

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
<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	Cream of Cauliflower Soup		6 oz	Vegetable Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Honey Apple Pork Roast/Gravy		3 oz	*Chicken Pot Pie		6 oz
Assorted Cold Cereal		3/4 c	Spaghetti with Meat Sauce		6 oz	Tuna Salad Sandwich on Whole Wheat		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (<i>cage free</i>)		1	*Green Beans		1/2 c	*Sautéed Kale		1/2 c
Bacon (Not for NAS or Low Cholesterol)		2 sl	Brussel Sprouts		1/2 c	Carrots		1/2 c
<u>THE BREAD BASKET</u>			*Oven Browned Potatoes		1/2 c	<u>DESSERT</u>		
White Toast		1	Tossed Green Salad		1/2 c	Black Forest Cake		1 sl
Whole Wheat Toast		1	<u>THE BREAD BASKET</u>		1	Black Forest Cake**		1/2 sl
*Banana Muffin		1	Garlic Roll			Banana**		1
<u>BEVERAGES</u>			<u>DESSERT</u>			<u>BEVERAGES</u>		
_____ Coffee	_____ DeCaf		Lemon Pudding		1/2 c	_____ Coffee	_____ DeCaf	
_____ Tea	_____ DeCaf Tea		Lemon Pudding**		1/4 c	_____ Tea	_____ DeCaf Tea	
_____ Milk	_____ Skim	8 oz	Pineapple Tidbits**		1/2 c	_____ Milk	_____ Skim	4 oz
<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>			_____ Salad Dressing		
			_____ Butter	_____ Margarine				
			_____ Salt	_____ Pepper				
			_____ Sugar	_____ Sugar Substitute				

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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		4 oz	Ice Water		4 oz	Ice Tea		4 oz
Stewed Prunes		3	Corn Chowder		6 oz	Butternut Squash Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Cream of Wheat		4 oz	*BBQ Beef Brisket		3 oz	*Egg Salad Sandwich on Whole Wheat		1
Assorted Cold Cereal		3/4 c	Baked Fish with Crumb Topping		4 oz	Veal Piccata		4 oz
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (<i>cage free</i>)		1	*Summer Succotash		1/2 c	*Broccoli		1/2 c
*Scrambled Egg		1	Spinach		1/2 c	Peas		1/2 c
<u>THE BREAD BASKET</u>			*Brown Rice Pilaf		1/2 c	*Buttered Egg Noodles		1/2 c
White Toast		1	Chickpea Salad		1/2 c	<u>DESSERT</u>		
Whole Wheat Toast		1	<u>DESSERT</u>			Raspberry Sherbet**		1/2 c
*Raisin Toast		1	Brownie		1	Mandarin Oranges **		1/2 c
<u>BEVERAGES</u>			Brownie**		1/2	<u>BEVERAGES</u>		
_____ Coffee	_____ DeCaf		Applesauce**		1/2 c	_____ Coffee	_____ DeCaf	
_____ Tea	_____ DeCaf Tea		<u>BEVERAGES</u>			_____ Tea	_____ DeCaf Tea	
_____ Milk	_____ Skim	8 oz	_____ Coffee	_____ DeCaf		_____ Milk	_____ Skim	4 oz
<u>CONDIMENTS</u>			_____ Tea	_____ DeCaf Tea	4 oz	<u>CONDIMENTS</u>		
_____ Butter	_____ Jelly**		_____ Milk	_____ Skim		_____ Butter	_____ Margarine	
_____ Salt	_____ Pepper		<u>CONDIMENTS</u>			_____ Salt	_____ Pepper	
_____ Sugar	_____ Sugar Substitute		_____ Butter	_____ Margarine		_____ Sugar	_____ Sugar Substitute	
			_____ Salt	_____ Pepper				
			_____ Sugar	_____ Sugar Substitute				

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TUESDAY

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BREAKFAST		AMT			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	Chicken Rice Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Cream of Rice		4 oz	*Meatloaf with Gravy		4 oz	*Ham & Cheese Quiche (Not for NAS)		1 sl
Assorted Cold Cereal		3/4 c	Oven Fried Chicken Breast		4 oz	Turkey Burger on a Whole Wheat Bun with Lettuce & Tomato		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (cage free)		1	*Stewed Tomatoes		1/2 c	*Broccoli Spears		1/2 c
*Grilled Ham (Not for NAS)		1 sl	Peas & Carrots		1/2 c	Marinated Tomato & Cucumber Salad		1/2 c
<u>THE BREAD BASKET</u>			*Mashed Potatoes		1/2 c	<u>DESSERT</u>		
White Toast		1	<u>THE BREAD BASKET</u>			Blueberry Parfait		1/2 c
Whole Wheat Toast		1	Dinner Roll		1	Blueberry Parfait**		1/4 c
<u>BEVERAGES</u>			<u>DESSERT</u>			Fruit Cocktail**		1/2 c
___ Coffee	___ DeCaf		Banana Bread Pudding		1/2 c	<u>BEVERAGES</u>		
___ Tea	___ DeCaf Tea		Banana Bread Pudding**		1/4 c	___ Coffee	___ DeCaf	
___ Milk	___ Skim		Diced Peaches**		1/2 c	___ Tea	___ DeCaf	
<u>CONDIMENTS</u>			<u>BEVERAGES</u>			___ Milk	___ Skim	4 oz
___ Butter	___ Jelly **		___ Coffee	___ DeCaf		<u>CONDIMENTS</u>		
___ Salt	___ Pepper		___ Tea	___ DeCaf Tea		___ Butter	___ Margarine	
___ Sugar	___ Sugar Substitute		___ Milk	___ Skim	4 oz	___ Salt	___ Pepper	
			<u>CONDIMENTS</u>			___ Sugar	___ Sugar Substitute	
			___ Butter	___ Margarine				
			___ Salt	___ Pepper				
			___ Sugar	___ Sugar Substitute				
			___ Ketchup	___ Mustard				

