

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		4 oz	Ice Water		4 oz	Ice Tea		4 oz
Stewed Prunes		3	Navy Bean Soup		6 oz	Italian Wedding Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Chicken Piccata		4 oz	*Pork Loin with Sweet Apples & Gravy		3 oz
Assorted Cold Cereal		3/4 c	Vegetable Quiche		1 sl	Tuna Salad on Lettuce with a Soft Roll		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
Hard Boiled Egg (<i>cage free</i>)		1	*Corn		1/2 c	*Creamed Spinach		1/2 c
*Tomato & Cheese Omelet		1	Swiss Chard		1/2 c	*Mashed Sweet Potato		1/2 c
<u>THE BREAD BASKET</u>			*Bowtie Pasta		1/2 c	<u>DESSERT</u>		
White Toast		1	Green Salad		1/2 c	Diced Peaches**		1/2 c
Whole Wheat Toast		1	<u>DESSERT</u>			<u>BEVERAGES</u>		
<u>BEVERAGES</u>			Banana Cake		1sl	_____ Coffee	_____ DeCaf	
_____ Coffee	_____ DeCaf		Banana Cake**		1/2 sl	_____ Tea	_____ DeCaf Tea	4 oz
_____ Tea	_____ DeCaf Tea		<u>BEVERAGES</u>			_____ Milk	_____ Skim	
_____ Milk	_____ Skim	8 oz	_____ Coffee	_____ DeCaf	4 oz	<u>CONDIMENTS</u>		
<u>CONDIMENTS</u>			_____ Tea	_____ DeCaf Tea		_____ Butter	_____ Margarine	
_____ Butter	_____ Jelly**		_____ Milk	_____ Skim		_____ Salt	_____ Pepper	Spring/ Summer Wk2
_____ Salt	_____ Pepper		<u>CONDIMENTS</u>			_____ Sugar	_____ Sugar Substitute	
_____ Sugar	_____ Sugar Substitute		_____ Butter	_____ Margarine				
			_____ Salt	_____ Pepper				
			_____ Sugar	_____ Sugar Substitute				
			_____ Salad Dressing					4/7/19

NAME: _____

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*=**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	Vegetable Soup	6 oz	Tomato Bisque	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Rice	4 oz	*Tortellini Alfredo	6 oz	*Grilled Cheese Sandwich	1
Assorted Cold Cereal	3/4 c	Chicken Lo Mein	6 oz	Salisbury Steak with Gravy	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Fried Egg (<i>Well Done</i>)	1	*Broccoli	1/2 c	*Grilled Vegetables	1/2 c
*Sausage English Muffin (Not for NAS or Low Cholesterol)	1	Green Salad	1/2 c	Mashed Potatoes	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		Italian Potato Salad	1/2 c
White Toast	1	Dinner Roll	1	<u>DESSERT</u>	
Whole Wheat Toast	1	<u>DESSERT</u>		Chocolate Cream Pie	1 sl
<u>BEVERAGES</u>		Fresh Fruit Cup**	1/2 c	Chocolate Cream Pie**	1/2 sl
_____ Coffee		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
_____ DeCaf		_____ Coffee		_____ Coffee	
_____ Tea		_____ DeCaf		_____ DeCaf	
_____ DeCaf Tea	8 oz	_____ Tea		_____ DeCaf Tea	4 oz
_____ Skim		_____ Milk		_____ Skim	
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Butter		_____ Butter		_____ Butter	
_____ Jelly**		_____ Margarine		_____ Margarine	
_____ Margarine		_____ Salt		_____ Pepper	
_____ Salt		_____ Pepper		_____ Sugar	
_____ Sugar		_____ Sugar Substitute		_____ Sugar Substitute	
_____ Sugar Substitute		_____ Salad Dressing			
					Spring/ Summer Wk2
					4/8/19

NAME: _____

NAME: _____

NAME: _____

*=SUGGESTED MEAL SELECTIONS

TUESDAY

** = 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 Broccoli Cheddar Soup	4 oz 6 oz	Ice Tea Chicken Noodle 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	*Eggplant Parmesan Chicken Marsala	4 oz 4 oz	*Mini Turkey Meatloaf with Gravy Egg Salad Sandwich on a Potato Roll	4 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg *Grilled Ham (Not for NAS or Low Cholesterol)	1 1 sl	*Roasted Cauliflower Sliced Zucchini *Garlic & Herb Couscous Tossed Green Salad	1/2 c 1/2 c 1/2 c 1/2 c	*California Blend Vegetables *Mashed Potato	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	Pineapple Tidbits**	1/2 c	Jell-O with Whip Topping Jell-O with Whip Topping**	1/2 c 1/4 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
____ 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 ____ Salad Dressing		____ Butter ____ Salt ____ Sugar	Spring/ Summer Wk2
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	4/9/19

