

NAME: _____

NAME: _____

NAME: _____

***=SUGGESTED MEAL SELECTIONS**

SUNDAY

**** = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u>JUICES AND FRUITS</u>		<u>FOR STARTERS</u>		<u>FOR STARTERS</u>	
Orange Juice	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Chicken Orzo Soup	6 oz	Tomato Bisque Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal	4 oz	*Meat Lasagna	6 oz	*Seafood Salad Sandwich/Potato Roll	1
Assorted Cold Cereal	3/4 c	Chicken & Vegetable Quesadilla	1	Barbequed Pork	3 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg	1	*Roasted Zucchini	1/2 c	*Vegetable Medley	1/2 c
*Yogurt, Fruit & Apple Muffin Cold Plate	1	Green Beans	1/2 c	Roasted Potato	1/2 c
		Steamed Rice	1/2 c	Black Bean Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Lemon Pudding	1/2 c	Fresh Fruit Cup**	1/2 c
Whole Wheat Toast	1	Lemon Pudding**	1/4 c		
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ Tea		___ Tea		___ Tea	
___ Milk		___ Milk		___ Milk	
___ DeCaf		___ DeCaf		___ DeCaf	
___ DeCaf Tea		___ DeCaf Tea		___ DeCaf Tea	
___ Skim		___ Skim		___ Skim	
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	
___ Margarine		___ Margarine		___ Margarine	
___ Salt		___ Salt		___ Salt	
___ Sugar		___ Sugar		___ Sugar	
___ Jelly**		___ Pepper		___ Pepper	
___ Pepper		___ Sugar Substitute		___ Sugar Substitute	
___ Sugar Substitute				___ Salad Dressing	
					Spring/ Summer wk 4
					5/19/19

NAME: _____

NAME: _____

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***=SUGGESTED MEAL SELECTIONS**

M O N D A Y

**** = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u>JUICES AND FRUITS</u>		<u>FOR STARTERS</u>		<u>FOR STARTERS</u>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Beef Barley Soup	4 oz 6 oz	Ice Tea Vegetable Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Rice Assorted Cold Cereal	4 oz 3/4 c	*Pasta Primavera Turkey Burger on a Bun with Lettuce & Tomato	6 oz 1	*Roasted Chicken Breast with Gravy Macaroni & Cheese	4 oz 6 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Sausage English Muffin (Not for NAS or Low Cholesterol)	1 1	*Broccoli Sweet Potato Fries Summer Succotash Salad	1/2 c 1/2 c 1/2 c	*Stewed Tomatoes *Mashed Potatoes	1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>THE BREAD BASKET</u>	
White Toast Whole Wheat Toast	1 1	Pound Cake/Strawberry Topping Pound Cake/Strawberry Topping**	1 sl 1/2 sl	Whole Wheat Dinner Roll	1
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>DESSERT</u>	
___ Coffee ___ Tea ___ Milk	8 oz	___ Coffee ___ Tea ___ Milk	4 oz	Diced Pears**	1/2 c
___ DeCaf ___ DeCaf Tea ___ Skim		___ DeCaf ___ DeCaf Tea ___ Skim		<u>BEVERAGES</u>	
___ Butter ___ Salt ___ Sugar		___ Butter ___ Salt ___ Sugar ___ Ketchup		___ Coffee ___ Tea ___ Milk	4 oz
___ Jelly** ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute		___ DeCaf ___ DeCaf Tea ___ Skim	
		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
		___ Butter ___ Salt ___ Sugar ___ Ketchup		___ Butter ___ Salt ___ Sugar	Spring/ Summer wk 4 5/20/19

NAME: _____

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*=SUGGESTED MEAL SELECTIONS

T U E S D A Y

** = CCD

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u>JUICES AND FRUITS</u>		<u>FOR STARTERS</u>		<u>FOR STARTERS</u>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Carrot Soup	4 oz 6 oz	Ice Tea Cream of Tomato Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal Assorted Cold Cereal	4 oz 3/4 c	*Pork Milanese/Lemon Caper Sauce Chicken Paprikash	3 oz 6 oz	*Roasted Turkey with Gravy Grilled Cheese Sandwich	3 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
*Cheese Omelet	1	*Butternut Squash Peas *Roasted Potato Medley	1/2 c 1/2 c 1/2 c	*Sautéed Spinach *Vegetable Orzo	1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast *Raisin Toast	1 1 1	Focaccia Roll	1	Fresh Fruit Cup**	1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	8 oz	Boston Cream Pie Boston Cream Pie**	1 sl 1/2 sl	____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	4 oz
<u>CONDIMENTS</u>		<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
____ Butter ____ Jelly** ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute		____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	4 oz	____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute	Spring/ Summer wk 4
		<u>CONDIMENTS</u>			5/21/19
		____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute			

NAME: _____

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*=SUGGESTED MEAL SELECTIONS

W E D N E S D A Y

** = CCD

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u>JUICES AND FRUITS</u>		<u>FOR STARTERS</u>		<u>FOR STARTERS</u>	
Orange Juice	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Split Pea Soup	6 oz	Egg Drop Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	4 oz	*Fish Florentine	3 oz	*Vegetable Pizza	2 sl
Assorted Cold Cereal	3/4 c	BBQ Beef	4 oz	Ham Salad Sandwich on Rye with Potato Chips (Not for NAS)	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg	1	*Sliced Carrots	1/2 c		
*Egg and Cheese Croissant	1	Corn with Pimientos	1/2 c		
		*Baked Potato	1	*Cauliflower	1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		Petite Caesar Salad	1/2 c
White Toast	1	Seasonal Ice Cream**	1/2 c	<u>DESSERT</u>	
Whole Wheat Toast	1			Fresh Melon**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ DeCaf		___ DeCaf		___ DeCaf	
___ Tea		___ DeCaf Tea		___ DeCaf Tea	
___ DeCaf Tea	8 oz	___ Milk		___ Milk	4 oz
___ Milk		___ Skim		___ Skim	
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	Spring/ Summer wk 4
___ Jelly**		___ Margarine		___ Margarine	
___ Margarine		___ Salt		___ Pepper	
___ Salt		___ Pepper		___ Sugar Substitute	
___ Pepper		___ Sugar Substitute		___ Salad Dressing	5/22/19
___ Sugar Substitute					

NAME: _____

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*=**SUGGESTED MEAL SELECTIONS****FRIDAY**

** = CCD

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u>JUICES AND FRUITS</u>		<u>FOR STARTERS</u>		<u>FOR STARTERS</u>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Leafy Bean Soup	4 oz 6 oz	Ice Tea French Onion Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal Assorted Cold Cereal	4 oz 3/4 c	*Orange Glazed Salmon Roast Pork with Gravy	4 oz 4 oz	*Meatloaf with Gravy Turkey Sandwich on Whole Wheat with Lettuce & Tomato	4 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Scrambled Egg *O'Brien Potatoes	1 1 1/2 c	*Asian Blend Vegetables Summer Squash Medley *Jasmine Rice	1/2 c 1/2 c 1/2 c	*Carrots *Mashed Potatoes Macaroni Salad	1/2 c 1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Peach Crisp Peach Crisp**	1/2 c 1/4 c	Fresh Orange Slices**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
____ Coffee ____ Tea ____ Milk		____ Coffee ____ Tea ____ Milk		____ Coffee ____ Tea ____ Milk	
____ DeCaf ____ DeCaf Tea ____ Skim	8 oz	____ DeCaf ____ DeCaf Tea ____ Skim	4 oz	____ DeCaf ____ DeCaf Tea ____ Skim	4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
____ Butter ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	
					Spring/ Summer wk4
					5/24/19

