

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 Stewed Prunes	4 oz 3	Apple Juice Cream of Celery Soup	4 oz 6 oz	Ice Tea Tomato Bisque 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	*Spaghetti with Meat Sauce Shrimp Scampi over Spaghetti	6 oz 6 oz	*Seafood Salad Sandwich/Potato Roll Barbequed Pork	1 3 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Yogurt, Fruit & Cinnamon Apple Muffin Cold Plate	1 1	*Roasted Zucchini Green Beans	1/2 c 1/2 c	*Vegetable Medley Roasted Potato Black Bean & Corn 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	Lemon Meringue Pie Lemon Meringue Pie** Fruit Cocktail**	1 sl 1/2 sl 1/2 c	Flan Flan**	1/2 c 1/4 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 ___ Margarine ___ Salt ___ Sugar		___ Butter ___ Salt ___ Sugar		___ Butter ___ Salt ___ Sugar	
___ Jelly** ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute	
					Fall/Winter wk 4 2/17/19

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	*Turkey Lasagna Veggie 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>	
Scrambled Egg *Sausage & Fried Egg English Muffin (Not for NAS or Low Cholesterol)	1 1	*Steamed Broccoli Corn Sweet Potato Fries Tossed Green Salad	1/2 c 1/2 c 1/2 c 1/2 c	*Stewed Tomatoes Roasted Cauliflower *Mashed Potatoes	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	Pound Cake/Strawberry Topping Pound Cake/Strawberry Topping** Diced Pears**	1 sl 1/2 sl 1/2 c	Orange Sherbet**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee ___ Tea ___ Milk	8 oz	___ Coffee ___ Tea ___ Milk	4 oz	___ Coffee ___ Tea ___ Milk	4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter ___ Salt ___ Sugar		___ Butter ___ Salt ___ Sugar ___ Ketchup		___ Butter ___ Salt ___ Sugar	Fall/Winter wk 4 2/18/19
___ Jelly** ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute ___ Salad Dressing		___ DeCaf ___ DeCaf Tea ___ Skim ___ Margarine ___ Pepper ___ Sugar Substitute	

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*=SUGGESTED MEAL SELECTIONS

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	Minestrone Soup	6 oz	Cream of Tomato Soup	6 oz
Banana	1				
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal	4 oz	*Pork Milanese/Lemon Caper Sauce	3 oz	*Roasted Turkey with Gravy	3 oz
Assorted Cold Cereal	3/4 c	Chicken Cacciatore	6 oz	Grilled Cheese Sandwich	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>)	1	*Butternut Squash	1/2 c	*Sautéed Spinach	1/2 c
*Spinach Omelet	1	Peas	1/2 c	*Mashed Potatoes	1/2 c
*Grilled Ham (Not for NAS or Low Cholesterol)	2	*Roasted Potato Medley	1/2 c	Carrot & Raisin Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	Focaccia Bread	1	Applesauce**	1/2 c
Whole Wheat Toast	1			<u>BEVERAGES</u>	
*Raisin Toast	1	<u>DESSERT</u>		_____ Coffee	_____ DeCaf
		Blueberry Crisp	1/2 c	_____ Tea	_____ DeCaf Tea
		Blueberry Crisp**	1/4 c	_____ Milk	_____ Skim
		Fresh Fruit Cup**	1/2 c		
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
_____ Coffee		_____ Coffee		_____ Butter	_____ Margarine
_____ Tea		_____ Tea		_____ Salt	_____ Pepper
_____ Milk		_____ Milk		_____ Sugar	_____ Sugar Substitute
	8 oz	_____ DeCaf			Fall/Winter
		_____ DeCaf Tea	4 oz		wk 4
		_____ Skim			2/19/19
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>			
_____ Butter		_____ Butter			
_____ Salt		_____ Salt			
_____ Sugar		_____ Sugar			
_____ Jelly**		_____ Margarine			
_____ Margarine		_____ Pepper			
_____ Pepper		_____ Sugar Substitute			
_____ Sugar Substitute					