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WEDNESDAY

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 Orzo Soup	6 oz	Wisconsin Cheese Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	4 oz	*Vegetable Frittata	1 sl	*Chicken Marsala	4 oz
Assorted Cold Cereal	3/4 c	Sausage & Peppers (Not for NAS)	4 oz	Cobb Salad Plate	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>)	1	*Butternut Squash	1/2 c	*Corn with Pimientos	1/2 c
*Egg & Cheese Croissant Sandwich	1	Vegetable Medley	1/2 c	Cauliflower	1/2 c
		*Roasted Red Potatoes	1/2 c	Buttered Egg Noodles	1/2 c
		Garden Green Salad	1/2 c		
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Sugar Cookies	2	Chocolate IceCream**	1/2 c
Whole Wheat Toast	1	Sugar Cookie**	1	Pineapple Tidbits*	1/2 c
		Fresh Fruit	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		___ Skim		___ Skim	
___ Milk					
	8 oz				4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	
___ Jelly**		___ Margarine		___ Margarine	
___ Margarine		___ Salt		___ Salt	
___ Salt		___ Pepper		___ Pepper	
___ Sugar		___ Sugar		___ Sugar	
___ Sugar Substitute		___ Sugar Substitute		___ Sugar Substitute	
		___ Salad Dressing		___ Ketchup	
				___ Mayonnaise	

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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 Stewed Prunes	4 oz 3	Ice Water Potato Leek Soup	4 oz 6 oz	Ice Tea Beef Barley Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat Assorted Cold Cereal	4 oz 3/4 c	*Shrimp Fried Rice Classic Hamburger with Lettuce & Tomato	4 oz 1	*Turkey Sandwich on a Soft Roll Margarita Chicken Pasta	1 6 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>) *Buttermilk Pancakes/Syrup**	1 2	*Grilled Summer Vegetables Sweet Potato Fries Garden Green Salad	1/2 c 1/2 c 1/2 c	*Sautéed Mushrooms Broccoli *Steak Fries	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	Carrot Cake/Cream Cheese Icing Carrot Cake/Cream Cheese Icing** Sliced Pears**	1 sl 1/2 sl 1/2 c	Boston Cream Pie Boston Cream Pie** Watermelon Chunks**	1 sl 1/2 sl 1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	8 oz	____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	4 oz	____ Coffee ____ DeCaf ____ Tea ____ DeCaf Tea ____ Milk ____ Skim	4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
____ Butter ____ Jelly** ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute		____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute ____ Ketchup ____ Mayonnaise ____ Salad Dressing		____ Butter ____ Margarine ____ Salt ____ Pepper ____ Sugar ____ Sugar Substitute ____ Ketchup	

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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 England Clam Chowder		6 oz	Vegetarian Vegetable Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Chicken Cacciatore		4 oz	*Beef Chili		6 oz
Assorted Cold Cereal		3/4 c	Baked Fish with Tartar Sauce		4 oz	Cottage Cheese & Fruit Plate		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
7-Minute Egg (<i>cage free</i>)		1	*Brussel Sprouts		1/2 c			
*Scrambled Egg		1	Summer Squash with Cherry Tomatoes		1/2 c	*Spinach		1/2 c
*Hash Browns		1/2 c	*Brown Rice		1/2 c	*Cornbread		1
			Marinated Beet Salad		1/2 c			
<u>THE BREAD BASKET</u>			<u>DESSERT</u>			<u>DESSERT</u>		
White Toast		1	Strawberry Romanoff		1/2 c	Apple Pear Crumble		1/2 c
Whole Wheat Toast		1	Strawberry Romanoff**		1/4 c	Apple Pear Crumble**		1/4 c
			Orange Sherbet**		1/2 c	Fresh Fruit Cup**		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	4 oz	_____ Milk	_____ Skim	
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
_____ Butter	_____ Jelly**		_____ Butter	_____ Margarine		_____ Butter	_____ Margarine	
_____ Salt	_____ Pepper		_____ Salt	_____ Pepper		_____ Salt	_____ Pepper	
_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute	
			_____ Salad Dressing			_____ Salad Dressing		

