

NAME: \_\_\_\_\_

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Right-click on file to "save as" a PDF to your computer.  
 Re-save your filled-out menu file and email it to dining@waveny.org

\*\* = CCD

\*=SUGGESTED MEAL SELECTIONS

# SUNDAY

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	Apple Cider		4 oz
Stewed Prunes		3	Navy Bean Soup		6 oz	Italian Wedding Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Chicken Piccata		4 oz	*Pork Loin with Sweet Apples & Gravy		3 oz
Assorted Cold Cereal		3/4 c	Tuna Salad Plate with a Pita		1	Vegetable Frittata		6 oz
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
Hard Boiled Egg ( <i>cage free</i> )		1	*Green Beans		1/2 c	*Creamed Spinach		1/2 c
*Yogurt, Fruit & Peach Muffin Cold Plate		1	Swiss Chard		1/2 c	Corn		1/2 c
			*Bowtie Pasta		1/2 c	*Sweet Potato		1
			Green Salad		1/2 c			
<u>THE BREAD BASKET</u>			<u>DESSERT</u>			<u>DESSERT</u>		
White Toast		1	Banana Cake		1sl	Coffee Ice Cream**		1/2 c
Whole Wheat Toast		1	Banana Cake**		1/2 sl	Grapes**		1/2 c
			Mandarin Oranges**		1/2 c			
<u>BEVERAGES</u>			<u>BEVERAGES</u>			<u>BEVERAGES</u>		
___ Coffee	___ DeCaf		___ Coffee	___ DeCaf		___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea	8 oz	___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf Tea	4 oz
___ Milk	___ Skim		___ Milk	___ Skim		___ Milk	___ Skim	
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
___ Butter	___ Jelly**		___ Butter	___ Margarine	4 oz	___ Butter	___ Margarine	
___ Salt	___ Pepper		___ Salt	___ Pepper		___ Salt	___ Pepper	
___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute	
			___ Salad Dressing					

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**MONDAY**

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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 Winter Vegetable Soup	4 oz 6 oz	Ice Tea Chicken Noodle Soup	4 oz 6 oz
		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
<u>CEREALS</u>		*Cheese Tortellini with Pesto Cream Sauce	6 oz	*Chicken Tenders with Honey Mustard	4 oz
Cream of Rice Assorted Cold Cereal	4 oz 3/4 c	Pot Roast with Gravy	4 oz	Grilled Cheese Sandwich	1
		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
<u>MAIN DISH</u>		*Green Peas	1/2 c	*Grilled Vegetables	1/2 c
Scrambled Egg *Sausage & Fried Egg on an English Muffin (Not for NAS or Low Cholesterol)	1 1	Butternut Squash Buttered Egg Noodles Green Salad	1/2 c 1/2 c 1/2 c 1/2 c	Potato Wedges Cole Slaw	1/2 c 1/2 c 1/2 c
		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
<u>THE BREAD BASKET</u>		Dinner Roll	1	Chocolate Cream Pie	1 sl
White Toast Whole Wheat Toast	1 1			Chocolate Cream Pie** Fruit Cocktail**	1/2 sl 1/2 c
		<u>DESSERT</u>		<u>BEVERAGES</u>	
<u>BEVERAGES</u>		Apple Crisp	1/2 c	Coffee	
Coffee		Apple Crisp**	1/4 c	Tea	
Tea		Apricot Halves**	1/2 c	Milk	
Milk	8 oz			DeCaf	
DeCaf		<u>BEVERAGES</u>		DeCaf Tea	4 oz
DeCaf Tea		Coffee		Skim	
Milk		Tea	4 oz	<u>CONDIMENTS</u>	
Skim		Milk		Butter	
Butter		<u>CONDIMENTS</u>		Margarine	
Jelly**		Butter		Pepper	
Margarine		Salt		Sugar	
Pepper		Sugar		Sugar Substitute	
Sugar		Salad Dressing		Ketchup	
Sugar Substitute					
					1/7/19

