

NAME: _____

NAME: _____

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***=SUGGESTED MEAL SELECTIONS**

SUNDAY

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**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<p align="center"><u>JUICES AND FRUITS</u></p>		<p align="center"><u>FOR STARTERS</u></p>		<p align="center"><u>FOR STARTERS</u></p>	
<p>Orange Juice Stewed Prunes</p>	<p>4 oz 3</p>	<p>Ice Water Minestrone Soup</p>	<p>4 oz 6 oz</p>	<p>Ice Tea Golden Mushroom Soup</p>	<p>4 oz 6 oz</p>
<p align="center"><u>CEREALS</u></p>		<p align="center"><u>THE MAIN DISH</u></p>		<p align="center"><u>THE MAIN DISH</u></p>	
<p>Oatmeal Assorted Cold Cereal</p>	<p>4 oz 3/4 c</p>	<p>*Roast Turkey with Gravy Veal Milanese</p>	<p>4 oz 4 oz</p>	<p>*Grilled Cheese Sandwich Chicken, Bacon, Lettuce & Tomato Salad with Romaine & Roll (Not for NAS)</p>	<p>1 1</p>
<p align="center"><u>MAIN DISH</u></p>		<p align="center"><u>ON THE SIDE</u></p>		<p align="center"><u>ON THE SIDE</u></p>	
<p>7-Minute Egg (<i>cage free</i>) *Yogurt, Fruit & Cinnamon Muffin Cold Plate</p>	<p>1 1</p>	<p>*Green Beans Roasted Cauliflower *Mashed Potatoes</p>	<p>1/2 c 1/2 c 1/2 c</p>	<p>*Steamed Carrots Potato Salad</p>	<p>1/2 c 1/2 c</p>
<p align="center"><u>THE BREAD BASKET</u></p>		<p align="center"><u>DESSERT</u></p>		<p align="center"><u>DESSERT</u></p>	
<p>White Toast Whole Wheat Toast</p>	<p>1 1</p>	<p>Peach Trifle/Raspberry Sauce Peach Trifle/Raspberry Sauce ** Orange Sherbet**</p>	<p>1 sl 1/2 sl 1/2 c</p>	<p>Chocolate Cream Pie Chocolate Cream Pie** Sliced Watermelon**</p>	<p>1 sl 1/2 sl 1/2 c</p>
<p align="center"><u>BEVERAGES</u></p>		<p align="center"><u>BEVERAGES</u></p>		<p align="center"><u>BEVERAGES</u></p>	
<p>____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim</p>	<p>8 oz</p>	<p>____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim</p>	<p>4 oz</p>	<p>____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim</p>	<p>4 oz</p>
<p align="center"><u>CONDIMENTS</u></p>		<p align="center"><u>CONDIMENTS</u></p>		<p align="center"><u>CONDIMENTS</u></p>	
<p>____ Butter ____ Jelly** ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute</p>		<p>____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute</p>		<p>____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute ____ Salad Dressing</p>	
					<p align="right">8/20/17</p>

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M O N D A Y

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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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Chicken Rice Soup	6 oz	Creamy Lentil Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat	4 oz	*Lemon Dill Cod	4 oz	*Spinach & Cheese Frittata	1
Assorted Cold Cereal	3/4 c	Penne Chicken Alfredo	6 oz	Sausage & Peppers (Not for NAS)	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>)	1	*Asparagus	1/2 c	*Vegetable Medley	1/2 c
*Sausage English Muffin (Not for NAS or Low Cholesterol)	1	Fresh Broccoli	1/2 c	*Roasted Potatoes	1/2 c
		*Steamed Brown Rice	1/2 c		
		Petite Caesar Salad	1/2 c		
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	Dinner Roll	1	Creme Brule	1 sl
Whole Wheat Toast	1			Creme Brule**	1/4 c
		<u>DESSERT</u>		Fresh Cantaloupe**	1/2 c
		Mango Blueberry Medley	1/2 c		
		Mango Blueberry Medley**	1/4 c	<u>BEVERAGES</u>	
		Diced Pears**	1/2 c	_____ Coffee	_____ DeCaf
<u>BEVERAGES</u>				_____ Tea	_____ DeCaf Tea
_____ Coffee				_____ Milk	_____ Skim
_____ Tea		<u>BEVERAGES</u>			
_____ Milk		_____ Coffee			
	8 oz	_____ DeCaf		<u>CONDIMENTS</u>	
		_____ Tea		_____ Butter	_____ Margarine
		_____ DeCaf Tea		_____ Salt	_____ Pepper
		_____ Skim		_____ Sugar	_____ Sugar Substitute
<u>CONDIMENTS</u>			4 oz	_____ Salad Dressing	
_____ Butter		<u>CONDIMENTS</u>			
_____ Salt		_____ Butter			
_____ Sugar		_____ Margarine			
		_____ Pepper			
		_____ Sugar Substitute			

