



ST. PATRICK'S DAY

Sunday, March 17, 2019

BREAKFAST

Orange Juice

Stewed Prunes

Oatmeal

Assorted Cold Cereal

Belgian Waffle with Blueberry Topping

Hard Boiled Egg

White Toast

Whole Wheat Toast

Butter_____ Margarine_____ Jelly**_____

Coffee_____ Tea_____ Whole Milk_____

DeCaf Coffee_____ DeCaf Tea_____ Skim Milk_____



ST. PATRICK'S DAY

Sunday, March 17, 2019

LUNCH

Arnold Palmer Ice Tea

Potato Leek Soup

Corned Beef and Cabbage

Guinness Battered Cod Fish/Tartar Sauce

Sliced Carrots

Boiled Red Potatoes

French Fries

Irish Soda Bread Dinner Roll

Butter _____

Margarine _____

Irish Whisky Cake**

Coffee _____

Tea _____

Whole Milk _____

DeCaf Coffee _____

DeCaf Tea _____

Skim Milk _____

ST. PATRICK'S DAY

Sunday, March 17, 2019

DINNER

Ice Tea

Cream of Celery Soup

Latin Pulled Pork

Lemon Herb Chicken

Vegetable Medley

Yellow Rice

Chickpea Salad

Butter _____

Margarine _____

Mint Chocolate Ice Cream**

Coffee _____

Tea _____

Whole Milk _____

DeCaf Coffee _____

DeCaf Tea _____

Skim Milk _____



NAME: _____

NAME: _____

NAME: _____

*=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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Turkey Rice Soup	6 oz	Lentil Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Rice	4 oz	*Yankee Pot Roast with Gravy	3 oz	*Penne Marinara with	6 oz
Assorted Cold Cereal	3/4 c	Vegetable Flatbread	1	Sausage & Mozzarella	
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		Turkey Sandwich with Lettuce Tomato	1
Fried Egg (Well Done)	1	*Kale	1/2 c	<u>ON THE SIDE</u>	
*Sausage English Muffin (Not for NAS or Low Cholesterol)	1	Sautéed Mushrooms	1/2 c	*Steamed Broccoli	1/2 c
		*Garlic Mashed Potatoes	1/2 c	Beet Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Chocolate Pudding/Topping	1/2 c	Diced Pears**	1/2 c
Whole Wheat Toast	1	Chocolate Pudding/Topping**	1/4 c	<u>BEVERAGES</u>	
<u>BEVERAGES</u>		<u>BEVERAGES</u>		_____ Coffee	4 oz
_____ Coffee		_____ Coffee		_____ DeCaf	
_____ Tea		_____ Tea		_____ DeCaf Tea	
_____ Milk		_____ Milk		_____ Skim	
_____ DeCaf		_____ DeCaf Tea	4 oz	<u>CONDIMENTS</u>	
_____ DeCaf Tea		_____ Skim		_____ Butter	Spring/ Summer wk3
_____ Skim	8 oz	<u>CONDIMENTS</u>		_____ Margarine	
<u>CONDIMENTS</u>		_____ Butter		_____ Pepper	
_____ Butter		_____ Margarine		_____ Sugar	3/18/19
_____ Jelly**		_____ Pepper			
_____ Margarine		_____ Sugar Substitute			
_____ Salt					
_____ Pepper					
_____ Sugar					
_____ Sugar Substitute					

NAME: _____

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***=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 Stewed Prunes	4 oz 3	Ice Water Vegetable Soup	4 oz 6 oz	Ice Tea Mushroom Barley Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Peach Oatmeal Assorted Cold Cereal	4 oz 3/4 c	*Pineapple Chicken Baked Breaded Fish	4 oz 4 oz	*Shepherd's Pie Italian Grilled Cheese & Tomato Sandwich	6 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
*Cheese Omelet	1	*Steamed Cabbage Vegetable Medley *Jasmine Rice Garden Salad	1/2 c 1/2 c 1/2 c 1/2 c	*Yellow Squash Cucumber Salad	1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast *Raisin Toast	1 1 1	Apple Buckle Apple Buckle**	1/2 c 1/4 c	Fruited Gelatin Fruited Gelatin**	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 ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar ____ Salad Dressing		____ Butter ____ Salt ____ Sugar	
____ Jelly ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	Spring/ Summer wk3 3/19/19

