

NAME: _____

NAME: _____

NAME: _____

***=SUGGESTED MEAL SELECTIONS**

MONDAY

**** = 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 Rice Soup		6 oz	Tortilla Soup		6 oz
Banana		1	<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
<u>CEREALS</u>			*Italian Herb Pork Loin with Gravy		3 oz	*Turkey Sandwich with Lettuce & Tomato		1
Cream of Rice		4 oz	Spaghetti with Roasted Vegetable		6 oz	Quiche Lorraine		1 sl
Assorted Cold Cereal		3/4 c	Sauce			<u>ON THE SIDE</u>		
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
*Fried Egg on an English Muffin		1	*Peas		1/2 c	*Winter Vegetable Blend		1/2 c
Scrambled Egg		1	Italian Blend Vegetables		1/2 c	Beet 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>			Orange Sherbet**		1/2 c
Whole Wheat Toast		1	Whole Wheat Roll		1	<u>BEVERAGES</u>		
<u>BEVERAGES</u>			<u>DESSERT</u>			_____ Coffee	_____ DeCaf	
_____ Coffee	_____ DeCaf		Pumpkin Pie		1 sl	_____ Tea	_____ DeCaf Tea	
_____ Tea	_____ DeCaf Tea		Pumpkin Pie**		1/2 sl	_____ Milk	_____ Skim	4 oz
_____ Milk	_____ Skim	8 oz	Diced Peaches**		1/2 c	<u>CONDIMENTS</u>		
<u>CONDIMENTS</u>			<u>BEVERAGES</u>			_____ Butter	_____ Margarine	
_____ Butter	_____ Jelly**		_____ Coffee	_____ DeCaf		_____ Salt	_____ Pepper	
_____ Salt	_____ Pepper		_____ Tea	_____ DeCaf Tea	4 oz	_____ Sugar	_____ Sugar Substitute	
_____ Sugar	_____ Sugar Substitute		_____ Milk	_____ Skim		<u>CONDIMENTS</u>		
			<u>CONDIMENTS</u>			_____ Butter	_____ Margarine	
			_____ Butter	_____ Margarine		_____ Salt	_____ Pepper	
			_____ Salt	_____ Pepper		_____ Sugar	_____ Sugar Substitute	
			_____ Sugar	_____ Sugar Substitute				Fall/Winter
								wk 1
								2/25/19

NAME: _____

NAME: _____

NAME: _____

***=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		4 oz	Ice Water		4 oz	Ice Tea		4 oz
Stewed Prunes		3	Corn Chowder		6 oz	Potato Leek Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Tilapia Florentine		4 oz	*Hamburger with Lettuce & Tomato on a Whole Wheat Bun		1
Assorted Cold Cereal		3/4 c	Butternut Squash Ravioli		6 oz	Roast Turkey with Gravy		3 oz
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
*Scrambled Egg		1	*Sautéed Vegetable Medley		1/2 c	*Broccoli		1/2 c
*Belgian Waffle with Blueberry Topping		1	Kale		1/2 c	*Steak Fries		1/2 c
			*Rosemary Potatoes		1/2 c			
			Tossed Green Salad		1/2 c			
<u>THE BREAD BASKET</u>			<u>DESSERT</u>			<u>DESSERT</u>		
White Toast		1	Peach Crisp		1/2 c	Applesauce**		1/2 c
Whole Wheat Toast		1	Peach Crisp**		1/4 c			
			Pineapple Tidbits**		1/2 c			
<u>BEVERAGES</u>			<u>BEVERAGES</u>			<u>BEVERAGES</u>		
___ Coffee	___ DeCaf		___ Coffee	___ DeCaf		___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf	
___ Milk	___ Skim	8 oz	___ Milk	___ Skim	4 oz	___ Milk	___ Skim	4 oz
<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			___ Ketchup	___ Mayonnaise	

