## May 2024 <br> Menu Selections

| WEDNESDAY, May 1 | THURSDAY, May 2 | FRIDAY, May 3 | SATURDAY, May 4 |
| :---: | :---: | :---: | :---: |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Sausage <br> Breakfast Sandwich <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Sausage <br> Belgian Waffle <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Sausage <br> Buttermilk Pancakes <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage French Toast <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH |
| Manhattan Clam Chowder <br> Vegetable Lo Mein with Egg Roll and Fortune Cookies OR <br> B.L.T. Sandwich w/Hmd Macaroni Salad and Pickles <br> Sliced Peaches | Cream of Broccoli <br> Roast Beef Sandwich Homemade Potato Salad and Pickles OR Lobster Tarragon Salad over Garden Greens and Crackers | Italian Wedding <br> Homemade Tuna Melt on English Muffin <br> Onion Rings and Coleslaw <br> OR <br> Fresh Seasonal Fruits and Cottage Cheese <br> NAS Vanilla Pudding | Hearty Potato <br> Italian Sub Sandwich w/Potato Chips and Pickles OR <br> Popcorn Shrimp Salad over Garden Greens Cocktail Sauce and Lemon |
| DINNER | DINNER | DINNER | DINNER |
| Butternut Squash <br> Beef Stroganoff <br> OR <br> Eggplant Rollata <br> Side Dishes <br> Buttered Egg Noodles <br> Broccoli Florets <br> Dinner Roll <br> Carrot Cake | Minestrone <br> Herb and Garlic Tilapia <br> OR <br> Cajun Chicken Pasta <br> Side Dishes <br> Roasted Potato <br> Creamed Spinach <br> Warm Breadsticks <br> Pound Cake | Potato leek <br> Pasta Ala Bolognese <br> OR <br> Baked Haddock <br> Side Dishes <br> Boiled Potatoes <br> Corn Niblets <br> Green Beans <br> Ambrosia | Turkey and Orzo <br> Roasted Chicken Quarters <br> OR <br> Fettuccini Alfredo <br> Side Dishes <br> Baked Sweet Potato <br> Brussel Sprouts <br> Braised Red Cabbage <br> Fresh Baked Cookies |

May 2024
Menu Selections

| SUNDAY, May 5 | MONDAY, May 6 | TUESDAY, May 7 | WEDNESDAY, May 8 | THURSDAY, May 9 | FRIDAY, May 10 | Saturday, May 11 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Belgian Waffles | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Buttermilk Pancakes | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Danish | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Breakfast Sandwich | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage French Toast | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Blueberry Pancakes | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Sausage Blueberry Pancakes |
| Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Chicken | Turkey Noodle | New England Clam Chowder | H | Pasta Fa | Mushroom Barl | Mushroom Barley |
| Chicken Quesadilla with Fresh Salsa/Lettuce/Avocado and Sour Cream OR Beef Nachos Platter w/Corn/Black Beans/Salsa and Guacamole | Pierogies w/Caramelized Onions/Garden Peas and Sour Cream OR <br> Grilled Shrimp Caesar Salad with Croutons and Hardboiled Eggs <br> Banana Pudding | Pepperoni OR Cheese Pizza Tossed Salad on the Side Choice of Dressing OR <br> Waldorf Chicken Salad with Fresh Apples/Craisins and Toasted almonds | Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad on the Side OR Ham Sloppy Joe Sandwich w/ Three Bean Salad and Potato Chips | Grilled Pesto Chicken Melt w/ Hmd Pasta Salad and Pickles <br> OR <br> Chef's Salad Platter Your Choice of Dressing <br> Black Forest Cake | Spaghetti and Meatballs w/Parmesan Cheese and Warm Breadsticks OR <br> Crab Louie Salad w/ Tomatoes Lettuce and Avocados <br> Fruit of the Forest Pie | Fish and Chips with Tartar Sauce and Lemon Wedge Coleslaw <br> OR <br> Apple, Ham and Swiss Cheese on Multi Grain Bread Macaroni Salad and Pickles <br> SF Fruited Jello |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Beef Vegetable <br> Pan Seared Crab Cake <br> OR <br> Lasagna Rollettes | Split Pea <br> Chicken Kiev <br> OR <br> Polska Kielbasa | Chicken Broth and Vegetables Roast Pork <br> OR <br> Baked Cod Loin | White Bean and Spinach Homemade Meatloaf <br> OR <br> Cheese Raviolis | Chicken and Rice Smoked Ham OR Maple Dijon Salmon | Minestrone Chicken Marsala OR Beef Arancini Ball | Matzo Ball <br> Yankee Pot Roast <br> OR <br> Baked Flounder |
| Side Dishes <br> Rice Pilaf <br> Corn Niblets <br> Creamed Spinach | Side Dishes <br> Au Gratin Potato <br> Broccoli Florets <br> Sautéed Yellow Squash | Side Dishes <br> Candied Yam <br> Braised Red Cabbage <br> Brussel Sprouts | Side Dishes <br> Mashed Potatoes <br> Glazed Carrots <br> Garden Peas | Side Dishes <br> Au Gratin Potatoes <br> Green Beans <br> Dinner Roll | Side Dishes <br> Steamed White Rice <br> Sautéed Spinach <br> Stewed Tomatoes | Side Dishes <br> Steamed White Rice <br> Sautéed Spinach <br> Stewed Tomatoes |
|  |  |  |  |  |  | Mandarin Oranges |

