

<u>Week One Sunday 11/1</u>	<u>Week One Monday 11/2</u>	<u>Week One Tuesday 11/3</u>	<u>Week One Wednesday 11/4</u>	<u>Week One Thursday 11/5</u>	<u>Week One Friday 11/6</u>	<u>Week One Saturday 11/7</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 Eclairs	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 Sliced Peaches	Cream of Broccoli Philly Cheesesteak w/ Sauteed Onions/ Potato Chips and Pickles OR Grilled Asian Shrimp Over Greens with Warm Sesame Ginger Vinaigrette Ice Cream Cone	Italian Wedding Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Fresh Fruit and Cottage Cheese Platter NAS Vanilla Pudding	Hearty Vegetable Open Face Roast Turkey with Sweet Potato Fries/ Cranberry Sauce and Pickles OR Homemade Lobster Salad Served Over Fresh Garden Greens Coconut Custard Pie
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 NAS Blueberry Pie	Alphabet Garlic Bread Rotisserie Chicken OR Pasta Primavera <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Creamed Spinach Rainbow Sherbert	Chicken Noodle Garden Salad Salisbury Steak w/ Gravy OR Baked Haddock w/ Tartar Sauce <i>Side Dishes:</i> Baked Potato w/ Sour Cream Broccoli Florets Warm Breadstick NAS Chocolate Pudding	Butternut Squash Cornbread BBQ Pork Ribs OR Filet Of Sole <i>Side Dishes:</i> Roasted Rosemary Potatoes Sauteed Peppers and Onions Steamed Green Beans Black Forest Cake	Minestrone Garden Salad Chicken Kiev OR Broiled Salmon <i>Side Dishes:</i> Garlic Mashed Potatoes Roasted Vegetables Honey Wheat Dinner Roll Pound Cake	Potato Leek Smoked Spiral Ham OR Fetuccini Alfredo <i>Side Dishes:</i> Potato Au Gratin Glazed Carrots Steamed Garden Peas Homemade Ambrosia	Turkey and Orzo Fresh Fruit Salad Pasta a la Bolognese OR Broiled Tilapia <i>Side Dishes:</i> Rice Pilaf Garden Vegetables Warm Breadsticks Snickerdoodles

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>Week Two Sunday</u>	<u>Week Two Monday</u>	<u>Week Two Tuesday</u>	<u>Week Two Wednesday</u>	<u>Week Two Thursday</u>	<u>Week Two Friday</u>	<u>Week Two 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/ Pork Roll 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/ 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/ Prunes 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/ Prunes 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/ 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>
Chicken Gumbo Fish and Chips with Tartar Sauce and Fresh Lemon Wedge OR Antipasto Salad with Ham Salami/ Fresh Mozzarella Olives and Roasted Peppers	Turkey Noodle Hot Pastrami On Rye with Mustard/ Homemade Macaroni Salad and Pickles OR Waldorf Chicken Salad with Fresh Apples/ Craisins and Toasted Almonds Banana Pudding	New England Clam Chowder Vegetable Lo Mein with Fortune Cookie and Egg Roll OR Ham and Cheese Pretzel Melt with Homemade Three Bean Salad and Potato Chips Caramel Mini Cheesecake	Hearty Potato Pierogies w/ Caramelized Onions/ Steamed Garden Peas and Sour Cream OR Turkey Club with Homemade Celery, Apple Salad and Potato Chips Macadamia Nut Cookies	Pasta Fagioli Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad On the Side OR Chef's Salad Platter with Your Choice of Dressing	Mushroom Barley California Cheeseburger with Lettuce/ Tomato/ Onion Rings and Coleslaw OR	Potato Leek Baked Ziti with Marinara Sauce Parmesan Cheese and Garlic Bread OR Grilled Shrimp Caesar Salad w/ Homemade Croutons 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 Garlic Bread Roast Chicken Quarters OR <i>Side Dishes:</i> Au Gratin Potatoes Corn Niblets Green Beans Sliced Pears	Split Pea Tartar Salad Pan Seared Crab Cakes OR French Bread Pizza <i>Side Dishes:</i> Rice Pilaf Succotash Creamed Spinach Chocolate Chip Cookies	Chicken Broth with Noodles Warm Breadsticks Spaghetti and Meatballs OR Grilled Swordfish <i>Side Dishes:</i> Scalloped Potatoes Fire Roasted Vegetables Tartar Sauce Peaches and Cream	White Bean and Spinach Apple Sauce Roast Pork with Gravy OR Filet of Cod <i>Side Dishes:</i> Candied Sweet Potatoes Brussel Sprouts Braised Red Cabbage Baked Apples	Chicken and Rice Gariic Bread Homemade Meatloaf OR Raviolis with Marinara Sauce <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Steamed Peas Butterscotch Pudding	Minestrone Garden Salad Turkey Tettrazini OR <i>Side Dishes:</i> Buttered Noodles Roasted Butternut Squash Broccoli Florets Mandarin Oranges	Matzo Ball Tartar Sauce Yankee Pot Roast OR Broiled Flounder <i>Side Dishes:</i> Boiled Potatoes Garden Vegetables Honey Wheat Dinner Roll

