

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	White Bean Soup		6 oz	Cream of Chicken Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Lemon Herb Chicken		4 oz	*Latin Pulled Pork		4 oz
Assorted Cold Cereal		3/4 c	Pepper Steak		6 oz	Tuna Salad Sandwich on 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	*Vegetable Medley		1/2 c	*Steamed Carrots		1/2 c
*Yogurt, Fruit & Blueberry Muffin Cold Plate		1	Roasted Parsnips		1/2 c	*Yellow Rice		1/2 c
<u>THE BREAD BASKET</u>			*Orzo Pilaf		1/2 c	Chickpea Salad		1/2 c
White Toast		1	<u>THE BREAD BASKET</u>			<u>DESSERT</u>		
Whole Wheat Toast		1	Garlic Bread		1	Lemon Cake		1 sl
<u>BEVERAGES</u>			<u>DESSERT</u>			Lemon Cake**		1/2 c
___ Coffee	___ DeCaf		Pumpkin Ice Cream**		1/2 c	Diced Pears**		1/2 c
___ Tea	___ DeCaf Tea		Pineapple Tidbits**		1/2 c	<u>BEVERAGES</u>		
___ Milk	___ Skim	8 oz	<u>BEVERAGES</u>			___ Coffee	___ DeCaf	
<u>CONDIMENTS</u>			___ Coffee	___ DeCaf		___ Tea	___ DeCaf Tea	4 oz
___ Butter	___ Jelly**		___ Tea	___ DeCaf Tea		___ Milk	___ Skim	
___ Salt	___ Pepper		___ Milk	___ Skim	4 oz	<u>CONDIMENTS</u>		
___ Sugar	___ Sugar Substitute		<u>CONDIMENTS</u>			___ Butter	___ Margarine	
			___ Butter	___ Margarine		___ Salt	___ Pepper	Fall/Winter
			___ Salt	___ Pepper		___ Sugar	___ Sugar Substitute	wk3
			___ Sugar	___ Sugar Substitute				1/13/19

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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 Stewed Prunes	4 oz 3	Ice Water Turkey Rice Soup	4 oz 6 oz	Apple Cider Lentil Spinach Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Rice Assorted Cold Cereal	4 oz 3/4 c	*Yankee Pot Roast with Gravy Parmesan Crusted Fish	3 oz 3 oz	*Baked Ziti with Sausage Turkey Sandwich with Lettuce Tomato	6 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg *Fried Egg & Ham on an English Muffin (Not for NAS or Low Cholesterol)	1 1	*Green Beans Sautéed Mushrooms *Herbed Mashed Potatoes	1/2 c 1/2 c 1/2 c	*Steamed Broccoli *Garlic Bread Beet Salad with Feta Cheese	1/2 c 1 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Strawberry Cheesecake Strawberry Cheesecake** Orange Wedges**	1 sl 1/2 sl 1/2 c	Oatmeal Raisin Cookies Oatmeal Raisin Cookie Applesauce**	2 1 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		___ Butter ___ Salt ___ Sugar	
___ Jelly** ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute	
					Fall/Winter wk3 1/14/19

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	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Vegetable Soup	6 oz	Mushroom Barley Soup	6 oz
Banana	1				
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal	4 oz	*Crab Stuffed Sole	4 oz	*Shepherd's Pie	6 oz
Assorted Cold Cereal	3/4 c	Chicken Stir Fry	4 oz	Grilled Ham & Swiss on Rye	1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>)	1	*Steamed Cabbage	1/2 c	*Yellow Squash	1/2 c
*Vegetable Omelet	1	Parmesan Tomato	1/2 c	Cucumber Salad	1/2 c
*Sausage Patty (Not for NAS or Low Cholesterol)	2	*Jasmine Rice	1/2 c		
		Garden Salad	1/2 c	<u>DESSERT</u>	
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		Fruited Gelatin	1/2 c
White Toast	1	Apple Buckle	1/2 c	Fruited Gelatin**	1/4 c
Whole Wheat Toast	1	Apple Buckle**	1/4 c	Diced Peaches**	1/2 c
*Sweet Bun	1	Apricot Halves**	1/2 c		
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
_____ Coffee		_____ Coffee		_____ Coffee	
_____ DeCaf		_____ DeCaf		_____ DeCaf	
_____ Tea		_____ Tea		_____ Tea	
_____ DeCaf Tea		_____ DeCaf Tea		_____ DeCaf Tea	
_____ Milk		_____ Milk		_____ Milk	
_____ Skim		_____ Skim		_____ Skim	
	8 oz		4 oz		4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
_____ Butter		_____ Butter		_____ Butter	
_____ Jelly		_____ Margarine		_____ Margarine	
_____ Margarine		_____ Salt		_____ Pepper	
_____ Salt		_____ Pepper		_____ Sugar	
_____ Pepper		_____ Sugar		_____ Sugar Substitute	
_____ Sugar		_____ Sugar Substitute			
_____ Sugar Substitute		_____ Salad Dressing			
					Fall/Winter wk3
					1/15/19