00000NAME: _____

NAME: _____

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*=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	Carrot Ginger Soup	6 oz	Yellow Split Pea Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	6 oz	*Stuffed Peppers/Creole Sauce	6 oz	*Fish Sandwich/Tartar Sauce	1
Assorted Cold Cereal	3/4 c	Baked Fish with Balsamic & Capers	4 oz	Roasted Chicken with Gravy	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>)	1	*Green Beans	1/2 c	*Mixed Vegetable Blend	1/2 c
*Egg & Cheese Croissant	1	Seasoned Collard Greens	1/2 c	*Steak Fries	1/2 c
		*Brown Rice	1/2 c	Green Salad	1/2 c
<u>THE BREAD BASKET</u>		<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
White Toast	1	Dinner Roll	1	Diced Pears**	1/2 c
Whole Wheat Toast	1				
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
___ Coffee		Sugar Cookies	2	___ Coffee	
___ DeCaf		Sugar Cookie**	1	___ DeCaf	
___ Tea				___ DeCaf Tea	
___ DeCaf Tea	8 oz			___ Skim	4 oz
___ Milk		<u>BEVERAGES</u>			
___ Skim		___ Coffee		<u>CONDIMENTS</u>	
		___ DeCaf		___ Butter	___ Margarine
<u>CONDIMENTS</u>		___ Tea		___ Salt	___ Pepper
___ Butter	___ Jelly**	___ DeCaf Tea		___ Sugar	___ Sugar Substitute
___ Salt	___ Pepper	___ Skim	4 oz	___ Ketchup	___ Salad Dressing
___ Sugar	___ Sugar Substitute	<u>CONDIMENTS</u>			
		___ Butter			
		___ Margarine			
		___ Salt			
		___ Pepper			
		___ Sugar			
		___ Sugar Substitute			
					Spring/ Summer Wk2
					4/1019

NAME: _____

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		4 oz	Lemonade		4 oz	Ice Water		4 oz
Stewed Prunes		3	Seafood Chowder		6 oz	French Onion Soup		6 oz
Banana		1	<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
<u>CEREALS</u>			*Baked Shrimp with Lemon Butter		4 oz	*Cheese Ravioli with Marinara Sauce		6 oz
Oatmeal		4 oz	Curry Chicken		4 oz	Hamburger on a Bun with		1
Assorted Cold Cereal		3/4 c	<u>ON THE SIDE</u>			Lettuce & Tomato		
<u>MAIN DISH</u>			*Cabbage		1/2 c	<u>ON THE SIDE</u>		
Hard Boiled Egg (<i>cage free</i>)		1	Green Beans		1/2 c	*Capri Blend Vegetables		1/2 c
*Scrambled Egg		1	*Rice Pilaf		1/2 c	Garden Salad		1/2 c
*Home Fries		1/2 c	<u>DESSERT</u>			<u>THE BREAD BASKET</u>		
<u>THE BREAD BASKET</u>			Peach Pie		1 sl	*Garlic Roll		1
White Toast		1	Peach Pie**		1/2 sl	<u>DESSERT</u>		
Whole Wheat Toast		1	<u>BEVERAGES</u>			Cantaloupe**		1/2 c
<u>BEVERAGES</u>			___ Coffee	___ DeCaf		<u>BEVERAGES</u>		
___ Coffee	___ DeCaf		___ Tea	___ DeCaf Tea	4 oz	___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea		___ Milk	___ Skim		___ Tea	___ DeCaf Tea	4 oz
___ Milk	___ Skim	8 oz	<u>CONDIMENTS</u>			___ Milk	___ Skim	
<u>CONDIMENTS</u>			___ Butter	___ Margarine		<u>CONDIMENTS</u>		
___ Butter	___ Jelly**	___ Margarine	___ Salt	___ Pepper		___ Butter	___ Margarine	Spring/ Summer
___ Salt	___ Pepper		___ Sugar	___ Sugar Substitute		___ Salt	___ Pepper	Wk2
___ Sugar	___ Sugar Substitute					___ Sugar	___ Sugar Substitute	
						___ Salad Dressing		4/12/19

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	4 oz	Arnold Palmer Ice Tea	4 oz	Ice Water	4 oz
Stewed Prunes	3	Potato Leek Soup	6 oz	Vegetable Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat	6 oz	*Lemon Pepper Baked Fish	4 oz	*Homemade Cheese Pizza	1 sl
Assorted Cold Cereal	3/4 c	Broccoli Quiche	1 sl	Turkey Salad Sandwich	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg	1	*Brussel Sprouts	1/2 c	*Mixed Vegetables	1/2 c
*French Toast/Syrup**	1	Butternut Squash	1/2 c	Tossed Green Salad	1/2 c
*Bacon (Not for NAS or Low Cholesterol)	2 sl	*Parslied Potatoes	1/2 c		
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Vanilla Ice Cream**	1/2 c	Fruit Cocktail**	1/2 c
Whole Wheat Toast	1				
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
_____ Coffee		_____ Coffee		_____ Coffee	
_____ Tea		_____ Tea		_____ Tea	
_____ Milk		_____ Milk		_____ Milk	
_____ DeCaf		_____ DeCaf		_____ DeCaf	
_____ DeCaf Tea		_____ DeCaf Tea		_____ DeCaf Tea	
_____ Skim		_____ Skim		_____ Skim	
	8 oz		4 oz		4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Butter		_____ Butter		_____ Butter	
_____ Salt		_____ Salt		_____ Salt	
_____ Sugar		_____ Sugar		_____ Sugar	
_____ Jelly**		_____ Margarine		_____ Margarine	
_____ Pepper		_____ Pepper		_____ Pepper	
_____ Sugar Substitute		_____ Sugar Substitute		_____ Sugar Substitute	
				_____ Salad Dressing	
					Spring/ Summer Wk2
					4/13/19