

NAME: \_\_\_\_\_


NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

\*=SUGGESTED MEAL SELECTIONS

# SUNDAY

\*\* = CCD

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<p align="center"><b><u>JUICES AND FRUITS</u></b></p>				<p align="center"><b><u>FOR STARTERS</u></b></p>	
<p>Orange Juice 4 oz Stewed Prunes 3</p>				<p>Ice Tea 4 oz Cream of Celery Soup 6 oz</p>	<p>4 oz 6 oz</p>
<p align="center"><b><u>CEREALS</u></b></p>		<p>Ice Water 4 oz White Bean Soup 6 oz</p>		<p align="center"><b><u>THE MAIN DISH</u></b></p>	
<p>Oatmeal 4 oz Assorted Cold Cereal 3/4 c</p>		<p align="center"><b><u>THE MAIN DISH</u></b></p>		<p>*Latin Pulled Pork 4 oz Tuna Salad Sandwich on a Soft Roll 1</p>	<p>4 oz 1</p>
<p align="center"><b><u>MAIN DISH</u></b></p>		<p>*Petite Beef Tenderloin/Red Wine Sauce 4 oz Chicken Francese 4 oz</p>		<p align="center"><b><u>ON THE SIDE</u></b></p>	
<p>Hard Boiled Egg (cage free) 1 *Belgian Waffle with Blueberry Topping 1</p>		<p align="center"><b><u>ON THE SIDE</u></b></p> <p>*Vegetable Medley 1/2 c Roasted Parsnips 1/2 c *Fingerling Roasted Potatoes 1/2 c</p>		<p>*Steamed Carrots 1/2 c *Yellow Rice 1/2 c Chickpea Salad 1/2 c</p>	<p>1/2 c 1/2 c 1/2 c</p>
<p align="center"><b><u>THE BREAD BASKET</u></b></p>		<p align="center"><b><u>THE BREAD BASKET</u></b></p>		<p align="center"><b><u>DESSERT</u></b></p>	
<p>White Toast 1 Whole Wheat Toast 1</p>		<p>Dinner Roll 1</p>		<p>Coffee Ice Cream** 1/2 c</p>	<p>1/2 c</p>
<p align="center"><b><u>BEVERAGES</u></b></p>		<p align="center"><b><u>DESSERT</u></b></p>		<p align="center"><b><u>BEVERAGES</u></b></p>	
<p>___ Coffee ___ DeCaf ___ Tea ___ DeCaf Tea ___ Milk ___ Skim</p>	<p>8 oz</p>	<p>Red Velvet Cupcake 1 Honeydew Melon** 1/2 c</p>		<p>___ Coffee ___ DeCaf ___ Tea ___ DeCaf Tea ___ Milk ___ Skim</p>	<p>4 oz</p>
<p align="center"><b><u>CONDIMENTS</u></b></p>		<p align="center"><b><u>BEVERAGES</u></b></p>		<p align="center"><b><u>CONDIMENTS</u></b></p>	
<p>___ Butter ___ Jelly** ___ Margarine ___ Salt ___ Pepper ___ Sugar ___ Sugar Substitute</p>		<p>___ Coffee ___ DeCaf ___ Tea ___ DeCaf Tea ___ Milk ___ Skim</p>	<p>1 1/2 c  4 oz</p>	<p>___ Butter ___ Margarine ___ Salt ___ Pepper ___ Sugar ___ Sugar Substitute</p>	<p>Spring/ Summer wk3</p>
		<p align="center"><b><u>CONDIMENTS</u></b></p> <p>___ Butter ___ Margarine ___ Salt ___ Pepper ___ Sugar ___ Sugar Substitute</p>			<p>5/12/19</p>

NAME: \_\_\_\_\_

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\*=SUGGESTED MEAL SELECTIONS

# M O N D A Y

\*\* = CCD

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Turkey Rice Soup	6 oz	Lentil Soup	6 oz
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
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	
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		Turkey Sandwich with Lettuce Tomato	1
Fried Egg (Well Done)	1	*Kale	1/2 c	<b><u>ON THE SIDE</u></b>	
*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
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
White Toast	1	Chocolate Pudding/Topping	1/2 c	Diced Pears**	1/2 c
Whole Wheat Toast	1	Chocolate Pudding/Topping**	1/4 c		
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
___ Coffee		___ Coffee		___ Coffee	
___ Tea		___ Tea		___ DeCaf	
___ Milk		___ Milk		___ DeCaf Tea	
___ DeCaf		___ DeCaf		___ Skim	
___ DeCaf Tea		___ DeCaf Tea			
___ Skim		___ Skim			
	8 oz		4 oz		4 oz
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
___ Butter		___ Butter		___ Butter	
___ Salt		___ Salt		___ Margarine	
___ Sugar		___ Sugar		___ Pepper	
___ Jelly**		___ Margarine		___ Sugar Substitute	
___ Margarine		___ Pepper			
___ Pepper		___ Sugar Substitute			
___ Sugar Substitute					Spring/ Summer wk3
					5/13/19

NAME: \_\_\_\_\_

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**\*=SUGGESTED MEAL SELECTIONS**

# T U E S D A Y

**\*\* = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice Stewed Prunes	4 oz 3	Ice Water Vegetable Soup	4 oz 6 oz	Ice Tea Mushroom Barley Soup	4 oz 6 oz
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
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
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
*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
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
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
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
____ 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
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
____ 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  5/14/19