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# T U E S D A Y

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**\*\* = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Broccoli Cheddar Soup	6 oz	Tomato Bisque	6 oz
Banana	1				
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
Oatmeal	4 oz	*Veal Parmesan	4 oz	*Mini Turkey Meatloaf with Gravy	4 oz
Assorted Cold Cereal	3/4 c	Chicken Marsala	4 oz	Fish Sandwich/Tartar Sauce	1
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
Hard Boiled Egg ( <i>cage free</i> )	1	*Roasted Cauliflower	1/2 c	*California Blend Vegetables	1/2 c
*Ham & Swiss Omelet (Not for NAS or Low Cholesterol)	1	Sliced Zucchini	1/2 c	Fresh Steamed Carrots	1/2 c
		*Garlic & Herb Couscous	1/2 c	*Mashed Potato	1/2 c
		Petite Caesar Salad	1/2 c		
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
White Toast	1	Chocolate Chip Cookies	2	Jell-O with Whip Topping	1/2 c
Whole Wheat Toast	1	Chocolate Chip Cookie**	1	Jell-O with Whip Topping**	1/4 c
*Raisin Toast	1	Diced Pears**	1/2 c	Pineapple Tidbits**	1/2 c
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
_____ Coffee		_____ Coffee		_____ Coffee	
_____ Tea		_____ Tea		_____ Tea	
_____ Milk		_____ Milk		_____ Milk	
_____ DeCaf		_____ DeCaf		_____ DeCaf	
_____ DeCaf Tea		_____ DeCaf Tea		_____ DeCaf Tea	
_____ Skim		_____ Skim		_____ Skim	
	8 oz				4 oz
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
_____ Butter		_____ Butter		_____ Butter	
_____ Salt		_____ Salt		_____ Salt	
_____ Sugar		_____ Sugar		_____ Sugar	
_____ Jelly**		_____ Margarine		_____ Margarine	
_____ Margarine		_____ Pepper		_____ Pepper	
_____ Pepper		_____ Sugar Substitute		_____ Sugar Substitute	
_____ Sugar Substitute		_____ Salad Dressing			
					1/8/19



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# THURSDAY

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BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Pasta Fagioli	4 oz 6 oz	Ice Tea Beef Noodle Soup	4 oz 6 oz
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
Cream of Wheat Assorted Cold Cereal	4 oz 3/4 c	*Beef Stroganoff Egg Salad Sandwich on a Roll	4 oz 1	*Hot Turkey Sandwich/Cranberry Relish Cottage Cheese/Fruit/Split Top Roll	1 1
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
Hard Boiled Egg ( <i>cage free</i> ) *Apple Pancakes/Syrup** *Turkey Sausage Links (Not for NAS or Low Cholesterol)	1 2 2	*Winter Vegetable Medley Peas *Egg Noodles	1/2 c 1/2 c 1/2 c	*Sautéed Spinach *Baked Sweet Potato Wedges	1/2 c 1/2 c
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
White Toast Whole Wheat Toast	1 1	Strawberry Ice Cream** Mandarin Oranges**	1/2 c 1/2 c	Forbidden Chocolate Cake Forbidden Chocolate Cake** Apricot Halves**	1 sl 1/2 sl 1/2 c
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
_____ Coffee _____ Tea _____ Milk	8 oz	_____ Coffee _____ Tea _____ Milk	4 oz	_____ Coffee _____ Tea _____ Milk	4 oz
_____ DeCaf _____ DeCaf Tea _____ Skim		_____ DeCaf _____ DeCaf Tea _____ Skim		_____ DeCaf _____ DeCaf Tea _____ Skim	
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
_____ Butter _____ Salt _____ Sugar		_____ Butter _____ Salt _____ Sugar		_____ Butter _____ Salt _____ Sugar _____ Ketchup	
_____ Jelly** _____ Pepper _____ Sugar Substitute		_____ Margarine _____ Pepper _____ Sugar Substitute		_____ Margarine _____ Pepper _____ Sugar Substitute	
					1/10/19

