsht Deli Sandwich (Fresh ham and turkey) Coleslaw Alternate Choice Pulled Pork Sandwich Coconut Pudding	Lentil Soup Shaved Beef & Lettuce Sandwich Pickled Beets Alternate Choice Mac and Cheese Fruited Jell-o	Hamburger Soup Grilled Pastrami & Swiss Romaine salad Alternate Choice Chicken Salad Sandwich Rice Krispie Squares	Chicken Asparagus Soup Fish Burger/onion rings Tossed Salad Alternate Choice Toasted Tomato: cheese sandwich Lemon Pudding
Salisbury steak with Gravy mashed Potatoes Broccoli & Cauliflower Alternate Choice Chicken Cacciatore Half Hour pudding	English Style Fish French Fries Carrots Alternate Choice Swiss Steak Mashed potato Eclair Layer Dessert	pork Cutlet Mashed Potatoes Green Beans Alternate Choice Baked Pasta/protein Caesar Salad Garlic Toast Apple Crisp	BBQ Chicken Mashed Potatoes Cream Corn Alternate Choice Beef Stew Burgundy Biscuit Ginger Cake	Salt & Pepper Ribs Baked Potato a-way Mixed Vegetables Alternate Choice Shepherd's Pie Strawberry Shortcake	Homemade Beef Pat Pie Mashed potatoes Fresh Roasted Veggies Alternate Choice Tuscan Chicken Bread Pudding	Roast Beef Gravy (Cook TWO Roasts) Potatoes Turnips Fresh Salad Pie

250mL glass of Milk, 125mL yogurt is offered at Breakfast as an alternative to egg, cheese, or peanut butter.
Milk, choice of Juice, tea, or coffee and water are an option at every meal.
Crackers are served at lunch time with soup.
Fruit/cookies/muffins available 24/7
Most sandwiches are made with Tomato and Lettuce

Minced options with "minced appropriate vegetables and starch."

M. Anderson, RD
Sept 22/2025

Week #3 WESTPARK LODGE FALL WINTER MASTER MENU 2025/2026

MONDAY NOV 17, 2025 Day #50	TUESDAY NOV 18, 2025 Day #51	WEDNESDAY NOV 19, 2025 Day #52	THURSDAY NOV 20, 2025 Day #53	FRIDAY NOV 21, 2025 Day #54	SAT NOV 22, 2025 Day #55	SUNDAY NOV 23, 2025 Day #56
Oatmeal or Raisin Bran yogurt Fruit cocktail Cinnamon Bun Buttered or Dry Toast	Cream of Wheat or Frosted Flakes Poached Egg Mandarin Oranges Buttered or Dry Toast	Oatmeal or Special K Cheese slice Banana Muffin Honeydew melon Buttered or Dry Toast	Cream of Wheat or Cornflakes Scrambled eggs Cantaloupe Buttered or Dry Toast	Oatmeal or Rice Krispies Strawberries Bran Muffin Buttered or Dry Toast	Red River Cereal or Special K Yogurt/banana Raisin Toast Buttered or Dry Toast	Cream of Wheat or Cheerios Sausage & Eggs Orange slice Buttered or Dry Toast
Beef Noodle Soup Sausage Casserole & Rice Green Pea Salad Alternate Choice Turkey Sandwich Square	Cream of Potato Soup Chicken Caesar Salad Alternate Choice Chili/Bun Caesar Salad Chocolate Pudding Strawberries	Italian Meatball/"vegetable Soup Egg Salad Sandwich Broccoli Salad/raw sunflower seeds Alternate Choice Perogy Casserole Sausage Cherries	Cream or Cauliflower Soup Slice Turkey Cucumber/ tomato spring mix salad Alternate Choice Crab Salad Sandwich Date Square	Split Pea soup Hot Dog/sauerkraut or beans Tossed Salad Alternate Choice Waffles with Cottage Cheese & Blueberries Butterscotch Pudding	Garden Soup Vegetable Pizza Bean salad Alternate Choice Toasted Denver Sandwich Jell-O with fruit	Cream of Mushroom Roast beef sandwich Potato Salad Alternate Choice Chicken Bugger Rice Pudding
Veal Cutlet Boiled Potatoes Harvard Beets Alternate Choice Spaghetti Meat balls Garlic toast Salad Fruit Cocktail Cake	Salmon Steak Mashed Potatoes Brussel Sprouts Alternate Choice Ham Steak Fruit Crisp	Pork Chops/Gra Potatoes Braised Cabbage Alternate Choice Lasagna/garlic toast Caesar salad Sticky Date Pudding	Sweet and Sour Meatballs Mashed Potatoes or Rice Fresh Stir Fry Vegetables (extra sauce for rice/potatoes) Alternate Choice Chicken Parm Pasta Cream Pie Tart	Baked Chicken Mashed Potatoes Cream Corn Alternate Choice Hamburger Macaroni Casserole Strawberry Bavarian	Seafood Newburg Casserole (With Pasta base) Peas Alternate Choice Pork /Gravy Scalloped Potatoes Peas Chocolate Cake	Turkey Cranberry Sauce Dressing Mashed Potatoes Fresh cooked Carrots Pumpkin Pie

