

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 Stewed Prunes	4 oz 3	Ice Water Navy Bean Soup	4 oz 6 oz	Ice Tea Italian Wedding 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	*Chicken Piccata Vegetable Quiche	4 oz 1 sl	*Pork Loin with Sweet Apples & Gravy Tuna Salad on Lettuce with a Soft Roll	3 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Tomato & Cheese Omelet	1 1	*Corn Swiss Chard *Bowtie Pasta Green Salad	1/2 c 1/2 c 1/2 c 1/2 c	*Creamed Spinach *Mashed Sweet Potato	1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Banana Cake Banana Cake**	1sl 1/2 sl	Diced Peaches**	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 ____ Salad Dressing		____ Butter ____ Salt ____ Sugar	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	
					Spring/ Summer Wk2 3/10/19

NAME: _____

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*=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	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>		<u>DESSERT</u>	
White Toast	1	Dinner Roll	1	Chocolate Cream Pie	1 sl
Whole Wheat Toast	1	<u>DESSERT</u>		Chocolate Cream Pie**	1/2 sl
<u>BEVERAGES</u>		Fresh Fruit Cup**	1/2 c	<u>BEVERAGES</u>	
_____ Coffee		<u>BEVERAGES</u>		_____ Coffee	
_____ Tea		_____ Coffee		_____ DeCaf	
_____ Milk		_____ Tea		_____ DeCaf Tea	4 oz
_____ DeCaf		_____ Milk		_____ Skim	
_____ DeCaf Tea	8 oz	<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Skim		_____ Butter		_____ Butter	
<u>CONDIMENTS</u>		_____ Salt		_____ Margarine	
_____ Butter		_____ Sugar		_____ Pepper	
_____ Jelly**		_____ Salad Dressing		_____ Sugar Substitute	
_____ Margarine				_____ Sugar	
_____ Pepper					
_____ Sugar Substitute					
					Spring/ Summer Wk2
					3/11/19

NAME: _____

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*=**SUGGESTED MEAL SELECTIONS****T U E S D A Y**

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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	3/12/19

00000NAME: _____

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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>	
Fried Egg (Well Done)	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			
		___ DeCaf			
<u>CONDIMENTS</u>		___ Tea		<u>CONDIMENTS</u>	
___ Butter		___ DeCaf Tea		___ Butter	
___ Jelly**		___ Skim	4 oz	___ Margarine	
___ Margarine				___ Salt	
___ Salt		<u>CONDIMENTS</u>		___ Sugar	
___ Pepper		___ Butter		___ Ketchup	
___ Sugar		___ Margarine			
___ Sugar Substitute		___ Pepper			
		___ Sugar			
		___ Sugar Substitute			
					Spring/ Summer Wk2
					3/13/19

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 Pasta Fagioli	4 oz 6 oz	Ice Tea Beef Noodle 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	*Beef Stroganoff Chicken Salad Cold Plate	4 oz 1	*Pork Madeira Cottage Cheese Fruit Plate	4 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Apple Pancakes/Syrup**	1 2	*Summer Vegetable Medley Peas *Egg Noodles	1/2 c 1/2 c 1/2 c	*Sautéed Spinach *Roasted Potatoes	1/2 c 1
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Mandarin Oranges**	1/2 c	Forbidden Chocolate Cake Forbidden Chocolate Cake**	1 sl 1/2 sl
<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 Wk2 3/14/19

NAME: _____

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*=SUGGESTED MEAL SELECTIONS

FRIDAY

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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		4 oz	<u>BEVERAGES</u>		
_____ Coffee			_____ Tea			_____ Coffee		
_____ Tea			_____ Milk			_____ Tea		
_____ Milk						_____ Milk		
		8 oz				_____ DeCaf		
						_____ DeCaf Tea		4 oz
						_____ Skim		
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
_____ Butter			_____ Butter			_____ Butter		Spring/
_____ Salt			_____ Salt			_____ Salt		Summer
_____ Sugar			_____ Sugar			_____ Sugar		Wk2
_____ Jelly**			_____ Margarine			_____ Margarine		
_____ Pepper			_____ Pepper			_____ Pepper		
_____ Sugar Substitute			_____ Sugar Substitute			_____ Sugar Substitute		
						_____ Salad Dressing		3/15/19