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TUESDAY

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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		4 oz	Ice Water		4 oz	Ice Tea		4 oz
Stewed Prunes		3	Beef Vegetable Soup		6 oz	Split Pea Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Pork Loin with Balsamic & Onions		4 oz	*Chicken Breast Sandwich with		1
Assorted Cold Cereal		3/4 c	Shrimp Scampi		4 oz	Lettuce & Tomato		6 oz
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (<i>cage free</i>)		1	*Steamed Cauliflower		1/2 c			
*Grilled Ham (Not for NAS)		2	*Peas		1/2 c			
			*Linguini		1/2 c			
<u>THE BREAD BASKET</u>			<u>THE BREAD BASKET</u>			<u>DESSERT</u>		
White Toast		1	Whole Wheat Dinner Roll		1			
Whole Wheat Toast		1						
*Raisin Toast		1						
<u>BEVERAGES</u>			<u>DESSERT</u>			<u>BEVERAGES</u>		
___ Coffee	___ DeCaf		Tres Leche Cake		1 sl			
___ Tea	___ DeCaf Tea		Tres Leche Cake**		1/2 sl			
___ Milk	___ Skim	8 oz	Applesauce**		1/2 c			
<u>CONDIMENTS</u>			<u>BEVERAGES</u>			<u>CONDIMENTS</u>		
___ Butter	___ Jelly		___ Coffee	___ DeCaf		___ Butter	___ Margarine	
___ Salt	___ Pepper		___ Tea	___ DeCaf Tea		___ Salt	___ Pepper	
___ Sugar	___ Sugar Substitute		___ Milk	___ Skim	4 oz	___ Sugar	___ Sugar Substitute	
			<u>CONDIMENTS</u>					
			___ Butter	___ Margarine				
			___ Salt	___ Pepper				
			___ Sugar	___ Sugar Substitute				
			___ Salad Dressing					

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W E D N E S D A Y

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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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Leafy Bean Soup	6 oz	Matzo Ball Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	4 oz	*Penne with Meatballs	6 oz	*Turkey Sandwich on Whole Wheat	1
Assorted Cold Cereal	3/4 c	Honey Glazed Baked Ham (Not for NAS)	4 oz	Baked Macaroni and Cheese	6 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>)	1	*Steamed Broccoli	1/2 c	*Steamed Carrots	1/2 c
*Egg and Cheese Croissant	1	Yellow Squash	1/2 c	Whole Wheat Roll	1
		Baked Sweet Potato	1/2 c	Spinach & Strawberry Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	*Garlic Toast	1	Peanut Butter Cookies	2
Whole Wheat Toast	1			Peanut Butter Cookie**	1
		<u>DESSERT</u>		Diced Pears**	1/2 c
		Orange Cake	1sl		
		Orange Cake**	1/2 sl		
		Pineapple Tidbits**	1/2 c		
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
_____ Coffee		_____ Coffee		_____ Coffee	
_____ Tea		_____ Tea		_____ Tea	
_____ Milk		_____ Milk		_____ Milk	
		_____ DeCaf		_____ DeCaf	
		_____ DeCaf Tea		_____ DeCaf Tea	
		_____ Skim		_____ Skim	
	8 oz				4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Butter		_____ Butter		_____ Butter	
_____ Salt		_____ Salt		_____ Salt	
_____ Sugar		_____ Sugar		_____ Sugar	
_____ Jelly		_____ Margarine		_____ Margarine	
_____ Margarine		_____ Pepper		_____ Pepper	
_____ Pepper		_____ Sugar Substitute		_____ Sugar Substitute	
_____ Sugar Substitute		_____ Salad Dressing			
			4 oz		

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THURSDAY

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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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Vegetable Bisque	6 oz	Beef Barley Soup	6 oz
<u>CEREAL</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat	4 oz	*Turkey Meatloaf with Gravy	4 oz	*Hamburger on a Whole Wheat Bun with Lettuce & Tomato	1
Assorted Cold Cereal	3/4 c	Cobb Salad Plate	1	Sweet & Sour Pork	6oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>)	1	*Sautéed Kale	1/2 c	*Asian Blend Vegetables	1/2 c
*Blueberry Pancakes/Syrup**	2	*Mashed Potatoes	1/2 c	Sautéed Mushrooms *	1/2 c
*Sausage Patty (Not for NAS or Low Cholesterol)	1	Three Bean Salad	1/2 c	Sweet Potato Fries	1
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Coffee Ice Cream**	4 oz	Chocolate Eclair	1
Whole Wheat Toast	1	Sliced Watermelon**	1	Chocolate Eclair**	1/2
				Fruit Cocktail**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ Tea		___ Tea		___ Tea	
___ Milk		___ Milk		___ Milk	
___ DeCaf		___ DeCaf		___ DeCaf	
___ DeCaf Tea	8 oz	___ DeCaf Tea		___ DeCaf Tea	
___ Skim		___ Skim	4 oz	___ Skim	4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	
___ Jelly**		___ Salt		___ Salt	
___ Margarine		___ Sugar		___ Sugar	
___ Pepper		___ Ketchup		___ Sugar Substitute	
___ Sugar Substitute		___ Mayonnaise		___ Margarine	
				___ Pepper	
				___ Sugar Substitute	

