

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	Chicken Orzo Soup	6 oz	Tomato Bisque Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Oatmeal	4 oz	*Pasta Primavera	6 oz	*Seafood Salad Sandwich/Potato Roll	1
Assorted Cold Cereal	3/4 c	Chicken & Vegetable Quesadilla	1	Barbequed Pork Loin	3 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</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>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</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>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ Tea		___ Tea		___ Tea	
___ Milk		___ Milk		___ Milk	
___ DeCaf		___ DeCaf		___ DeCaf	
___ DeCaf Tea		___ DeCaf Tea		___ DeCaf Tea	
___ Skim		___ Skim		___ Skim	
	8 oz				4 oz
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	
___ Margarine		___ Margarine		___ Margarine	
___ Salt		___ Salt		___ Salt	
___ Sugar		___ Sugar		___ Sugar	
___ Jelly**		___ Pepper		___ Pepper	
___ Pepper		___ Sugar Substitute		___ Sugar Substitute	
___ Sugar Substitute				___ Salad Dressing	
					Spring/ Summer wk 4
					9/8/19

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 Stewed Prunes	4 oz 3	Ice Water Vegetable Soup	4 oz 6 oz	Ice Tea Carrot 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	*Veal Wiener Schnitzel with Mushrooms & Onions Turkey Burger on a Bun with Lettuce & Tomato	3 oz 1	*Corned Beef Sandwich Macaroni & Cheese	1 6 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
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 *Tossed Green Salad	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	Pound Cake/Strawberry Topping Pound Cake/Strawberry Topping**	1 sl 1/2 sl	Whole Wheat Dinner Roll	1
<u>BEVERAGES</u>		<u>DESSERT</u>		<u>DESSERT</u>	
___ Coffee ___ Tea ___ Milk		<u>BEVERAGES</u>		Diced Pears**	1/2 c
___ DeCaf ___ DeCaf Tea ___ Skim	8 oz	___ Coffee ___ Tea ___ Milk	4 oz	<u>BEVERAGES</u>	
___ DeCaf ___ DeCaf Tea ___ Skim		<u>CONDIMENTS</u>		___ Coffee ___ Tea ___ Milk	4 oz
<u>CONDIMENTS</u>		___ Butter ___ Salt ___ Sugar ___ Ketchup		___ DeCaf ___ DeCaf Tea ___ Skim	
___ Butter ___ Salt ___ Sugar		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Jelly** ___ Pepper ___ Sugar Substitute		___ Butter ___ Salt ___ Sugar ___ Ketchup		___ Butter ___ Salt ___ Sugar ___ Salad Dressing	Spring/ Summer wk 4 9/9/19
___ Margarine		___ Margarine ___ Pepper ___ Sugar Substitute		___ Margarine ___ Pepper ___ Sugar Substitute	

NAME: _____

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*=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	Corn Chowder		6 oz	Cream of Tomato Soup		6 oz
<u>CEREALS</u>			<u>THE MAIN DISH</u>			<u>THE MAIN DISH</u>		
Oatmeal		4 oz	*Tortellini Bolognese		6 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>					
			___ Butter	___ Margarine				Spring/ Summer wk 4
			___ Salt	___ Pepper				
			___ Sugar	___ Sugar Substitute				9/10/19

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	Cold Blueberry Soup	6 oz	Egg Drop Soup	6 oz
<u>CEREALS</u>		<u>THE MAIN DISH</u>		<u>THE MAIN DISH</u>	
Grits	4 oz	*Fish Florentine	3 oz	*Margherita Pizza	2 sl
Assorted Cold Cereal	3/4 c	Ham & Swiss Cheese Wrap with Potato Chips (Not for NAS)	1	BBQ Braised Beef Tips	4 oz
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
Scrambled Egg	1	*Roasted Baby Carrots	1/2 c	*Cauliflower	1/2 c
*Egg and Cheese Croissant	1	Corn with Pimientos	1/2 c	Potato Wedges	1/2 c
<u>THE BREAD BASKET</u>		*Baked Potato	1	Petite Caesar Salad	
White Toast	1	<u>DESSERT</u>		<u>DESSERT</u>	
Whole Wheat Toast	1	Seasonal Ice Cream**	1/2 c	Fresh Melon**	1/2 c
<u>BEVERAGES</u>		<u>BEVERAGES</u>		<u>BEVERAGES</u>	
___ Coffee		___ Coffee		___ Coffee	
___ DeCaf		___ DeCaf		___ DeCaf	
___ Tea		___ Tea		___ Tea	
___ DeCaf Tea	8 oz	___ DeCaf Tea		___ DeCaf Tea	
___ Milk		___ Milk		___ Milk	4 oz
___ Skim		___ Skim		___ Skim	
<u>CONDIMENTS</u>		<u>CONDIMENTS</u>		<u>CONDIMENTS</u>	
___ Butter		___ Butter		___ Butter	Spring/ Summer wk 4
___ Jelly**		___ Margarine		___ Margarine	
___ Margarine		___ Pepper		___ Pepper	
___ Salt		___ Sugar Substitute		___ Sugar Substitute	
___ Pepper				___ Salad Dressing	9/11/19
___ Sugar Substitute					

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 Stewed Prunes	4 oz 3	Ice Water Leafy Bean Soup	4 oz 6 oz	Ice Tea French Onion 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	*Orange Glazed Norwegian Salmon Roast Pork Loin with Demi Glaze	4 oz 4 oz	*Herb Infused Meatloaf with Gravy Turkey Sandwich on Whole Wheat with Lettuce & Tomato	4 oz 1
<u>MAIN DISH</u>		<u>ON THE SIDE</u>		<u>ON THE SIDE</u>	
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
<u>THE BREAD BASKET</u>		<u>DESSERT</u>		<u>DESSERT</u>	
White Toast Whole Wheat Toast	1 1	Peach Crisp Peach Crisp**	1/2 c 1/4 c	Fresh Orange Slices**	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	
					Spring/ Summer wk4
					9/13/19

