

<u>Week One Sunday</u>	<u>Week One Monday</u>	<u>Week One Tuesday</u>	<u>Week One Wednesday</u>	<u>Week One Thursday</u>	<u>Week One Friday</u>	<u>Week One Saturday</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Coffee Cake Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Corn Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Bagels and Lox Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Split Pea Chicken Tenders w/ Honey Mustard/ French Fries and Coleslaw OR Homemade Egg Salad Platter w/ Your Choice of Dressing Crackers On the Side Tapioca Pudding	Beef Barley Tuna Melt on English Muffin with Homemade Cucumber Salad and Potato Chips OR Granny Smith Apple and Turkey Salad w/ Toasted Walnuts and Ranch Dressing Oatmeal Raisin Cookies	Carrot Dill Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Liverwurst and Onion on Rye w/ Homemade Potato Salad and Pickles	Manhattan Clam Chowder Crispy Fish Sticks w/ Tartar Sauce/ Boiled Potatoes Corn Niblets and Coleslaw OR B. L. T. Club with Homemade Macaroni Salad and Pickles	Cream of Broccoli Philly Cheesesteak w/ Sauteed Onions/ Potato Chips and Pickles OR Grilled Asian Shrimp Over Greens with Warm Sesame Ginger Vinaigrette Sliced Peaches	Italian Wedding Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Fresh Fruit and Cottage Cheese Platter	Hearty Vegetable OR NAS Vanilla Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey and Wild Rice Garden Salad Swedish Meatballs OR Flounder w/ Tartar Sauce <i>Side Dishes:</i> Herb Butter Noodles Stewed Tomatoes Sauteed Zucchini	Alphabet OR <i>Side Dishes:</i>	Chicken Noodle Garden Salad Salisbury Steak w/ Gravy OR Penne a la Vodka <i>Side Dishes:</i> Baked Potato w/ Sour Cream Broccoli Florets Warm Breadstick NAS Chocolate Pudding	Butternut Squash OR <i>Side Dishes:</i>	Minestrone Garden Salad Chicken Kiev OR Broiled Salmon <i>Side Dishes:</i> Garlic Mashed Potatoes Roasted Vegetables Honey Wheat Dinner Roll Pound Cake	Bacon Potato Chowder Garlic Bread Smoked Spiral Ham OR Fetuccini Alfredo <i>Side Dishes:</i> Potato Au Gratin Glazed Carrots Steamed Garden Peas	Turkey and Orzo Fresh Fruit Salad Pasta a la Bolognese OR Broiled Tilapia <i>Side Dishes:</i> Rice Pilaf Garden Vegetables Warm Breadsticks

