

Fred Douglas Lodge Spring - Summer Menu 2026

SUBJECT TO CHANGE

Revised May 2026

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	<i>Oatmeal</i>	<i>Cream of Wheat Scrambled Eggs</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>
Light Meal	Tomato Basil Soup	Lentil Soup	Vegetable Beef Soup	Potato Soup	Chicken Noodle	Vegetable Soup	Cr. of Mushroom
	Grilled Cheese with Dill Pickle & Tomato Cucumber Salad	Captain Burger (with Tartar Sauce), French Fries & Coleslaw	Breakfast Sausage, Potato Pancakes (with Sour Cream), & Carrots	Chicken Bites with Sweet Potato Fries & Tossed Salad	Cheese Omelet with Potato Patty, & Tomato Slices	Chicken Pot Pie & Peas	Cold Cuts with Pasta Salad, Cheesy Bread Stick, & Pickled Beets
	Mandarin Oranges	Butterscotch Pudding	Fruit Cocktail	Sherbet	Fresh Baked Cookie	Chocolate Cake with Butter Icing	Ice Cream
	<i>Alt: Salisbury Steak</i>	<i>Alt: Cheese Omelet</i>	<i>Alt: Captain Burger/Fish Patty</i>	<i>Alt: Breakfast Sausage</i>	<i>Alt: Chicken Bites</i>	<i>Alt: Cheese Omelet</i>	<i>Alt: Chicken Pot Pie</i>
Main Meal	Beef Stroganoff with Buttered Egg Noodles, & Italian Vegetables	Pork Paddy with brown gravy, Mashed Potatoes, & California Vegetables	Beef Shepherd's Pie with Gravy & Butter Squash	Sole Fish, with Oven Roasted Potatoes, & Sunrise Vegetables	Beef Stew, Dinner Roll, & Broccoli	Pork Stir Fry with Rice & Oriental Vegetables	Sesame Chicken with Rice Pilaf, & Mixed Vegetables
	Banana Bread	Apricots	Jello Parfait	Cheesecake and Berries	Peaches	Rhubarb Crisp	Chocolate Cream Pie
	<i>Alt: Roast Pork</i>	<i>Alt: Beef Stroganoff</i>	<i>Alt: Pork Paddy</i>	<i>Alt: Beef Shepherd's Pie</i>	<i>Alt: Sole Fish</i>	<i>Alt: Beef Stew</i>	<i>Alt: Pork</i>

B: Daily Breakfast includes cold cereals, hot cereal (rotate cream of wheat & oatmeal), hardboiled egg, cheese, muffins, toast, milk, juice and coffee/tea

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	<i>Oatmeal</i>	<i>Cream of Wheat Pancakes (Syrup)</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal Scrambled Eggs Sausage</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>
Light Meal	Navy Bean Soup	Italian Pasta Soup	Borscht Soup	Chicken Vegetable Soup	Green Pea Soup	Cabbage Soup	Tomato Juice
	Macaroni & Cheese with Chicken Nuggets, & Green Beans	Lemon Baked Sole with Oven Roasted Potato & Broccoli	Beef Meatballs with Perogies (with Sour Cream), & mixed vegetables	Western Omelet (with Cheddar Cheese Sauce), with Tater Tots, & Sliced Tomato	Chunky Chicken with French Fries and Coleslaw	Pancakes with Bacon & Fruit Cup	Sweet & Sour Pork Paddy with Steamed Rice and Peas
	Lemon Tart	Pineapple	Fruit Salad	Fresh Baked Cookie	Banana	Mandarin Oranges	Black Forest Cake
	<i>Alt: Variety Sandwich</i>	<i>Alt: Omelet or Chicken Nuggets</i>	<i>Alt: Sole Fish</i>	<i>Alt: Beef Meatballs</i>	<i>Alt: Western Omelet</i>	<i>Alt: Chunky Chicken</i>	<i>Alt: Bacon or Variety Sandwich</i>
Main Meal	Salisbury Steak with Mashed Potatoes, & Broccoli	Mandarin Pork with Rice & Tri-Colored Carrots	Chicken Souvlaki with Lemon Rice & Tossed Salad	Baked Cod with Herb Potatoes O'Brien, & Italian Vegetable Mix	Beef Spaghetti Marinara with Noodles & Mixed Vegetables	Chicken a la King with Egg Noodles & Florentine Mix Vegetables	Roast Beef with Baked Potato, Gravy & Carrot Coins
	Jello	Ice Cream	Pudding	Fresh Fruit	Peaches	Bread Pudding	Orange Sherbet
	<i>Alt: Sesame Chicken</i>	<i>Alt: Salisbury Steak</i>	<i>Alt: Mandarin Pork</i>	<i>Alt: Chicken Souvlaki</i>	<i>Alt: Cod Fish</i>	<i>Alt: Beef Spaghetti</i>	<i>Alt: Chicken a la king</i>