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**FRIDAY**

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<b>BREAKFAST</b>	<b>AMT</b>	<b>LUNCH</b>	<b>AMT</b>	<b>DINNER</b>	<b>AMT</b>
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Seafood Chowder	4 oz 6 oz	Cranberry Juice Onion Soup	4 oz 6 oz
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
Oatmeal Assorted Cold Cereal	4 oz 3/4 c	*Brown Stew Chicken Herb Pork Roast with Gravy	6 oz 4 oz	*Bowtie Pasta with Vodka Sauce Philly Cheesesteak on a Club Roll	6 oz 1
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
Hard Boiled Egg ( <i>cage free</i> ) *Scrambled Egg *Home Fries	1 1 1/2 c	*Cabbage Green Beans *Coconut Rice & Peas	1/2 c 1/2 c 1/2 c	*Capri Blend Vegetables Garden Salad	1/2 c 1/2 c
<b><u>THE BREAD BASKET</u></b>		<b><u>THE BREAD BASKET</u></b>		<b><u>THE BREAD BASKET</u></b>	
White Toast Whole Wheat Toast *Mini Danish (Not for CCD)	1 1 1	Whole Wheat Roll	1	*Garlic Bread	1
<b><u>BEVERAGES</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
____ Coffee ____ Tea ____ Milk		Sugar Cookies Sugar Cookie** Applesauce**	2 1 1/2 c	Apple Pie Apple Pie** Cantaloupe**	1 sl 1/2 sl 1/2 c
____ DeCaf ____ DeCaf Tea ____ Skim	8 oz	<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
<b><u>CONDIMENTS</u></b>		____ Coffee ____ Tea ____ Milk		____ Coffee ____ Tea ____ Milk	
____ Butter ____ Salt ____ Sugar		____ DeCaf ____ DeCaf Tea ____ Skim	4 oz	____ DeCaf ____ DeCaf Tea ____ Skim	4 oz
____ Jelly** ____ Pepper ____ Sugar Substitute		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
		____ Butter ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar ____ Salad Dressing	
		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	
					1/11/19

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# SATURDAY

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BREAKFAST		AMT	LUNCH		AMT	DINNER		AMT
<b><u>JUICES AND FRUITS</u></b>			<b><u>FOR STARTERS</u></b>			<b><u>FOR STARTERS</u></b>		
Orange Juice		4 oz	Arnold Palmer Ice Tea		4 oz	Ice Water		4 oz
Stewed Prunes		3	Potato Leek Soup		6 oz	Vegetable Soup		6 oz
Banana		1						
<b><u>CEREALS</u></b>			<b><u>THE MAIN DISH</u></b>			<b><u>THE MAIN DISH</u></b>		
Cream of Wheat		6 oz	*Pan Seared Salmon		4 oz	*Turkey Chili		6 oz
Assorted Cold Cereal		3/4 c	Homemade Cheese Pizza		2 sl	Broccoli Quiche		1 sl
<b><u>MAIN DISH</u></b>			<b><u>ON THE SIDE</u></b>			<b><u>ON THE SIDE</u></b>		
Scrambled Egg		1	*Mixed Vegetables		1/2 c	*Honey Glazed Brussel Sprouts		1/2 c
*French Toast/Syrup**		1	Acorn Squash		1/2 c	Tossed Green Salad		1/2 c
*Bacon (Not for NAS or Low Cholesterol)		2 sl	*Baked Potato/Sour Cream		1			
<b><u>THE BREAD BASKET</u></b>			<b><u>DESSERT</u></b>			<b><u>THE BREAD BASKET</u></b>		
White Toast		1	Lemon Ice**		1/2 c	Corn Bread		1
Whole Wheat Toast		1	Diced Peaches**		1/2 c			
<b><u>BEVERAGES</u></b>			<b><u>BEVERAGES</u></b>			<b><u>DESSERT</u></b>		
_____ Coffee	_____ DeCaf		_____ Coffee	_____ DeCaf		Marble Cake		1 sl
_____ Tea	_____ DeCaf Tea		_____ Tea	_____ DeCaf Tea	4 oz	Marble Cake**		1/2 sl
_____ Milk	_____ Skim		_____ Milk	_____ Skim		Fruit Cocktail**		1/2 c
<b><u>CONDIMENTS</u></b>			<b><u>CONDIMENTS</u></b>			<b><u>BEVERAGES</u></b>		
_____ Butter	_____ Jelly**	8 oz	_____ Butter	_____ Margarine		_____ Coffee	_____ DeCaf	
_____ Salt	_____ Pepper		_____ Salt	_____ Pepper		_____ Tea	_____ DeCaf Tea	
_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute		_____ Milk	_____ Skim	4 oz
						<b><u>CONDIMENTS</u></b>		
						_____ Butter	_____ Margarine	
						_____ Salt	_____ Pepper	
						_____ Sugar	_____ Sugar Substitute	
						_____ Salad Dressing		