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>Week Two Sunday 9/20</u>	<u>Week Two Monday 9/21</u>	<u>Week Two Tuesday 9/22</u>	<u>Week Two Wednesday 9/23</u>	<u>Week Two Thursday 9/24</u>	<u>Week Two Friday 9/25</u>	<u>Week Two Saturday 9/26</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Grapefruit Fresh Baked Scone Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Grapefruit Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Banana Walnut Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Belgian Waffles Choice of Toast Fresh Fruit Salad/ Grapefruit Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Peach Almond Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll French Toast Choice of Toast Fresh Fruit Salad/ Grapefruit Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken Gumbo Fish and Chips with Tartar Sauce and Fresh Lemon Wedge OR Turkey Pita Pocket Sandwich w/ Homemade Cucumber Salad and Potato Chips Fresh Berry Tart	Turkey Noodle Grilled Cuban on Sourdough with Homemade Potato Salad and Pickles OR Waldorf Chicken Salad with Fresh Apples/ Craisins and Toasted Almonds Banana Pudding	New England Clam Chowder Monte Cristo Sandwich Melt with Sweet Potato Fries and Coleslaw OR Fresh Mozzarella/ Tomato and Basil Salad with Balsamic Vinaigrette Coconut Cream Pie	Hearty Potato Vegetable Lo Mein with Fortune Cookie and Egg Roll OR Turkey Club with Homemade Celery, Apple Salad and Potato Chips Macadamia Nut Cookies	Pasta Fagioli Soft Shell Tacos w/ Seasoned Ground Beef/ Salsa/ Sour Cream and Guacomole OR Honey Mustard Ham Wrap w/ Carrot, Raisin Salad and Pickles NAS Cheesecake	Mushroom Barley Lobster Roll with Corn on the Cob/ Boiled Potatoes and Coleslaw OR Chef's Salad Platter with Your Choice of Dressing Chocolate Mousse	Tomato and Orzo Turkey, Avocado, Bacon Burger w/ Lettuce/ Tomato/ Sweet Potato Fries and Pickles OR Fresh Fruit and Cottage Cheese Platter Sugar Free Fruited Jello
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Beef Vegetable Sour Cream Chopped Steak w/ Gravy OR Raviolis w/ Pesto Cream Sauce and Garlic Bread <i>Side Dishes:</i> Baked Potato Green Beans Corn Niblets Sliced Pears	Split Pea Tartar Sauce Cheese Pizza w/ Side Salad OR Pan Seared Crab Cake <i>Side Dishes:</i> Rice Pilaf Succotash Creamed Spinach Chocolate Chip Cookies	Chicken Broth with Noodles Fresh Fruit Salad Homemade Meatloaf w/Gravy OR Mediterranean Cod <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas Peaches and Cream	White Bean and Spinach Garden Salad Sweet and Sour Pork Chops OR Eggplant Rollatini <i>Side Dishes:</i> Skillet Potatoes Broccoli Florets Honey Wheat Dinner Roll Spumoni	Chicken Tortilla Fresh Fruit Salad Chicken Marsala OR Polska Kielbasa w/ Sauerkraut <i>Side Dishes:</i> Buttered Noodles Sautéed Zucchini Steamed Cauliflower Butterscotch Pudding	Minestrone Warm Breadstick Spaghetti and Meatballs OR Grilled Swordfish w/ Mango, Corn Salsa <i>Side Dishes:</i> Baked Sweet Potato Sautéed Baby Spinach Mandarin Oranges	Matzo Ball Fresh Fruit Salad Roast Beef with Gravy OR Broiled Flounder <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Honey Wheat Dinner Roll Strawberry Rhubarb Pie

