

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 Celery 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
*Belgian Waffle with Blueberry Topping	1	Roasted Parsnips	1/2 c	*Yellow Rice	1/2 c
<u>THE BREAD BASKET</u>		*Orzo Pilaf	1/2 c	Mediterranean Chickpea Salad	1/2 c
White Toast	1	<u>THE BREAD BASKET</u>		<u>DESSERT</u>	
Whole Wheat Toast	1	Dinner Roll	1	Coffee Ice Cream**	1/2 c
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>BEVERAGES</u>	
_____ Coffee		Honeydew Melon**	1/2 c	_____ Coffee	
_____ DeCaf		<u>BEVERAGES</u>		_____ DeCaf	
_____ Tea		_____ Coffee		_____ DeCaf Tea	
_____ DeCaf Tea	8 oz	_____ Tea		_____ Skim	
_____ Milk		_____ DeCaf	4 oz		
_____ Skim		_____ DeCaf Tea		<u>CONDIMENTS</u>	
<u>CONDIMENTS</u>		_____ Milk		_____ Butter	
_____ Butter		<u>CONDIMENTS</u>		_____ Margarine	
_____ Jelly**		_____ Butter		_____ Pepper	
_____ Margarine		_____ Margarine		_____ Sugar	
_____ Salt		_____ Pepper		_____ Sugar Substitute	
_____ Pepper		_____ Sugar			
_____ Sugar		_____ Sugar Substitute			
					Spring/ Summer wk3
					6/9/19

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	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 Demi Glaze		3 oz	*Penne Marinara with Italian Sausage & Mozzarella		6 oz
Assorted Cold Cereal		3/4 c	Vegetable Flatbread		1	Turkey Sandwich with Lettuce Tomato		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
Fried Egg (Well Done)		1	*Braised Kale		1/2 c	*Steamed Broccoli		1/2 c
*Sausage English Muffin (Not for NAS or Low Cholesterol)		1	Sautéed Mushrooms		1/2 c	Marinated Beet Salad		1/2 c
			*Garlic Mashed Potatoes		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	___ DeCaf		___ Coffee	___ DeCaf		___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea		___ Tea	___ DeCaf Tea	4 oz	___ Tea	___ DeCaf Tea	4 oz
___ Milk	___ Skim	8 oz	___ Milk	___ Skim		___ Milk	___ Skim	
<u>CONDIMENTS</u>			<u>CONDIMENTS</u>			<u>CONDIMENTS</u>		
___ Butter	___ Jelly**		___ Butter	___ Margarine		___ Butter	___ Margarine	Spring/Summer wk3
___ Salt	___ Pepper		___ Salt	___ Pepper		___ Salt	___ Pepper	
___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute		___ Sugar	___ Sugar Substitute	6/10/19

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 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 Crusted 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	*Roasted Summer Squash Cucumber Salad with Red Onion & Basil	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	Spring/ Summer wk3 6/11/19
____ Jelly ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	

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 Zucchini & Mushrooms	1/2 c	*Steamed Baby Carrots	1/2 c
*Egg and Cheese Croissant	1	Steamed Cauliflower	1/2 c	*Buttered 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
					6/12/19

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	Ice Water	4 oz	Iced Tea	4 oz
Stewed Prunes	3	Cream of Cauliflower Soup	6 oz	Wild Mushroom Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal	4 oz	*Braised Beef Tips with Mushrooms & Peppers	6 oz	*Tuna Salad Wrap	1
Assorted Cold Cereal	3/4 c	Roasted Creole Fish	4 oz	Meatballs with Marinara Sauce	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
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
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast	1	Fresh Melon**	1/2 c	Vanilla Pudding	1/2 c
Whole Wheat Toast	1			Vanilla Pudding**	1/4 c
*Mini Danish (Not for CCD)	1				
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ DeCaf		___ DeCaf		___ DeCaf	
___ Tea		___ DeCaf Tea		___ DeCaf Tea	
___ DeCaf Tea	8 oz	___ Skim		___ Skim	
___ Milk		___ Skim	4 oz	___ Skim	4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	
___ Jelly**		___ Margarine		___ Margarine	
___ Margarine		___ Pepper		___ Pepper	
___ Salt		___ Sugar Substitute		___ Sugar Substitute	
___ Pepper					
___ Sugar					
___ Sugar Substitute					
					Spring/ Summer wk3
					6/14/19

NAME: _____

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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	Lentil Soup		6 oz
<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		1
Assorted Cold Cereal		3/4 c	Braised Pork with Balsamic & Onions		3 oz	Au Jus		
<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
*French Toast/Syrup**		1	*Buttered Bowtie Pasta		1/2 c	*Mashed Potatoes		1/2 c
*Bacon (Not for NAS or Low Cholesterol)		2 sl	Tossed Green Salad		1/2 c			
<u>THE BREAD BASKET</u>			<u>THE BREAD BASKET</u>			<u>DESSERT</u>		
White Toast		1	Garlic Roll		1	Strawberry Ice Cream**		1/2 c
Whole Wheat Toast		1						
<u>BEVERAGES</u>			<u>DESSERT</u>			<u>BEVERAGES</u>		
_____ Coffee	_____ DeCaf		Mandarin Oranges**		1/2 c	_____ Coffee	_____ DeCaf	
_____ Tea	_____ DeCaf Tea	8 oz				_____ Tea	_____ DeCaf Tea	4 oz
_____ Milk	_____ Skim		<u>BEVERAGES</u>			_____ Milk	_____ Skim	
<u>CONDIMENTS</u>			_____ Coffee	_____ DeCaf		<u>CONDIMENTS</u>		
_____ Butter	_____ Jelly**		_____ Tea	_____ DeCaf Tea	4 oz	_____ Butter	_____ Margarine	
_____ Salt	_____ Pepper		_____ Milk	_____ Skim		_____ Salt	_____ Pepper	
_____ Sugar	_____ Sugar Substitute		<u>CONDIMENTS</u>			_____ Sugar	_____ Sugar Substitute	
			_____ Butter	_____ Margarine				
			_____ Salt	_____ Pepper				
			_____ Sugar	_____ Sugar Substitute				
			_____ Salad Dressing					

Spring/
Summer
wk3
6/15/19