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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 Stewed Prunes	4 oz 3	Ice Water Red Pea Soup	4 oz 6 oz	Ice Tea Turkey Vegetable Soup	4 oz 6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits Assorted Cold Cereal	4 oz 3/4 c	*BBQ Beef Brisket Chicken Salad Sandwich	4 oz 1	*Cheese Ravioli with Marinara Sauce Sausage, Peppers & Onions (Not for NAS or Low Cholesterol)	6 oz 4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg *Egg and Cheese Croissant	1 1	*Grilled Vegetables Cauliflower *Roasted Red Bliss Potatoes	1/2 c 1/2 c 1/2 c	*Brussel Sprouts Zucchini *Marinated Vegetable Salad	1/2 c 1/2 c 1/2 c
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>THE BREAD BASKET</u>	
White Toast Whole Wheat Toast	1 1	Flan with Caramel Sauce Flan with Caramel Sauce** Fruit Cocktail**	1/2 c 1/4 c 1/2 c	Focaccia Bread	1
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>DESSERT</u>	
____ Coffee ____ Tea ____ Milk		____ Coffee ____ Tea ____ Milk		Butterscotch Pudding/Topping Butterscotch Pudding/Topping** Sliced Pineapple**	1/2 c 1/4 c 1/2 c
____ DeCaf ____ DeCaf Tea ____ Skim	8 oz	____ DeCaf ____ DeCaf Tea ____ Skim	4 oz	<u>BEVERAGES</u>	
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		____ Coffee ____ Tea ____ Milk	
____ Butter ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar		____ DeCaf ____ DeCaf Tea ____ Skim	4 oz
____ Jelly ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		<u>CONDIMENTS</u>	
				____ Butter ____ Salt ____ Sugar	
				____ Margarine ____ Pepper ____ Sugar Substitute	Fall/Winter wk3 1/16/19

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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 Vegetable Bisque	4 oz 6 oz	Ice Tea Chicken Noodle Soup	4 oz 6 oz
<u>CEREAL</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Cream of Wheat Assorted Cold Cereal	4 oz 3/4 c	*Pork Marsala Hamburger on a Bun with Lettuce & Tomato	4 oz 1	*Sauterne Chicken Apricot Glazed Ham (Not for NAS)	4 oz 4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Hard Boiled Egg (<i>cage free</i>) *Blueberry Pancakes/Syrup** *Turkey Sausage Links (Not for NAS or Low Cholesterol)	1 2 2	*Broccoli *Baked Potato Onion Rings Garden Green Salad with Craisins	1/2 c 1 1/2 c 1/2 c	*Green Beans Carrots *Mashed Sweet Potato	1/2 c 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	Corn Bread	1	Cappuccino Brownie Cappuccino Brownie** Mandarin Oranges**	1 1/2 1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
____ Coffee ____ Tea ____ Milk		Coconut Cake with Cherry Topping Coconut Cake with Cherry Topping** Diced Pears**	1 sl 1/2 sl 1	____ Coffee ____ Tea ____ Milk	
____ DeCaf ____ DeCaf Tea ____ Skim	8 oz	<u>BEVERAGES</u>		____ DeCaf ____ DeCaf Tea ____ Skim	4 oz
<u>CONDIMENTS</u>		<u>BEVERAGES</u>		<u>CONDIMENTS</u>	
____ Butter ____ Salt ____ Sugar		____ Coffee ____ Tea ____ Milk	4 oz	____ Butter ____ Salt ____ Sugar	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ DeCaf ____ DeCaf Tea ____ Skim		____ Margarine ____ Pepper ____ Sugar Substitute	
		<u>CONDIMENTS</u>			
		____ Butter ____ Salt ____ Sugar ____ Ketchup ____ Salad Dressing			Fall/Winter wk3 1/17/19

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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 Manhattan Clam Chowder	4 oz 6 oz	Cranberry Juice Butternut Squash 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	*Veal Marsala Cod with Ritz Cracker Crust	3 oz 4 oz	*Meatball Grinder with Marinara Sauce Chicken Quesadilla	1 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
*Scrambled Egg *O'Brien Potatoes *Bacon	1 1/2 c 2 sl	*Italian Green Beans Sautéed Collard Greens *Brown Rice Garden Salad	1/2 c 1/2 c 1/2 c 1/2 c	*Roasted Carrots Zucchini & Red Onions	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	Chocolate Eclair Chocolate Eclair** Cinnamon Applesauce**	1 1/2 1/2 c	Coffee Ice Cream** Fresh Melon**	1/2 c 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	
					Fall/Winter wk3 1/18/19

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*=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	Pasta Fagioli Soup		6oz	Red Lentil Soup		6 oz
Banana		1						
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Cream of Wheat		4 oz	*Eggplant Parmesan		6 oz	*Open-Faced Hot Turkey Sandwich with		1
Assorted Cold Cereal		3/4 c	Beef Tips with Mushrooms & Peppers		6 oz	Gravy		
						Cobb Salad with a Roll		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
*Hard Boiled Egg (<i>cage free</i>)		1	Sautéed Vegetable Medley		1/2 c	*Spinach		1/2 c
*Waffle/Strawberry Topping		1	*Buttered Bowtie Pasta		1/2 c	Corn & Pimientos		1/2 c
			Tossed 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	Garlic Roll		1	Chocolate Mousse		1/2 c
Whole Wheat Toast		1				Chocolate Mousse**		1/4 c
			<u>DESSERT</u>			Pineapple Tidbits**		1/2 c
			Sweet Potato Pie		1 sl			
			Sweet Potato Pie**		1/2 sl			
			Diced Peaches**		1/2 c			
<u>BEVERAGES</u>			<u>BEVERAGES</u>			<u>BEVERAGES</u>		
___ Coffee	___ DeCaf	8 oz	___ Coffee	___ DeCaf		___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf Tea	4 oz
___ Milk	___ Skim		___ Milk	___ Skim	4 oz	___ Milk	___ Skim	
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
___ Butter	___ Jelly**		___ Butter	___ Margarine		___ Butter	___ Margarine	
___ Salt	___ Pepper		___ Salt	___ Pepper		___ Salt	___ Pepper	
___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute	
			___ Salad Dressing					
								Fall/Winter wk3 1/19/19