NAME: _____

NAME: _____

NAME: _____

*=SUGGESTED MEAL SELECTIONS

W E D N 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	Split Pea Soup	6 oz	Turkey Vegetable Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	4 oz	*Stuffed Shells	4 oz	*Swedish Meatballs	4 oz
Assorted Cold Cereal	3/4 c	Asian Ginger Pork	4 oz	Chicken Salad Sandwich	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg	1	*Grilled Vegetables	1/2 c	*Baby Carrots	1/2 c
*Egg and Cheese Croissant	1	Cauliflower	1/2 c	*Egg Noodles	1/2 c
		Rice Pilaf	1/2 c	Marinated Vegetable Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	Italian Roll	1	Diced Peaches**	1/2 c
Whole Wheat Toast	1			<u>BEVERAGES</u>	
<u>BEVERAGES</u>		<u>DESSERT</u>		_____ Coffee	_____ DeCaf
_____ Coffee		Flan	1/2 c	_____ Tea	_____ DeCaf Tea
_____ Tea		Flan**	1/4 c	_____ Milk	_____ Skim
_____ Milk					
_____ DeCaf	8 oz	<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
_____ DeCaf Tea		_____ Coffee		_____ Butter	_____ Margarine
_____ Skim		_____ Tea		_____ Salt	_____ Pepper
<u>CONDIMENTS</u>		_____ Milk		_____ Sugar	_____ Sugar Substitute
_____ Butter					
_____ Jelly		<u>CONDIMENTS</u>			
_____ Margarine		_____ Butter			
_____ Pepper		_____ Margarine			
_____ Sugar		_____ Salt			
		_____ Pepper			
		_____ Sugar			
		_____ Sugar Substitute			
					Spring/ Summer wk3
					3/20/19

NAME: _____

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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 Stewed Prunes	4 oz 3	Ice Water Cream of Cauliflower Soup	4 oz 6 oz	Iced Tea Wild Mushroom 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	*Beef Tips with Mushrooms & Peppers Baked Fish/Creole Sauce	6 oz 4 oz	*Tuna Salad Wrap Meatballs with Marinara Sauce	1 4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg <i>(cage free)</i> *Scrambled Egg	1 1	*Roasted Carrots Sautéed Collard Greens *Mashed Potato	1/2 c 1/2 c 1/2 c	*Zucchini Spaghetti Three Bean 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 *Mini Danish (Not for CCD)	1 1 1	Fresh Melon**	1/2 c	Vanilla Pudding Vanilla Pudding**	1/2 c 1/4 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		___ Butter ___ Margarine ___ Salt ___ Pepper ___ Sugar ___ Sugar Substitute	Spring/ Summer wk3 3/22/19

NAME: _____

NAME: _____

NAME: _____

*=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 Pasta Fagioli Soup	4 oz 6oz	Ice Water Lentil 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	*Eggplant Parmesan Braised Pork with Balsamic & Onions	6 oz 3 oz	*Open-Faced Hot Turkey Sandwich with Gravy Cobb Salad with a Roll	1 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *French Toast/Syrup** *Bacon (Not for NAS or Low Cholesterol)	1 1 2 sl	Sautéed Vegetable Medley *Buttered Bowtie Pasta Tossed Green Salad	1/2 c 1/2 c 1/2 c	*Spinach *Mashed Potatoes	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	Garlic Roll	1	Strawberry Ice Cream**	1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
_____ Coffee _____ Tea _____ Milk		Mandarin Oranges**	1/2 c	_____ Coffee _____ Tea _____ Milk	
_____ DeCaf _____ DeCaf Tea _____ Skim		<u>BEVERAGES</u>		_____ DeCaf _____ DeCaf Tea _____ Skim	4 oz
_____ Jelly** _____ Pepper _____ Sugar Substitute	8 oz	_____ Coffee _____ Tea _____ Milk	4 oz	<u>CONDIMENTS</u>	
<u>CONDIMENTS</u>		_____ Butter _____ Salt _____ Sugar _____ Salad Dressing		_____ Butter _____ Salt _____ Sugar	
_____ Margarine _____ Pepper _____ Sugar Substitute		_____ Margarine _____ Pepper _____ Sugar Substitute		_____ Margarine _____ Pepper _____ Sugar Substitute	Spring/ Summer wk3
					3/23/19