B: Daily Breakfast includes cold cereals, hot cereal (rotate cream of wheat & oatmeal), hardboiled egg, cheese, muffins, toast, milk, juice and coffee/tea

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	<i>Cream of Wheat Scrambled Eggs</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>	<i>Cream of Wheat Pancakes (Syrup)</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>
Light Meal	Corn Chowder Soup	Mushroom Barley	Beef Noodle	Vegetable & Rice	Minestrone	Cr. of Cauliflower	Chicken Vegetable
	Crab Croissant with Tossed Salad	Breakfast Sausage with French Toast (Syrup), & Fruit Cup	Philly Steak Beef Sandwich, & Corn	Sesame Chicken with Spring Roll (with Plum Sauce), & Oriental Stir Fry Vegetables	Beef Hot Dog with French Fries & Creamy Coleslaw	Cheddar and Bacon Quiche & Tomato Cucumber Salad	Steak & Mushroom Pot Pie (with Gravy), & Green Beans
	Fresh Fruit	Date Square	Broken Glass Parfait	Apricots	Fresh Baked Cookie	Chocolate Mousse	Tropical Citrus Whip
	<i>Alt: Pork Paddy</i>	<i>Alt: Crab Croissant</i>	<i>Alt: Pork Breakfast Sausage</i>	<i>Alt: Salisbury Steak</i>	<i>Alt: Sesame Chicken</i>	<i>Alt: Beef Hot Dog</i>	<i>Alt: Quiche</i>
Main Meal	Chicken (with Creamy Mushroom Sauce), Rice & California Vegetables	Liver & Onions, with Mashed Potatoes, & Peas and Carrots Mix	BBQ Pork Rib with Oven Rice & Green Beans	Roast Turkey (with Gravy) with Wedge Potatoes & Mixed Vegetables	Baked Fish (with Tartar Sauce), Mashed Potatoes & Sunrise Vegetables	Chicken Kiev with Wedge Cut Potatoes & Baked Parsnips	Baked Ham with Scalloped Potatoes, & Broccoli
	Lemon Bar	Carrot Cake with Cream Cheese Icing	Fresh Fruit	Peaches	Fruit Cocktail	Pineapple Upside down Cake	Apple Pie
	<i>Alt: Roast Beef</i>	<i>Alt: Creamy Mushroom Chicken</i>	<i>Alt: Liver and Onions</i>	<i>Alt: Pork Rib</i>	<i>Alt: Turkey</i>	<i>Alt: Fish</i>	<i>Alt: Chicken Kiev</i>

B: Daily Breakfast includes cold cereals, hot cereal (rotate cream of wheat & oatmeal), hardboiled egg, cheese, muffins, toast, milk, juice and coffee/tea