250mL glass of Milk, 125mL yogurt is offered at Breakfast as an alternative to egg, cheese, or peanut butter.
Milk, choice of Juice, tea, or coffee and water are an option at every meal.
Crackers are served at lunch time with soup.
Fruit/cookies/muffins available 24/7
Most sandwiches are made with Tomato and Lettuce

Minced options with *minced appropriate vegetables and starch.

M. Anderson, RD
Sept 22, 2025

Week #4 WESTPARK LODGE FALL WINTER MASTER MENU 2025/2026

MONDAY NOV 24, 2025 Day #57	TUESDAY NOV 25, 2025 Day #58	WEDNESDAY NOV 26, 2025 Day #59	THURSDAY NOV 27, 2025 Day #60	FRIDAY NOV 28, 2025 Day #61	SAT NOV 29, 2025 Day #62	SUNDAY NOV 30, 2025 Day #63
Oatmeal or Special K Kiwi Yogurt Homemade Muffins Buttered or Dry Toast	Red River Cereal or Raisin Bran Scrambled eggs Fruit Cocktail Buttered or Dry Toast	Oatmeal Or Cornflakes Cantaloupe Cheese slice Raisin Toast; Buttered or Dry Toast	Cream of Wheat Or Cheerios Poached Egg Orange slice Buttered or Dry Toast	Oatmeal Or Cornflakes Yogurt Mandarin Oranges Carrot Muffin Buttered or Dry Toast	Red River Cereal Or Rice Krispies Cheese slice fruit salad Buttered or Dry Toast	Cream of Wheat or Frosted Flakes Pancakes/fruit topping eggs
Cream of Tomato Soup Grilled Cheese Sandwich Apple Cranberry Pecan Tossed Salad Alternate Choice Ham Sandwich Lemon Fluff Pudding	Hamburger Soup Hotdogs and Beans Cucumber Salad Alternate Choice Tomato Cheese Sandwich Pears	Corn Chowder Creamed Chicken/noodles Pea salad Alternate Choice Sliced Beef & Lettuce Sandwich Banana Loaf	French Onion Soup Hot Pork Sandwich Garden Salad Alternate Choice Salmon Sandwich Whipped Jello-O	Chicken Noodle Soup Bologna Sandwich Waldorf Salad Alternate Choice Taco Salad with beef Vanilla Pudding	Italian Meatball Soup Egg Salad sandwich/pickle Bean Salad Cantaloupe Alternate Choice Macaroni and Cheese With veg Peaches	Dill Pickle Soup Cheese, lettuce, tomato sandwich Tossed Salad with seeds or nuts Alternate Choice Frittata Garlic Toast Ice Cream
Tilapia Mashed potatoes Broccoli Alternate Choice Spaghetti & Meat Sauce with Garlic Toast Carrot Cake	Homemade Chicken Pot Pie Potatoes Oven Roasted Vegetables Alternate Choice Beef Stroganoff/noodles Pineapple Delight	Beef Sausage Mashed Potatoes Beets Alternate Choice Turkey Schnitzel/Gravy Lemon Chiffon Cake	Perogies, Cabbage rolls with Hamburger California Mix Alternate Choice Cheesy beef/potato casserole Blueberry Tart	Fish & Chips Honey Dill Carrots Alternate Choice Salisbury Steak & Mashed Potatoes Apple Carmel Cake	Roast Pork/Gravy Boiled Potatoes Braised cabbage Alternate Choice Chicken Stir fry Custard	Ham Scalloped Potatoes Peas Carrots Pie