May 2024
Menu Selections
At Bridgewater

| SUNDAY, May 12 | MONDAY, May 13 | TUESDAY, May 14 | WEDNESDAY, May 15 | THURSDAY, May 16 | FRIDAY, May 17 | Saturday, May 18 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| HOT OR COLD CEREAL <br> Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Corned Beef Hash Belgian Waffle <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL <br> Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Sausage <br> Buttermilk Pancakes <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Pork Roll French Toast <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Sausage <br> Breakfast Sandwich <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL <br> Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Sausage <br> Belgian Waffle <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Corned Beef Hash Donut Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL <br> Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Corned Beef Hash <br> Donut <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Tomato <br> Bacon, Spinach and Swiss Quiche with Fresh Fruits on the Side OR <br> Turkey Salad on Croissant <br> Sandwich w/Carrot Raisin Salad and Pickles <br> Boston Cream Pie | Sausage, Cabbage and Potato <br> Steak and Provolone Melt on Sourdough Bread w/French Fries and Coleslaw OR <br> Salmon and Dill Salad over Garden Greens with Lemon Wedge <br> Sliced Apricots | Manhattan Clam Chowder <br> Homemade Turkey Chili w/Sour Cream/Red Onions Cheese and Corn Muffin <br> OR <br> Ciabatta Egg Salad Sandwich <br> w/Beet Salad and <br> Potato Chips <br> NAS Apple Pie | Beef Barley <br> Hot Dog on a Bun with Sauerkraut/Baked Beans and Coleslaw <br> OR <br> Crab Cake Over Fresh Mixed <br> Greens with Fresh Lemon Wedge and Tartar Sauce <br> Cranberry Orange Cookies | Broccoli and Cheese <br> Chicken Quesadilla with Fresh Salsa/Guacamole and Sour Cream OR <br> Ham and Apple Salad with Honey Dijon Mustard Dressing and Toasted Almonds <br> Sliced Pears | Hearty Vegetable <br> BBQ Riblet Sandwich with Hmd Potato Salad and Pickles <br> OR <br> Greek Tuna Salad Platter <br> Cheese/Olives/Cucumber <br> Chickpeas/Tomatoes/Cu <br> Feta Cheese <br> Orange Sheet Cake | Hearty Vegetable <br> BBQ Riblet Sandwich with <br> Hmd Potato Salad and Pickles <br> OR <br> Greek Tuna Salad Platter <br> Cheese/Olives/Cucumber <br> Chickpeas/Tomatoes/Cu <br> Feta Cheese <br> Orange Sheet Cake |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |
| Fre |  | Corn Chowder | Matzo Ball | Split Pea | Seafood Bisque | Seafood Bisque |
| Filet Mignon OR Baked Tilapia | Sesame Chicken <br> OR Penne Vodka | Macaroni and Cheese <br> OR <br> Coconut Shrimp | Turkey Milanese <br> OR <br> Ditalini Ham and Peas | Corned Beef and Cabbage OR <br> Stuffed Sole | Chicken Stew <br> OR <br> Broiled Haddock | Chicken Stew <br> OR <br> Broiled Haddock |
| Side Dishes <br> Baked Potato <br> Onions and Peppers <br> Green Beans | Side Dishes <br> Stir Fried Rice <br> Snap Beans <br> Garlic Bread | Side Dishes <br> Baked Sweet Potato <br> Creamed Spinach <br> Cauliflower | Side Dishes <br> Garlic Mashed Potato <br> Fire Roasted Vegetables <br> Stewed Tomatoes | Side Dishes <br> Boiled Potatoes <br> Carrots <br> Dinner Roll | Side Dishes <br> Steamed White Rice <br> Garden Peas <br> Warm Biscuit | Side Dishes <br> Steamed White Rice <br> Garden Peas <br> Warm Biscuit |
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May 2024
Menu Selections