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	<i>Cream of Wheat</i>	<i>Oatmeal</i> <i>Scrambled Eggs</i> <i>Sausage</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>
Light Meal	Tomato Basil Soup	Beef Barley & Black Bean Soup	Minestrone	Mushroom Soup	Vegetable Soup	Cr. of Carrot	Tomato Juice
	Deli Meat Plate with Pasta Salad, Rye Bread, & Tomato Slices	Roast Turkey (with Gravy), Mashed Potatoes & Sunrise Vegetables	Bacon with Belgium Waffles, & Fruit Cocktail	Rueben Sandwich with Apple Coleslaw	Macaroni and Cheese with Breakfast Sausage, & California Mixed Vegetables	Chicken Fingers (with Dipping Sauce), Tater Tots & Kernel Corn	Grilled Cheese with Dill Pickle & Tossed Salad
	Banana Cream Pie	Mandarin Oranges	Lemon Tart	Lime Graham Slice	Jello	Chocolate Brownie	Peaches
	<i>Alt: Steak Mushroom Pot Pie</i>	<i>Alt: Deli Meat</i>	<i>Alt: Roast Turkey</i>	<i>Alt: Bacon</i>	<i>Alt: Salisbury Steak</i>	<i>Alt: Breakfast Sausage</i>	<i>Alt: Chicken Fingers</i>
Main Meal	Beef Spaghetti Marinara with Noodles, & Sunrise Vegetables	Sweet Harvest Pork Stew with Dinner Roll, & Braised Cabbage	Chicken Burger (with Ranch Dressing), Tomato, lettuce & Italian Vegetables	Teriyaki Pork with Steamed Noodles & Oriental Vegetables	Friday Night Cod Fish Fry (with Tartar Sauce), with Dill Potatoes & Vegetable Medley	Oriental Beef Meatballs with Fried Rice, & Peas	Roast Pork (with Gravy), Buttered Yams, & Cauliflower
	Bread Pudding	Pears	Jello	Apricots	Apple Crisp	Fresh Fruit	Rice Pudding
	<i>Alt: Ham</i>	<i>Alt: Beef Meat Sauce</i>	<i>Alt: Pork Stew</i>	<i>Alt: Chicken Burger</i>	<i>Alt: Teriyaki Pork</i>	<i>Alt: Cod Fish</i>	<i>Alt: Beef Meatballs</i>

B: Daily Breakfast includes cold cereals, hot cereal (rotate cream of wheat & oatmeal), hardboiled egg, cheese, muffins, toast, milk, juice and coffee/tea

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Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	<i>Cream of Wheat Scrambled Eggs Sausage</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>	<i>Oatmeal</i>	<i>Cream of Wheat Pancakes (Syrup)</i>	<i>Oatmeal</i>	<i>Cream of Wheat</i>
Light Meal	Tomato Vegetable Soup	Cr. of Broccoli Soup	Onion Soup	Pea Soup	Butternut Squash	Italian Wedding	Chicken Rice
	Sweet & Sour Chicken Balls with Vegetable Spring Roll (with Plum Sauce), Cauliflower	Sole Fish with Oven Baby Potatoes (with Gravy), & Green Beans	Shanghai Beef Stir Fry with Rice, & Broccoli	Garlic Sausage with Perogies (with Sour Cream), Fried Onions, & Baked Parsnips	Cheeseburger with Crinkle Cut Fries with Pickles & Fancy Mix Vegetables	Western Omelet with Tater Tots & Carrots	Salisbury Steak Mashed Potatoes, Mushroom Gravy & Kernel Corn
	Blueberry Tart	Strawberry Mousse	Peanut Butter Marshmallow Square	Banana OR Orange	Dessert Loaf	Cream Puff	Ice Cream
	<i>Alt: Omelet</i>	<i>Alt: Chicken Balls</i>	<i>Alt: Sole Fish</i>	<i>Alt: Shanghai Beef</i>	<i>Alt: Garlic Sausage</i>	<i>Alt: Cheeseburger</i>	<i>Alt: Western Omelet</i>
Main Meal	Beef Wellington, with Mashed Potatoes, & Ceasar Salad	Pork Schnitzel (with Gravy), Sweet Potato Fries, & Peas and Carrots Mix	Turkey Meatloaf (with Gravy) with Mashed Potatoes, & Mixed Vegetables	Beef Lasagna with Garlic Toast & Peppers Medley	Baked Cod with Mashed Potatoes, & Coleslaw	Chicken Cordon Bleu with Roasted Potatoes & Broccoli	Roast Pork with Gravy, Buttered Yams & Green Beans
	pudding	Mandarin Oranges	Diced Pears	Dessert Loaf	Pineapple Tidbits	Strawberry Shortcake	Rhubarb Pie
	<i>Alt: Roast Pork</i>	<i>Alt: Beef Wellington</i>	<i>Alt: Pork</i>	<i>Alt: Turkey Meatloaf</i>	<i>Alt: Beef Lasagna</i>	<i>Alt: Cod Fish</i>	<i>Alt: Chicken Cordon</i>

B: Daily Breakfast includes cold cereals, hot cereal (rotate cream of wheat & oatmeal), hardboiled egg, cheese, muffins, toast, milk, juice and coffee/tea