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 11/15</u>	<u>Week Three Monday 11/16</u>	<u>Week Three Tuesday 11/17</u>	<u>Week Three Wednesday 11/18</u>	<u>Week Three Thursday 11/19</u>	<u>Week Three Friday 11/20</u>	<u>Week Three Saturday 11/21</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/ Prunes 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/ Prunes 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/ 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
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tomato 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 Shrimp Po' Boy Sandwich with Homemade Cucumber Salad and Potato Chips OR Berry Turkey Salad with Toasted Walnuts and Raspberry Walnuts Boston Cream Pie	Manhattan Clam Chowder Broccoli and Cheddar Quiche with Fresh Fruit Salad On the Side OR Sesame Chicken with Honey Mustard Dipping Sauce Over Mixed Greens with Mandarins Sliced Apricots	Beef Barley Wild Angel Hair Pasta with Grilled Chicken and Creamy Balsamic Vinaigrette OR Ham Sloppy Joe On Marble Rye with Potato Chips and Pickles Warm Apple Crisp	Broccoli and Cheese Tacos with Seasoned Ground Beef/ Salsa/ Sour Cream and Guacomole OR Italian Submarine Sandwich w/ Homemade Macaroni Salad and Pickles Cranberry Orange Cookies	Vegetable BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Poached Salmon Salad with Fresh Dill Sauce/Lemon Wedge Served Over Greens Sliced Pears	Chicken Broth w/ Noodles Grilled Reuben Sandwich with Homemade Potato Salad and Pickles OR Cobb Salad with Hardboiled Eggs/ Tomatoes/ Cucumbers Avocado and Diced Chicken Raspberry Lemon Cake
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Navy Bean Tartar Sauce Chicken Cutlet OR Broiled Salmon <i>Side Dishes:</i> Garlic Mashed Potatoes Green Beans Stewed Tomatoes Carrot Cake	French Onion Garden Salad Macaroni and Cheese OR Filet of Sole w/ Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Steamed Peas Glazed Carrots Peanut Butter Cookies	Lentil Sour Cream Filet Mignon OR Penne a la Vodka <i>Side Dishes:</i> Baked Potato Garden Vegetables Honey Wheat Dinner Roll Pistachio Ice Cream	Corn Chowder Mustard Corned Beef and Cabbage OR Cavatelli and Broccoli <i>Side Dishes:</i> Boiled Potatoes Carrots Garlic Bread Tapioca Pudding	Matzo Ball Apple Sauce Smothered Pork Chops OR Veggie Burger <i>Sides Dishes:</i> Candied Yams Fuji Apples Sauteed Cabbage Tiramisu	Split Pea Tartar Sauce Chicken Cacciatore OR Crabmeat Stuffed Filet of Fish <i>Side Dishes:</i> Roasted Potatoes Steamed Cauliflower Green Beans Blondies	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 Meatball Parmesan Sub w/ Homemade Cucumber Salad and Potato Chips OR Homemade Seafood Salad Over Garden Greens with Fresh Lemon Wedge	French Onion Crab Cake on Toasted Roll w/ Tartar Sauce/ Corn on the Cob and Coleslaw OR San Joaquin Chicken Salad w/ Red Grapes/ Toasted Almonds and Mandarin Oranges Oatmeal Raisin Cookies	Cream of Mushroom OR Roast Beef on Onion Roll w/ Horseradish Sauce/ Lettuce Tomato/ Homemade Potato Salad and Pickles	Chicken Noodle Sausage and Peppers over Angel Hair Pasta w/ Parmesan Cheese and Garlic Bread OR Sliced Apricots		Hearty Potato Homemade Chili Con Carne w/ Cheddar Cheese/ Sour Cream/ Onions and Cornbread OR Multi Grain Ham and Swiss Sandwich w/ Honey Dijon Mustard/ Beet Salad and Potato Chips	Cream of Turkey Stuffed Shells with Marinara Sauce/ Parmesan Cheese and Warm Breadsticks 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 Chicken Pot Pie OR Broiled Flounder <i>Side Dishes:</i> Scalloped Potatoes Corn Niblets Sauteed Zucchini NAS Chocolate Pudding	Lentil OR <i>Side Dishes:</i> Roasted Rosemary Potatoes Pearl Onions Creamed Spinach	Beef Barley OR Cheese Tortellini w/ Marinara <i>Side Dishes:</i> Baked Potato w/ Sour Cream Green Beans Honey Wheat Dinner Roll NAS Vanilla Pudding	Seafood Bisque Tartar Sauce Homemade Beef Stew OR Lemon Baked Cod <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Stewed Tomatoes Strawberry Shortcake	Tortellini Apple Sauce Honey Glazed Pork Chops OR Sole Almondine <i>Side Dishes:</i> Baked Sweet Potato Steamed Cauliflower Brussel Sprouts Sugar Free Fruited Jello	Vegetable Fresh Fruit Salad OR <i>Side Dishes:</i> Potato Au Gratin Garden Peas Glazed Carrots 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.