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\*=SUGGESTED MEAL SELECTIONS

# W E D N E S D A Y

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BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
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
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
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
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
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
<b><u>THE BREAD BASKET</u></b>		<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>	
White Toast	1	Italian Roll	1	Diced Peaches**	1/2 c
Whole Wheat Toast	1			<b><u>BEVERAGES</u></b>	
<b><u>BEVERAGES</u></b>		<b><u>DESSERT</u></b>		_____ Coffee	_____ DeCaf
_____ Coffee		Flan	1/2 c	_____ Tea	_____ DeCaf Tea
_____ Tea		Flan**	1/4 c	_____ Milk	_____ Skim
_____ Milk					
<b><u>CONDIMENTS</u></b>		<b><u>BEVERAGES</u></b>		<b><u>CONDIMENTS</u></b>	
_____ Butter		_____ Coffee		_____ Butter	_____ Margarine
_____ Salt		_____ Tea		_____ Salt	_____ Pepper
_____ Sugar		_____ Milk		_____ Sugar	_____ Sugar Substitute
_____ Jelly		_____ DeCaf			
_____ Margarine		_____ DeCaf Tea			
_____ Pepper		_____ Skim			
_____ Sugar Substitute					
		<b><u>CONDIMENTS</u></b>			
		_____ Butter			
		_____ Margarine			
		_____ Salt			
		_____ Pepper			
		_____ Sugar			
		_____ Sugar Substitute			
					Spring/ Summer wk3
					5/15/19



NAME: \_\_\_\_\_

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**\*=SUGGESTED MEAL SELECTIONS**

# FRIDAY

**\*\* = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
Orange Juice	4 oz	Ice Water	4 oz	Iced Tea	4 oz
Stewed Prunes	3	Cream of Cauliflower Soup	6 oz	Wild Mushroom Soup	6 oz
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
Oatmeal	4 oz	*Beef Tips with Mushrooms & Peppers	6 oz	*Tuna Salad Wrap	1
Assorted Cold Cereal	3/4 c	Baked Fish/Creole Sauce	4 oz	Meatballs with Marinara Sauce	4 oz
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
Hard Boiled Egg <i>(cage free)</i>	1	*Roasted Carrots	1/2 c	*Zucchini	1/2 c
*Scrambled Egg	1	Sautéed Collard Greens	1/2 c	Spaghetti	1/2 c
		*Mashed Potato	1/2 c	Three Bean Salad	1/2 c
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>DESSERT</u></b>	
White Toast	1			Vanilla Pudding	1/2 c
Whole Wheat Toast	1	Fresh Melon**	1/2 c	Vanilla Pudding**	1/4 c
*Mini Danish (Not for CCD)	1				
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
_____ Coffee		_____ Coffee		_____ Coffee	
_____ DeCaf		_____ DeCaf		_____ DeCaf	
_____ Tea		_____ Tea	4 oz	_____ DeCaf Tea	
_____ DeCaf Tea	8 oz	_____ DeCaf Tea		_____ Skim	4 oz
_____ Milk		_____ Milk			
_____ Skim					
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
_____ Butter		_____ Butter		_____ Butter	Spring/ Summer wk3
_____ Jelly**		_____ Margarine		_____ Margarine	
_____ Margarine		_____ Salt		_____ Pepper	
_____ Salt		_____ Pepper		_____ Sugar Substitute	
_____ Pepper		_____ Sugar Substitute			
_____ Sugar Substitute					5/17/19

NAME: \_\_\_\_\_

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\*=SUGGESTED MEAL SELECTIONS

# SATURDAY

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BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<b><u>JUICES AND FRUITS</u></b>		<b><u>FOR STARTERS</u></b>		<b><u>FOR STARTERS</u></b>	
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
<b><u>CEREALS</u></b>		<b><u>THE MAIN DISH</u></b>		<b><u>THE MAIN DISH</u></b>	
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
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
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
<b><u>THE BREAD BASKET</u></b>		<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>	
White Toast Whole Wheat Toast	1 1	Garlic Roll	1	Strawberry Ice Cream**	1/2 c
<b><u>BEVERAGES</u></b>		<b><u>DESSERT</u></b>		<b><u>BEVERAGES</u></b>	
_____ Coffee _____ Tea _____ Milk		Mandarin Oranges**	1/2 c	_____ Coffee _____ Tea _____ Milk	
_____ DeCaf _____ DeCaf Tea _____ Skim		<b><u>BEVERAGES</u></b>		_____ DeCaf _____ DeCaf Tea _____ Skim	4 oz
_____ Jelly** _____ Pepper _____ Sugar Substitute	8 oz	_____ Coffee _____ Tea _____ Milk	4 oz	<b><u>CONDIMENTS</u></b>	
<b><u>CONDIMENTS</u></b>		_____ DeCaf _____ DeCaf Tea _____ Skim		_____ Butter _____ Salt _____ Sugar	
_____ Butter _____ Salt _____ Sugar		<b><u>CONDIMENTS</u></b>		_____ Margarine _____ Pepper _____ Sugar Substitute	Spring/ Summer wk3
_____ Jelly** _____ Pepper _____ Sugar Substitute		_____ Butter _____ Salt _____ Sugar _____ Salad Dressing			5/18/19