

# HAPPY FATHER'S DAY

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

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

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

**\*=SUGGESTED MEAL SELECTIONS**

## SUNDAY

**\*\* = CCD**

BREAKFAST	AMT	LUNCH	AMT	DINNER	AMT
<u><b>JUICES AND FRUITS</b></u>		<u><b>FOR STARTERS</b></u>		<u><b>FOR STARTERS</b></u>	
Orange Juice	4 oz	Ice Water	4 oz	Ice Tea	4 oz
Stewed Prunes	3	Chicken Orzo Soup	6 oz	Tomato Bisque Soup	6 oz
<u><b>CEREALS</b></u>		<u><b>THE MAIN DISH</b></u>		<u><b>THE MAIN DISH</b></u>	
Oatmeal	4 oz	*Meat Lasagna	6 oz	*Seafood Salad Sandwich/Potato Roll	1
Assorted Cold Cereal	3/4 c	Orange Glazed Norwegian Salmon	4 oz	Barbequed Pork Loin	3 oz
<u><b>MAIN DISH</b></u>		<u><b>ON THE SIDE</b></u>		<u><b>ON THE SIDE</b></u>	
Scrambled Egg	1	*Roasted Zucchini	1/2 c	*Vegetable Medley	1/2 c
*Yogurt, Fruit & Apple Muffin Cold Plate	1	Green Beans	1/2 c	Roasted Yukon Potatoes	1/2 c
		Steamed Rice	1/2 c	Black Bean Salad	1/2 c
<u><b>THE BREAD BASKET</b></u>		<u><b>DESSERT</b></u>		<u><b>DESSERT</b></u>	
White Toast	1	Lemon Pudding	1/2 c	Fresh Fruit Cup**	1/2 c
Whole Wheat Toast	1	Lemon Pudding**	1/4 c		
<u><b>BEVERAGES</b></u>		<u><b>BEVERAGES</b></u>		<u><b>BEVERAGES</b></u>	
___ Coffee		___ Coffee		___ Coffee	
___ DeCaf		___ DeCaf		___ DeCaf	
___ Tea		___ Tea		___ DeCaf Tea	
___ DeCaf Tea		___ DeCaf Tea		___ Skim	
___ Milk		___ Milk			
___ Skim					
	8 oz		4 oz		4 oz
<u><b>CONDIMENTS</b></u>		<u><b>CONDIMENTS</b></u>		<u><b>CONDIMENTS</b></u>	
___ Butter		___ Butter		___ Butter	
___ Margarine		___ Margarine		___ Salt	
___ Jelly**		___ Pepper		___ Sugar	
___ Pepper		___ Sugar Substitute		___ Salad Dressing	
___ Sugar					
___ Sugar Substitute					
					Spring/ Summer wk 4
					6/16/19

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

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

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

**\*=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 Stewed Prunes	4 oz 3	Ice Water Beef Barley Soup	4 oz 6 oz	Ice Tea Vegetable 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 Rice Assorted Cold Cereal	4 oz 3/4 c	*Pasta Primavera Turkey Burger on a Bun with Lettuce & Tomato	6 oz 1	*Roasted Chicken Breast with Gravy Macaroni & Cheese	4 oz 6 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> ) *Sausage English Muffin (Not for NAS or Low Cholesterol)	1 1	*Broccoli Sweet Potato Fries Summer Succotash Salad	1/2 c 1/2 c 1/2 c	*Stewed Tomatoes *Mashed Potatoes	1/2 c 1/2 c
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		<b><u>THE BREAD BASKET</u></b>	
White Toast Whole Wheat Toast	1 1	Pound Cake/Strawberry Topping Pound Cake/Strawberry Topping**	1 sl 1/2 sl	Whole Wheat Dinner Roll	1
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>DESSERT</u></b>	
____ Coffee ____ Tea ____ Milk		____ Coffee ____ Tea ____ Milk		Diced Pears**	1/2 c
____ DeCaf ____ DeCaf Tea ____ Skim	8 oz	____ DeCaf ____ DeCaf Tea ____ Skim	4 oz	<b><u>BEVERAGES</u></b>	
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		____ Coffee ____ Tea ____ Milk	4 oz
____ Butter ____ Salt ____ Sugar		____ Butter ____ Salt ____ Sugar ____ Ketchup		____ DeCaf ____ DeCaf Tea ____ Skim	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		<b><u>CONDIMENTS</u></b>	
				____ Butter ____ Salt ____ Sugar	Spring/ Summer wk 4  6/17/19
				____ Margarine ____ Pepper ____ Sugar Substitute	