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*=SUGGESTED MEAL SELECTIONS

THURSDAY

** = 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 Turkey Noodle Soup	4 oz 6 oz	Ice Tea Corn Chowder	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	*Chicken Paprikash Tortellini Bolognese	6 oz 6 oz	*Hamburger on Bun with Lettuce & Tomato	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
7-Minute Egg (<i>cage free</i>) *Banana Pancakes/Syrup** *Turkey Sausage Link	1 2 2	*Baby Carrots Brussel Sprouts *Buttered Egg Noodles	1/2 c 1/2 c 1/2 c	*Italian Blend Vegetables *French Fries	4 oz 1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Split Top Dinner Roll	1	Fruit Cocktail**	1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
____ Coffee ____ Tea ____ Milk		Banana Trifle Banana Trifle** Pineapple Tidbits**	1/2 c 1/2 c 1/2 c	____ Coffee ____ Tea ____ Milk	____ DeCaf ____ DeCaf Tea ____ Skim
<u>CONDIMENTS</u>		<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
____ Butter ____ Salt ____ Sugar	8 oz	____ Coffee ____ Tea ____ Milk	4 oz	____ Butter ____ Salt ____ Sugar ____ Ketchup	____ Margarine ____ Pepper ____ Sugar Substitute ____ Mayonnaise
____ Jelly** ____ Pepper ____ Sugar Substitute		<u>CONDIMENTS</u> ____ Butter ____ Salt ____ Sugar ____ Salad Dressing		____ Margarine ____ Pepper ____ Sugar Substitute ____ Mayonnaise	Fall/Winter wk 4 2/21/19

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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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Leafy Bean Soup	6 oz	Onion Soup	6 oz
Banana	1				
		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
<u>CEREALS</u>		*Orange Glazed Salmon	4 oz	*Meatloaf with Gravy	4 oz
Oatmeal	4 oz	Asian Ginger Pork	4 oz	Turkey Club Sandwich	1
Assorted Cold Cereal	3/4 c				
		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
<u>MAIN DISH</u>		*Asian Blend Vegetables	1/2 c		
7-Minute Egg (<i>cage free</i>)	1	Cauliflower	1/2 c	*Carrots	1/2 c
*Scrambled Egg	1	*Jasmine Rice	1/2 c	Succotash	1/2 c
		Asian Slaw Salad	1/2 c	*Mashed Potatoes	1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Peach Crisp	1/2 c	Vanilla Pudding	1/2 c
Whole Wheat Toast	1	Peach Crisp**	1/4 c	Vanilla Pudding**	1/4 c
*Mini Danish	1	Diced Pears**	1/2 c		
		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
<u>BEVERAGES</u>		_____ Coffee		_____ Coffee	
_____ Coffee		_____ Tea		_____ Tea	
_____ Tea		_____ Milk		_____ Milk	
_____ Milk		_____ DeCaf	4 oz	_____ DeCaf	
		_____ DeCaf Tea		_____ DeCaf Tea	4 oz
		_____ Skim		_____ Skim	
	8 oz				
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Butter		_____ Butter		_____ Butter	
_____ Salt		_____ Margarine		_____ Salt	
_____ Sugar		_____ Pepper		_____ Sugar	
_____ Jelly**		_____ Sugar Substitute		_____ Sugar Substitute	
_____ Margarine		_____ Salad Dressing			
_____ Pepper					
_____ Sugar Substitute					
					Fall/Winter wk4
					2/22/19

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*=SUGGESTED MEAL SELECTIONS

SATURDAY

** = 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	Arnold Palmer Ice Tea Butternut Squash Soup	4 oz 6oz	Ice Water Cream of Spinach 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	*Lemon Herb Chicken Breast Fish Piccata	4 oz 4 oz	*Italian Combo on Whole Wheat Bread Swedish Meatballs	1 4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg *French Toast/Syrup** *Bacon (Not for NAS or Low Cholesterol)	1 1 2 sl	*Sautéed Mushrooms Green Beans *Fettucine Petite Caesar Salad	1/2 c 1/2 c 1/2 c 1/2 c	Broccoli Orzo Tomato & Mozzarella Salad	1/2 c 1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Dinner Roll	1	Strawberry Ice Cream**	1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
_____ Coffee _____ Tea _____ Milk		Sugar Cookies Sugar Cookie** Diced Peaches**	2 1 1/2 c	_____ Coffee _____ Tea _____ Milk	
_____ DeCaf _____ DeCaf Tea _____ Skim	8 oz	<u>BEVERAGES</u>		_____ DeCaf _____ DeCaf Tea _____ Skim	4 oz
<u>CONDIMENTS</u>		<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
_____ Butter _____ Salt _____ Sugar		_____ Coffee _____ Tea _____ Milk	4 oz	_____ Butter _____ Salt _____ Sugar _____ Salad Dressing	
_____ Jelly** _____ Pepper _____ Sugar Substitute		_____ DeCaf _____ DeCaf Tea _____ Skim		_____ Margarine _____ Pepper _____ Sugar Substitute	
_____ Margarine _____ Pepper _____ Sugar Substitute		_____ Butter _____ Salt _____ Sugar _____ Salad Dressing		_____ Sugar Substitute	Fall/Winter wk4 2/23/19