| SUNDAY, May 26 | MONDAY, May 27 | TUESDAY, May 28 | WEDNESDAY, May 29 | THURSDAY, May 30 | FRIDAY, May 31 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |  |
| HOT OR COLD CEREAL <br> Oatmeal/Cream of Wheat <br> Egg Cooked to Order <br> Bacon/Sausage <br> Belgian Waffles <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast <br> Juice/Milk/Coffee/Tea <br> Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Corned Beef Hash Danish <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat Egg Cooked to Order Bacon/Hash Brown Donut <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Sausage Breakfast Sandwich <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Corned Beef Hash Apple Turnover <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese | HOT OR COLD CEREAL Oatmeal/Cream of Wheat <br> Egg Cooked to Order Bacon/Pork Roll Raisin Bran Muffin <br> Fresh Fruits/Stewed Prunes <br> Choice of Toast Juice/Milk/Coffee/Tea Butter/Jelly/Syrup/Cr. Cheese |  |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |  |
| Split Pea w/Ham <br> Pierogies and Sausage w/ Sautéed Onions/Garden peas and Sour Cream <br> OR <br> Hmd Chicken Salad Sandwich on Toasted White Bread w/ Lettuce/Tomato/Pickles/Chips <br> Tapioca Pudding | Memorial Day Outdoor BBQ <br> Hot Dog <br> Cheese Burger <br> Grilled Boneless Chicken <br> Thigh <br> Bacon Ranch Pasta Salad <br> Corn on the Cob <br> Pickles <br> Assorted Ice Cream Bar Fresh Watermelon | Carrot Dill <br> Open Faced Turkey w/Gravy Cranberry Sauce/Sweet Potato Fries and Pickles OR <br> Hmd Egg Salad Platter with crackers on the Side <br> Oatmeal Raisin Cookies | Manhattan Clam Chowder <br> Hmd Quiche Lorraine with Fresh Fruit on the Side <br> OR <br> Shrimp Caesar Salad with Hardboiled Egg/Croutons Parmesan Cheese <br> Apple Dumpling Ala Mode | Cream of Broccoli <br> Cheese Pizza with Tossed Salad on the Side <br> OR <br> BLT Club Sandwich with Hmd Radish Salad and Potato Chips <br> Strawberry Rhubarb Pie | Italian Wedding <br> Fish Filet Sandwich with Tartar Sauce/Hmd Potato Salad and Pickles OR <br> Spring Green Salad with Apricot/Cucumber/Scallions Dill and Feta Cheese <br> Hmd Ambrosia |  |
| DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |  |
| Turkey and Wild Rice <br> Chop Steak w/Gravy OR Broiled Tilapia <br> Side Dishes <br> Roasted Red Bliss Potato <br> Steamed Carrots and Peas <br> Dinner Roll <br> Chocolate Layer Cake | Lobster Bisque <br> Swedish Meatballs OR <br> Honey Garlic Salmon <br> Side Dishes <br> Herb Buttered Noodles <br> Sautéed Zucchini <br> Steamed Broccoli <br> Lemon Bar | Chicken Noodle <br> Southern Fried Chicken <br> OR <br> Beef Raviolis <br> Side Dishes <br> Mashed Potato w/Gravy <br> Steamed Green Beans <br> Cornbread Muffin/Coleslaw <br> Banana Splits | Butternut Squash <br> Roast Pork Loin w/Gravy <br> OR <br> Baked Cod w/Tartar Sauce <br> Side Dishes <br> Baked Sweet Potato <br> Steamed Asparagus <br> Buttered Succotash <br> Sliced Peaches | Minestrone <br> Spaghetti and Meat Sauce <br> OR <br> Broiled Mahi Mahi <br> Side Dishes <br> Baked Potato <br> Creamed Spinach <br> Garlic Bread <br> Peanut Butter Cookies | Bacon Potato Chowder <br> Steak Strip Loin w/A1 Sauce <br> OR <br> Penne Ala Vodka <br> Side Dishes <br> Au Gratin potato <br> Roasted Honey Brussel Sprout <br> Dinner Roll <br> Tiramisu |  |