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

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

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

\*=SUGGESTED MEAL SELECTIONS

# TUESDAY

\*\* = 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 Soup		6 oz	Cream of Tomato Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Pork Milanese/Lemon Caper Sauce		3 oz	*Roasted Turkey Au Jus		3 oz
Assorted Cold Cereal		3/4 c	Chicken Paprikash		6 oz	Grilled Cheese Sandwich		1
<u>MAIN DISH</u>			<u>ON THE SIDE</u>			<u>ON THE SIDE</u>		
*Cheese Omelet		1	*Roasted Butternut Squash		1/2 c	*Sautéed Spinach		1/2 c
			Peas		1/2 c	*Vegetable Orzo		1/2 c
			*Roasted Potato Medley		1/2 c			
<u>THE BREAD BASKET</u>			<u>THE BREAD BASKET</u>			<u>DESSERT</u>		
White Toast		1	Focaccia Roll		1	Fresh Fruit Cup**		1/2 c
Whole Wheat Toast		1						
*Raisin Toast		1						
<u>BEVERAGES</u>			<u>DESSERT</u>			<u>BEVERAGES</u>		
___ Coffee	___ DeCaf		Boston Cream Pie		1 sl	___ Coffee	___ DeCaf	
___ Tea	___ DeCaf Tea	8 oz	Boston Cream Pie**		1/2 sl	___ Tea	___ DeCaf Tea	4 oz
___ Milk	___ Skim					___ Milk	___ Skim	
<u>CONDIMENTS</u>			<u>BEVERAGES</u>			<u>CONDIMENTS</u>		
___ Butter	___ Jelly**		___ Coffee	___ DeCaf	4 oz	___ Butter	___ Margarine	
___ Salt	___ Pepper		___ Tea	___ DeCaf Tea		___ Salt	___ Pepper	
___ Sugar	___ Sugar Substitute		___ Milk	___ Skim		___ Sugar	___ Sugar Substitute	
			<u>CONDIMENTS</u>					Spring/ Summer wk 4
			___ Butter	___ Margarine				6/18/19
			___ Salt	___ Pepper				
			___ Sugar	___ Sugar Substitute				

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

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

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

\*=SUGGESTED MEAL SELECTIONS

**W E D N E S D A Y**

\*\* = CCD

<b>BREAKFAST</b>	<b>AMT</b>	<b>LUNCH</b>	<b>AMT</b>	<b>DINNER</b>	<b>AMT</b>
<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	Egg Drop 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	*Fish Florentine	3 oz	*Vegetable Pizza	2 sl
Assorted Cold Cereal	3/4 c	BBQ Braised Beef Tips	4 oz	Ham Salad Sandwich on Rye with Potato Chips (Not for NAS)	1
<b><u>MAIN DISH</u></b>		<b><u>ON THE SIDE</u></b>		<b><u>ON THE SIDE</u></b>	
Scrambled Egg	1	*Roasted Baby Carrots	1/2 c		
*Egg and Cheese Croissant	1	Corn with Pimientos	1/2 c		
		*Baked Potato	1	*Cauliflower	1/2 c
<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>		Petite Caesar Salad	1/2 c
White Toast	1	Seasonal Ice Cream**	1/2 c	<b><u>DESSERT</u></b>	
Whole Wheat Toast	1			Fresh Melon**	1/2 c
<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>		<b><u>BEVERAGES</u></b>	
___ Coffee		___ Coffee		___ Coffee	
___ DeCaf		___ DeCaf		___ DeCaf	
___ Tea		___ DeCaf Tea		___ DeCaf Tea	
___ DeCaf Tea	8 oz	___ Milk		___ Milk	4 oz
___ Milk		___ Skim		___ Skim	
<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
___ Butter		___ Butter		___ Butter	
___ Jelly**		___ Margarine		___ Margarine	
___ Margarine		___ Salt		___ Salt	
___ Salt		___ Pepper		___ Pepper	
___ Pepper		___ Sugar		___ Sugar	
___ Sugar		___ Sugar Substitute		___ Sugar Substitute	
				___ Salad Dressing	
					Spring/ Summer wk 4
					6/19/19



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

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

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

\*=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 Stewed Prunes	4 oz 3	Ice Water Leafy Bean Soup	4 oz 6 oz	Ice Tea French Onion 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	*Roast Pork Loin with Demi Glaze Chicken & Vegetable Quesadilla	4 oz 1	*Herb Infused Meatloaf with Gravy Turkey Sandwich on Whole Wheat with Lettuce & Tomato	4 oz 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> ) *Scrambled Egg *O'Brien Potatoes	1 1 1/2 c	*Asian Blend Vegetables Summer Squash Medley *Jasmine Rice	1/2 c 1/2 c 1/2 c	*Carrots *Mashed Potatoes Macaroni Salad	1/2 c 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	1 1	Peach Crisp Peach Crisp**	1/2 c 1/4 c	Fresh Orange Slices**	1/2 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		____ Butter ____ Salt ____ Sugar	
____ Jelly** ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	
					Spring/ Summer wk4
					6/21/19