Fall/Winter
wk1
2/26/19

NAME: _____

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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 Mushroom Barley Soup	4 oz 6 oz	Cranberry Juice Tomato Garlic 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	*Fresh Turkey Burger on a Bun with Lettuce & Tomato Country Fried Pork Chop	1 4 oz	*Baked Macaroni & Cheese Chicken Breast with White Wine Sauce	6 oz 4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Buttermilk Pancakes/Syrup** *Sausage Patty (Not for NAS or Low Cholesterol)	1 2 1	*Roasted Zucchini Roasted Parsnips *Sweet Potato Fries	1/2 c 1/2 c 1/2 c	*Sautéed Spinach Parslied Jasmine Rice *Sweet Dinner Roll	1/2 c 1/2 c 1
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Cranberry Oatmeal Bar Cranberry Oatmeal Bar** Diced Pears**	2 1 1/2 c	Vanilla Ice Cream**	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 ____ Ketchup		____ Butter ____ Salt ____ Sugar	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	
					Fall/Winter wk1 2/28/19

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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	Seafood Chowder		6 oz	Vegetarian Vegetable Soup		6 oz
Banana		1						
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Beer Battered Cod/Tartar Sauce		3 oz	*Pulled Pork Sandwich on a Bun		1
Assorted Cold Cereal		3/4 c	Open-Faced Hot Roast Beef Sandwich with Gravy		3 oz	Greek Salad with Grilled Chicken		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
Hard Boiled Egg (<i>cage free</i>)		1	*Stewed Tomatoes		1/2 c	*Cauliflower		1/2 c
*Scrambled Egg		1	*French Fries		1/2 c	Green Beans		1/2 c
*Breakfast Potatoes		1/2 c	Cole Slaw		1/2 c			
<u>THE BREAD BASKET</u>			<u>DESSERT</u>			<u>THE BREAD BASKET</u>		
*9 Grain Toast		1	Lemon Cake		1 sl	Dinner Roll		1
White Toast		1	Lemon Cake**		1/2 sl			
Whole Wheat Toast		1	Fruit Cocktail**		1/2 c	<u>DESSERT</u>		
<u>BEVERAGES</u>			<u>BEVERAGES</u>			<u>BEVERAGES</u>		
_____ Coffee	_____ DeCaf		_____ Coffee	_____ DeCaf		_____ Coffee	_____ DeCaf	
_____ Tea	_____ DeCaf Tea		_____ Tea	_____ DeCaf Tea		_____ Tea	_____ DeCaf Tea	
_____ Milk	_____ Skim		_____ Milk	_____ Skim	4 oz	_____ Milk	_____ Skim	4 oz
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
_____ Butter	_____ Jelly**		_____ Butter	_____ Margarine		_____ Butter	_____ Margarine	Fall/Winter
_____ Salt	_____ Pepper		_____ Salt	_____ Pepper		_____ Salt	_____ Pepper	wk1
_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute	3/1/19

NAME: _____

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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	Ice Water Lentil Soup	4 oz 6 oz	Arnold Palmer Ice Tea Minestrone 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	*Meatloaf with Gravy Sweet & Sour Chicken	4 oz 4 oz	*Eggplant Parmesan Ham Sandwich with Lettuce & Tomato (Not for NAS)	6 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
*French Toast/Syrup** Hard Boiled Egg (<i>cage free</i>) *Bacon (Not for NAS or Low Cholesterol)	1 1 2 sl	*Asian Vegetable Blend Peas *Rice Pilaf	1/2 c 1/2 c 1/2 c	*Balsamic Roasted Brussel Sprouts *Italian Bread Carrot Dill Salad	1/2 c 1 sl 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Brownie Brownie** Sliced Pineapple**	1 sl 1/2 sl 1/2 c	Raspberry Sherbet**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
____ Coffee ____ Tea ____ Milk	8 oz	____ Coffee ____ Tea ____ Milk	4oz	____ Coffee ____ Tea ____ Milk	4 oz
____ DeCaf ____ DeCaf Tea ____ Skim		____ DeCaf ____ DeCaf Tea ____ Skim		____ DeCaf ____ DeCaf Tea ____ Skim	
<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	
					Fall/Winter wk1 3/2/19