

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 | | ___ Coffee | | ___ Coffee | |
| ___ Tea | | ___ Tea | | ___ DeCaf | |
| ___ Milk | | ___ Milk | | ___ DeCaf Tea | 4 oz |
| ___ DeCaf | | ___ DeCaf | | ___ Skim | |
| ___ DeCaf Tea | 8 oz | ___ DeCaf Tea | | | |
| ___ Skim | | ___ Skim | | <u>CONDIMENTS</u> | |
| <u>CONDIMENTS</u> | | <u>CONDIMENTS</u> | | ___ Butter | Spring/ Summer wk3 |
| ___ Butter | | ___ Butter | | ___ Margarine | |
| ___ Jelly** | | ___ Margarine | | ___ Pepper | |
| ___ Margarine | | ___ Pepper | | ___ Sugar | 4/15/19 |
| ___ Pepper | | ___ Sugar Substitute | | | |
| ___ 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> | |
| 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 4/16/19 |

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 | 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 | | <u>BEVERAGES</u> | | | |
| <u>CONDIMENTS</u> | | _____ Coffee | | _____ Coffee | _____ DeCaf |
| _____ Butter | | _____ Tea | | _____ Tea | _____ DeCaf Tea |
| _____ Salt | | _____ Milk | | _____ Milk | _____ Skim |
| _____ Sugar | | <u>CONDIMENTS</u> | | <u>CONDIMENTS</u> | |
| _____ Jelly | | _____ Butter | | _____ Butter | _____ Margarine |
| _____ Margarine | | _____ Salt | | _____ Salt | _____ Pepper |
| _____ Pepper | | _____ Sugar | | _____ Sugar | _____ Sugar Substitute |
| _____ Sugar Substitute | | _____ Margarine | | | |
| | | _____ Pepper | | | |
| | | _____ Sugar Substitute | | | |
| | | | | | Spring/ Summer wk3 |
| | | | | | 4/17/19 |

NAME: _____

NAME: _____

NAME: _____

***=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 *Hot Cross Bun | 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 ____ 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 | | ____ Butter ____ Salt ____ Sugar | |
| ____ Jelly** ____ Pepper ____ Sugar Substitute | | ____ Margarine ____ Pepper ____ Sugar Substitute | | ____ Margarine ____ Pepper ____ Sugar Substitute | Spring/ Summer wk3 4/19/19 |

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> | |
| _____ Butter _____ Salt _____ Sugar | | _____ DeCaf _____ DeCaf Tea _____ Skim | | _____ Butter _____ Salt _____ Sugar | |
| <u>CONDIMENTS</u> | | <u>CONDIMENTS</u> | | _____ Margarine _____ Pepper _____ Sugar Substitute | Spring/ Summer wk3 |
| _____ Butter _____ Salt _____ Sugar _____ Salad Dressing | | _____ Butter _____ Salt _____ Sugar _____ Sugar Substitute | | | 4/20/19 |