

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

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

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

**\*=SUGGESTED MEAL SELECTIONS**

# SUNDAY

**\*\* = 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	White Bean Soup	6 oz	Cream of Celery 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	*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
<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	*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
<b><u>THE BREAD BASKET</u></b>		*Orzo Pilaf	1/2 c	Mediterranean Chickpea Salad	1/2 c
White Toast	1	<b><u>THE BREAD BASKET</u></b>		<b><u>DESSERT</u></b>	
Whole Wheat Toast	1	Dinner Roll	1	Coffee Ice Cream**	1/2 c
<b><u>BEVERAGES</u></b>		<b><u>DESSERT</u></b>		<b><u>BEVERAGES</u></b>	
___ Coffee		Honeydew Melon**	1/2 c	___ Coffee	
___ DeCaf		<b><u>BEVERAGES</u></b>		___ DeCaf	
___ Tea		___ Coffee		___ DeCaf Tea	
___ DeCaf Tea	8 oz	___ Tea		___ Skim	
___ Milk		___ DeCaf	4 oz		
___ Skim		___ DeCaf Tea			
<b><u>CONDIMENTS</u></b>		___ Milk		<b><u>CONDIMENTS</u></b>	
___ Butter		<b><u>CONDIMENTS</u></b>		___ Butter	
___ Jelly**		___ Butter		___ Margarine	
___ Margarine		___ Margarine		___ Pepper	
___ Salt		___ Pepper		___ Sugar Substitute	
___ Pepper		___ Sugar Substitute			
___ Sugar					
					Spring/ Summer wk3
					9/1/19



**LABOR DAY**  
**MONDAY, SEPTEMBER 2, 2019**

**B R E A K F A S T**

Orange Juice

Stewed Prunes

Cream of Rice

Assorted Cold Cereal

Fried Egg (Well Done)

Sausage English Muffin (Not for NAs or Low Cholesterol)