250mL glass of Milk, 125mL yogurt is offered at Breakfast as an alternative to egg, cheese, or peanut butter.
Milk, choice of Juice, tea, or coffee and water are an option at every meal.
Crackers are served at lunch time with soup.
Fruit/cookies/muffins available 24/7
Most sandwiches are made with Tomato and Lettuce

Minced options with "minced appropriate vegetables and starch"

M. Anderson, RD
Sept 22/2025

Week #5 WESTPARK LODGE FALL WINTER MASTER MENU 2025/2026

MONDAY DEC 1, 2025 Day #64	TUESDAY DEC 2, 2025 Day #65	WEDNESDAY DEC 3, 2025 Day #66	THURSDAY DEC 4, 2025 Day #67	FRIDAY DEC 5, 2025 Day #68	SAT DEC 6, 2025 Day #69	SUNDAY DEC 7, 2025 Day #70
Oatmeal or Cornflakes Yogurt Kiwi Cinnamon Toast/ Buttered or Dry Toast	Red River Cereal Or Raisin Bran Scrambled eggs Fruit cocktail Buttered or Dry Toast	Oatmeal Or Special K Honeydew melon Cheese Slice Muffin Buttered or Dry Toast	Cream of Wheat Or Cheerios Poached egg/fried bologna Banana & strawberries Buttered er Dry Toast	Oatmeal Or Frosted Flakes Yogurt Mandarin oranges Blueberry Muffin Buttered or Dry Toast	Red River Cereal Or Rice Krispies Cantaloupe Cheese slice Raisin Toast/ Buttered or Dry Toast	Oatmeal Or Cornflakes French Toast and Sausage Fruit Salad Buttered or Dry Toast
Tomato Rice Soup Cobb Salad Savory Biscuit Alternate Choice Hot Beef Sandwich Tossed green salad Baked peaches with ice cream	Borscht Monte Cristo Sandwich Fruit Slices Alternate Choice Crab Salad Sandwich Tossed salad Loaf	Vegetable Beer Soup Potato Sausage Casserole Broccoli Salad/sunflower seeds Alternate Choice Shaved Turkey Sandwich Cooked Pudding	Chicken Rice Soup Cheese & Veggie Melt Tomato/Cucumber Salad Alternate Choice Chicken Fingers Tapioca pudding	Cream or Mushroom Hamburger Coleslaw Alternate Choice Tuna Melt Apricots	Vegetable noodle soup Fresh made pizza Romaine Salad Alternate Choice Pulled Pork Sandwich Square	Baked Potato Soup Chicken Purger Green Salad with salad topper Alternate Choice Egg Salad Pudding
Mushroom Baked Pork Chops Potatoes Carrots & Cauliflower Alternate Choice Lasagna Garlic Toast Raspberry Mallow	Crispy Chicken Mashed Potatoes Butternut Squash Alternate Choice Sweet & Sour Pork Lemon Pudding Cobbler	Pork Ribs Potatoes Fall Medley Roasted Alternate Cho ice Chicken & Biscuit Pie Trifle	Salmon Steak & Dill Sauce Mashed Potatoes Green Beans Alternate Choice Swedish Meatballs Fruit Crisp	Honey Mustard Chicken Potatoes California Alternate Choice Beef Stew & Biscuit Chocolate Cake	Baked Haddock Fish Potatoes Sizzling greens (broccoli, bean, peas, & sesame seeds) Alternate Choice Meat Loaf Cream Puffs	Roast Beef Gravy (cook 2) Mini Yorkshire Pudding Mashed Potatoes Mashed Turnips Fruit Pie

250mL glass of Milk, 125mL yogurt is offered at Breakfast as an alternative to egg, cheese, or peanut butter.
Milk, choice of Juice, tea, or coffee and water are an option at every meal.
Crackers are served at lunch time with soup.
Fruit/cookies/muffins available 24/7
Most sandwiches are made with Tomato and Lettuce

Minced options with "minced appropriate vegetables and starch"

M. A. Nelson, RD
Sept 22/2025