

# Lodge Food Services

At GEF, our chefs' philosophy is to feed our residents as well as they would feed their own families. For many residents, mealtime, and supper in particular, is a highlight of the day. Depending on the meal and the lodge, meal service may be buffet style or plated and served. Three meals a day are provided along with snacks. A lodge with 120 residents can go through 60 dozen eggs per week, nearly 40 litres of milk and over 50 litres of coffee all in that same week!

Our chefs have Red Seal designations and they share a passion for flavourful preparation and appealing presentation. While we do not cater to specific diets, we do adhere to the Canada Food Guide for nutritional requirements. Menus rotate every five weeks with a twice yearly overhaul of the seasonal menus. This allows us to use fresh ingredients, local when possible, and provide a great variety. During the summer, many lodges have dietary students that work alongside the chefs to produce the healthiest and tastiest menus possible.

The chefs appreciate feedback from the residents and incorporate their requests into the menu design. Favourite menu items are held over to the next menu rotation, and less popular ones are replaced with resident suggestions.

Each month resident birthday celebrations are held along with special yearly events such as wine and cheese night or a summer BBQ. Big holidays like Christmas and Easter are treated as extra special meals and are another chance for chefs to bring the taste of home cooking to our residents.

All our chefs are very passionate about what they do and they appreciate the opportunity to display their culinary skills to residents and their families.



# Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST BUFFET</b>  <b>Served from 7:30 a.m.- 9:00 a.m</b>	Cold Cereals Oatmeal Yogurt  Muffins & Toast Fresh Fruit / Fruit Salad Prunes	Cold Cereals Cream of Wheat Cheese  Muffins & Toast Fresh Fruit / Fruit Salad Prunes	Cold Cereals Sunny Boy Breakfast Casserole  Muffins & Toast Fresh Fruit / Fruit Salad Prunes	Cold Cereals Oatmeal Yogurt  Muffins & Toast Fresh Fruit / Fruit Salad Prunes	Cold Cereals Cream of Wheat Boiled Eggs  Muffins & Toast Fresh Fruit / Fruit Salad Grapefruit/Prunes	Cold Cereals Cornmeal French Toast Yogurt Muffins & Toast Fresh Fruit / Fruit Salad Prunes	Cold Cereals Oat Bran Scrambled Eggs Bacon Muffins & Toast Fresh Fruit / Fruit Salad Prunes
<b>LUNCH BUFFET</b>  <b>Served from 11:30 am - 1:00 pm</b>	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts	Cream Soup Broth Soup  Hot Buffet  Salad Bar Assorted Sandwiches Assorted Desserts
<b>SUPPER SERVICE</b>  <b>1st Seating - 4:30 pm</b> <b>2nd Seating - 5:30 pm</b>	Chef's Soup Salad Bar  BBQ Hotdogs  BBQ Cheeseburgers  French Fries Corn on the Cob  Assorted Desserts	Chef's Soup Salad Bar  Warm Chicken Wraps  Grilled Salmon  Rice Pilaf Green Beans  Assorted Desserts	Chef's Soup Salad Bar  Pork Schnitzel  Meatloaf  Rosemary Roasted Potatoes Peas  Assorted Desserts	Chef's Soup Salad Bar  Chicken Parmesan  Minute Steaks  Buttered Noodles Sauteed Mushrooms  Assorted Desserts	Chef's Soup Salad Bar  BBQ Pork Chops  Lemon Sole  Baked Potatoes Corn  Assorted Desserts	Salad Bar  Baked Ham  Stuffed Chicken Cordon Bleu  Roast Potatoes Mixed Vegetables  Assorted Desserts	Salad Bar  Roast Turkey Breast  Roast Beef With Yorkies and Gravy  Mashed Garlic Potatoes Honeyed Carrots  Ice Cream

Sandwiches	Salads	Other	Beverages	Desserts	Fruits	Breads/ Cereals	Condiments
roast beef, ham, cheese, peanut butter, chicken, turkey, salmon, tuna, jam, headcheese, corned beef, salami, pastrami	tossed salad, potato salad, coleslaw, bean salad, pasta salad, jelly salad, carrot salad, cucumber salad, mixed vegetable salad, mushroom salad, twenty four hour salad, onion salad	hard boiled eggs, cottage cheese, cheddar cheese, fresh deli meats, carrots, radishes, tomatoes, green onions, celery, cucumbers, lettuce, broccoli, cauliflower, and other seasonal fresh vegetables	orange juice, apple juice, cranberry juice, prune juice, tomato juice, V-8 juice, 1% milk, skim milk, water, coffee, decaffeinated coffee, tea, hot chocolate, ice tea	assorted cooked pudding, jell-o, pastries, cakes, squares, muffins, cookies, sweet breads, custards, bread pudding, pies, rice pudding, fresh seasonal fruits, processed fruits	apples, oranges, bananas, grapefruit, prunes, fruit salad, watermelon, plums, honeydew melons, pears, nectarines, grapes, cantaloupe, strawberries, and other seasonal fresh fruit	unsalted crackers, rye bread, white bread, raisin, bread, whole wheat bread, variety of fresh muffins, special k, cornflakes, bran flakes, quaker oats, rice krispies, bran buds, guardian, cheerios, whole wheat crisps, all bran, cream of wheat, cornmeal, red river, oatmeal, oat bran	bread/butter pickles, dill pickles, pickled beets, corn relish, butter, margarine, tartar sauce, sour cream, ketchup, mustard, relish, cranberry sauce, syrup, white sugar, brown sugar, artificial sweetener, processed cheese spread, peanut butter, honey, marmalade, jams, jellies