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FRIDAY

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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		4 oz	Ice Water		4 oz	Ice Tea		4 oz
Stewed Prunes		3	New Orleans Vegetable Gumbo		6 oz	Tomato Pasta Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Shrimp in Creole Sauce		4 oz	*Grilled Madison Sandwich (Roast Beef, Swiss Cheese, Pesto, Sauteed Mushrooms on Rye)		1
Assorted Cold Cereal		3/4 c	Chicken & Sausage Jambalaya		6 oz	Pepperoni (Not for NAS) or Cheese Pizza		1 sl
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (<i>cage free</i>)		1	*Buttered Corn		1/2 c	*Mixed Vegetables with Beans		1/2 c
*Scrambled Egg		1	Green Beans		1/2 c	Petite Caesar Salad		1/2 c
*Hash Browns		1/2 c	*Rice		1/2 c	<u>DESSERT</u>		
<u>THE BREAD BASKET</u>			<u>THE BREAD BASKET</u>			<u>DESSERT</u>		
White Toast		1	Biscuit		1	Strawberry Ice Cream**		4 oz
Whole Wheat Toast		1	<u>DESSERT</u>			Mandarin Oranges**		1/2 c
*Mini Danish (Not for CCD)		1	Cherry Crisp		1/2 c	<u>BEVERAGES</u>		
<u>BEVERAGES</u>			Cherry Crisp**		1/4 c	_____ Coffee	_____ DeCaf	
_____ Coffee	_____ DeCaf		Diced Peaches**		1/2 c	_____ Tea	_____ DeCaf Tea	
_____ Tea	_____ DeCaf Tea	8 oz	<u>BEVERAGES</u>			_____ Milk	_____ Skim	4 oz
_____ Milk	_____ Skim		_____ Coffee	_____ DeCaf		<u>CONDIMENTS</u>		
<u>CONDIMENTS</u>			_____ Tea	_____ DeCaf Tea	4 oz	_____ Butter	_____ Margarine	
_____ Butter	_____ Jelly**		_____ Milk	_____ Skim		_____ Salt	_____ Pepper	
_____ Salt	_____ Pepper		<u>CONDIMENTS</u>			_____ Sugar	_____ Sugar Substitute	
_____ Sugar	_____ Sugar Substitute		_____ Butter	_____ Margarine		_____ Salad Dressing		
			_____ Salt	_____ Pepper				
			_____ Sugar	_____ Sugar Substitute				
			_____ Salad Dressing					

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SATURDAY

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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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Pasta Fagioli Soup	6oz	Chardonnay Cheddar Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat	4 oz	*Braised Beef Pot Roast/Gravy	3 oz	*Pulled Pork Sandwich	1
Assorted Cold Cereal	3/4 c	Cheese Ravioli with Marinara Sauce	6 oz	Chicken Tenders	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
*7-Minute Egg (<i>cage free</i>)	1	*Peas & Pearl Onions	1/2 c	*Baked Beans	1/2 c
*Waffles/Syrup**	1	Roasted Parmesan Carrots	1/2 c	Grilled Zucchini	1/2 c
		*Mashed Potatoes	1/2 c	Cole Slaw	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	Challah Bread	1	Butterscotch Pudding	1/2 c
Whole Wheat Toast	1			Butterscotch Pudding**	1/4 c
		<u>DESSERT</u>		Fresh Fruit Cup**	1/2 c
		Strawberry Rhubarb Crumble	1/2 c		
		Strawberry Rhubarb Crumble**	1/4 c	<u>BEVERAGES</u>	
		Apricot Halves**	1/2 c	_____ Coffee	_____ DeCaf
<u>BEVERAGES</u>				_____ Tea	_____ DeCaf Tea
_____ Coffee		<u>BEVERAGES</u>		_____ Milk	_____ Skim
_____ Tea		_____ Coffee			
_____ Milk	8 oz	_____ Tea		<u>CONDIMENTS</u>	
		_____ Milk		_____ Butter	_____ Margarine
		_____ Coffee		_____ Salt	_____ Pepper
		_____ Tea		_____ Sugar	_____ Sugar Substitute
		_____ Milk	4 oz	_____ Honey Mustard	
<u>CONDIMENTS</u>		_____ Butter			
_____ Butter		_____ Margarine			
_____ Salt		_____ Pepper			
_____ Sugar		_____ Sugar Substitute			
_____ Sugar Substitute		_____ Salad Dressing			