*Have a safe Labor Day*

White Toast

Whole Wheat Toast

Butter\_\_\_\_\_ Margarine\_\_\_\_\_ Jelly\*\*\_\_\_\_\_

Coffee\_\_\_\_\_ DeCaf Coffee\_\_\_\_\_ Whole Milk\_\_\_\_\_

Tea\_\_\_\_\_ DeCaf Tea\_\_\_\_\_ Skim Milk\_\_\_\_\_



**LABOR DAY**  
**MONDAY, SEPTEMBER 2, 2019**  
**BARBEQUE**



Sliced Watermelon

Grilled Hamburgers and Hot Dogs

Cole Slaw

Baked Beans

Yukon Gold Potato Salad

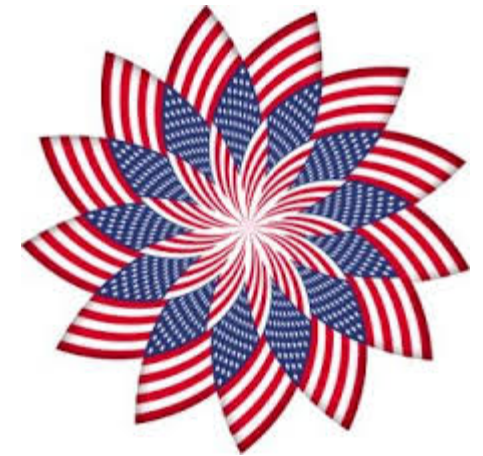
Lettuce, Tomatoes, Sliced Onions

Strawberry or Chocolate Sundae Cups\*\*

Arnold Palmer Lemonade

Coffee\_\_\_\_\_ DeCaf Coffee\_\_\_\_\_ Whole Milk\_\_\_\_\_

Tea\_\_\_\_\_ DeCaf Tea\_\_\_\_\_ Skim Milk\_\_\_\_\_



**LABOR DAY**  
**MONDAY, SEPTEMBER 2, 2019**

**D I N N E R**

Ice Water      Lentil Soup

Penne Marinara with Italian Sausage & Mozzarella

Turkey Sandwich with Lettuce & Tomato

Broccoli

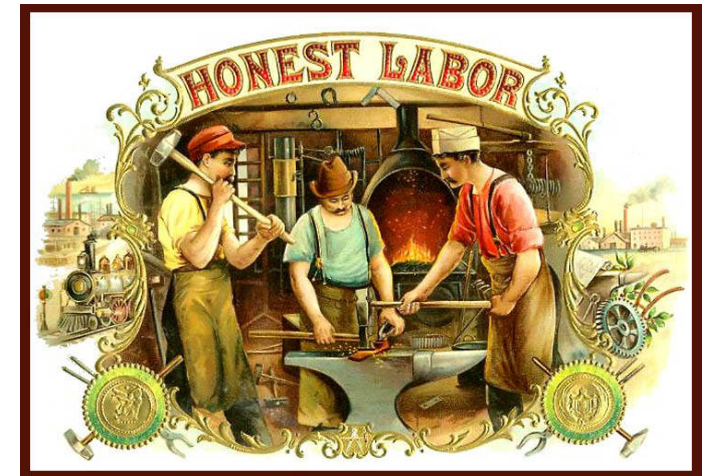
Marinated Beet Salad

Butter\_\_\_\_\_ Margarine\_\_\_\_\_

Patriotic Parfait

Coffee\_\_\_\_\_ DeCaf Coffee\_\_\_\_\_ Whole Milk\_\_\_\_\_

Tea\_\_\_\_\_ DeCaf Tea\_\_\_\_\_ Skim Milk\_\_\_\_\_



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 Gazpacho 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 Crusted 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	*Roasted Summer Squash Cucumber Salad with Red Onion & Basil	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	Spring/ Summer wk3  9/3/19
____ Jelly ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute		____ Margarine ____ Pepper ____ Sugar Substitute	

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

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

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

\*=SUGGESTED MEAL SELECTIONS

# W E D N 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	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 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
<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>			
_____ Butter		_____ Coffee			
_____ Salt		_____ Tea			
_____ Sugar		_____ Milk			
_____ Jelly		_____ DeCaf			
_____ Margarine		_____ DeCaf Tea			
_____ Pepper		_____ Skim			
_____ Sugar Substitute					
		<b><u>CONDIMENTS</u></b>		<b><u>CONDIMENTS</u></b>	
		_____ Butter		_____ Butter	
		_____ Salt		_____ Salt	
		_____ Sugar		_____ Sugar	
		_____ Margarine		_____ Margarine	
		_____ Pepper		_____ Pepper	
		_____ Sugar Substitute		_____ Sugar Substitute	
					Spring/ Summer wk3
					9/4/19



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		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	*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
<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
<b><u>THE BREAD BASKET</u></b>			*Mashed Potato		1/2 c	Three Bean Salad		1/2 c
White Toast		1	<b><u>DESSERT</u></b>			<b><u>DESSERT</u></b>		
Whole Wheat Toast		1	Fresh Melon**		1/2 c	Vanilla Pudding		1/2 c
*Mini Danish (Not for CCD)		1	<b><u>BEVERAGES</u></b>			Vanilla Pudding**		1/4 c
<b><u>BEVERAGES</u></b>			_____ Coffee	_____ DeCaf		<b><u>BEVERAGES</u></b>		
_____ Tea	_____ DeCaf Tea	8 oz	_____ Tea	_____ DeCaf Tea	4 oz	_____ Coffee	_____ DeCaf	
_____ Milk	_____ Skim		_____ Milk	_____ Skim		_____ Tea	_____ DeCaf Tea	4 oz
<b><u>CONDIMENTS</u></b>			<b><u>CONDIMENTS</u></b>			_____ Milk	_____ Skim	
_____ Butter	_____ Jelly**		_____ Butter	_____ Margarine		<b><u>CONDIMENTS</u></b>		
_____ Salt	_____ Pepper		_____ Salt	_____ Pepper		_____ Butter	_____ Margarine	Spring/ Summer wk3
_____ Sugar	_____ Sugar Substitute		_____ Sugar	_____ Sugar Substitute		_____ Salt	_____ Pepper	
						_____ Sugar	_____ Sugar Substitute	9/6/19



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

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

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

\*=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  
9/7/19