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>Week Three Sunday 9/27</u>	<u>Week Three Monday 9/28</u>	<u>Week Three Tuesday 9/29</u>	<u>Week Three Wednesday 9/30</u>	<u>Week Three Thursday 10/1</u>	<u>Week Three Friday 10/2</u>	<u>Week Three Saturday 10/3</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Cinnamon Bun Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Grapefruit Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Grapefruit Blueberry Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Bagels and Lox Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Grapefruit Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Turkey Noodle Grilled Cheese with Tomato and Bacon/ Potato Chips and Pickles OR Homemade Tuna Salad Platter w/ Your Choice of Dressing Crackers On the Side NAS Vanilla Pudding	Sausage, Cabbage, and Potato Broccoli and Cheddar Quiche with Fresh Fruit Salad On the Side OR Multi Grain Ham and Swiss Sandwich with Homemade Beet Salad and Potato Chips Italian Ice	Manhattan Clam Chowder Pulled Pork Sandwich On Brioche Roll w/ Sweet Potato Fries and Coleslaw OR Berry Turkey Salad with Toasted Walnuts and Raspberry Vinaigrette Sliced Apricots	Beef Barley Rotini Pasta w/ Ham and Fresh Asparagus/ Parmesan Cheese and Warm Breadsticks OR Italian Sub Sandwich with Homemade Potato Salad and Pickles Warm Apple Crisp	Chicken Corn Chowder BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Chicken and Cashew Salad with Mandarin Oranges and Sesame Ginger Vinaigrette Brownies	Vegetable Turkey and Cheese Melt w/ Sandwich w/ Celery, Apple Salad and Potato Chips OR Antipasto Salad w/ Fresh Mozzarella/ Salami/ Ham Olives and Roasted Peppers Fresh Watermelon	Chicken Broth w/ Noodles Popcorn Shrimp Over Greens with Lemon Wedge Your Choice of Dressing OR Club Sandwich w/ Grilled Chicken on Toasted Bread Three Bean Salad and Potato Chips Tiramisu
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Navy Bean Tartar Sauce Chicken Cordon Bleu OR Broiled Salmon <i>Side Dishes:</i> Baked Potato w/ Sour Cream Green Beans Steamed Cauliflower Carrot Cake	French Onion Garden Salad Homemade Lasagna OR Filet of Sole w/ Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Steamed Garden Vegetables Warm Breadsticks Peanut Butter Cookies	Lentil Fresh Fruit Salad Corned Beef and Cabbage OR Cavatelli and Broccoli <i>Side Dishes:</i> Boiled Potatoes Carrots Garlic Bread Lemon Meringue Pie	Tomato and Rice Cranberry Sauce Turkey Divan OR Cornmeal Crusted Tilapia <i>Side Dishes:</i> Yukon Gold Mash Potatoes Sauteed Zucchini Corn Niblets Banana Cakes	Matzo Ball Apple Sauce Pork Loin with Gravy OR Beef Raviolis w/ Marinara <i>Sides Dishes:</i> Baked Sweet Potato Fuji Apples and Lima Beans Garlic Bread Tapioca Pudding	Split Pea Tartar Sauce Chicken Cacciatore OR Crabmeat Stuffed Filet of Fish <i>Side Dishes:</i> Roasted Potatoes Garden Peas Honey Wheat Dinner Roll Cranberry Orange Cookies	Seafood Bisque Warm Breadsticks Pepper Steak OR Linguini w/ White Clam Sauce <i>Side Dishes:</i> Steamed Basmati Rice Sugar Snap Peas Egg Roll and Fortune Cookie Rice Pudding

Dietician Signature

Date

Portions-Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>Week Four Sunday</u>	<u>Week Four Monday</u>	<u>Week Four Tuesday</u>	<u>Week Four Wednesday</u>	<u>Week Four Thursday</u>	<u>Week Four Friday</u>	<u>Week Four Saturday</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Fresh Baked Scone Juice/Milk/Coffee/Tea Butter/Syrup/jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Cranberry Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Corn Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
New England Clam Chowder French Bread Pizza with Garden Salad On the Side Your Choice of Dressing OR Homemade Seafood Salad Over Garden Greens with Fresh Lemon Wedge	French Onion OR	Cream of Mushroom OR	Chicken Noodle OR Sliced Apricots	Matzo Ball Macaroni and Cheese with Glazed Carrots and Steamed Garden Peas OR	Hearty Potato OR Caesar Salad w/ Homemade Croutons and Parmesan Cheese	Cream of Turkey OR Homemade Shrimp Salad Served Over Fresh Garden Greens
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Chicken Gumbo Garden Salad OR Broiled Flounder <i>Side Dishes:</i> Scalloped Potatoes Corn Niblets Sauteed Zucchini NAS Chocolate Pudding	Lentil Apple Sauce OR Sole Almondine <i>Side Dishes:</i>	Beef Barley OR <i>Side Dishes:</i> NAS Vanilla Pudding	Seafood Bisque OR <i>Side Dishes:</i>	Tortellini Garden Salad OR <i>Side Dishes:</i> Sugar Free Fruited Jello	Vegetable Fresh Fruit Salad OR <i>Side Dishes:</i> Chocolate Chip Cookies	Italian Wedding Cranberry Sauce Roast Turkey with Gravy OR Baked Haddock <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Garden Vegetables Peach Melba

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.