

<u>SUNDAY, WEEK ONE 5/2</u>	<u>MONDAY, WEEK ONE 5/3</u>	<u>TUESDAY, WEEK ONE 5/4</u>	<u>WEDNESDAY, WEEK ONE 5/5</u>	<u>THURSDAY, WEEK ONE 5/6</u>	<u>FRIDAY, WEEK ONE 5/7</u>	<u>SATURDAY, WEEK ONE 5/8</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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes  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  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Split Pea  Chicken Tenders w/ Honey Mustard/French Fries and Coleslaw OR Homemade Egg Salad Platterw/Choice of Dressing Crackers on the Side Tapioca Pudding	Beef Barley  Monte Cristo Sandwich w/ Carrot, Raisin Salad and Potato Chips OR Fresh Seasonal Fruit and Cottage Cheese Platter  Oatmeal Raisin Cookies	Carrot Dill  Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Italian Submarine with Potato Chips and Pickles  Eclairs	Manhattan Clam Chowder  Baked Ziti with Marinara Sauce/ Parmesan Cheese and Garlic Bread OR B.L.T Club with Homemade Macaroni Salad and Pickles  Sliced Peaches	Cream of Broccoli  Sloppy Joe On a Kaiser Roll with Onion Rings and Pickles OR Homemade Shrimp Salad Over Fresh Garden Greens  Orange Creamsicle	Mother's Day Celebration Brunch!  Two Seatings 11:30am to 12:20pm 12:35pm to 1:25pm	Hearty Vegetable  Lobster Roll Served with Corn On the Cob and Coleslaw OR Chef's Salad Platter with Your Choice of Dressing  Coconut Cream Pie
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Turkey and Wild Rice Garden Salad Salisbury Steak OR Fettucini Alfredo <i>Side Dishes:</i> Baked Potato w/ Sour Cream Mixed Vegetables Garlic Bread  NAS Cheesecake	Alphabet Tartar Sauce Zesty Filet of Tilapia OR Shepherd's Pie <i>Side Dishes:</i> Rice Pilaf Grilled Vegetables Dinner Roll  Banana Parfait	Chicken Noodle Warm Breadstick Chicken Curry OR Beef Raviolis with Marinara <i>Side Dishes:</i> Roasted Potatoes Peppers and Onions Sauteed Baby Spinach  NAS Chocolate Pudding	Butternut Squash Dinner Roll Beef Stroganoff OR Baked Flounder <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Braised Red Cabbage  Black Forest Cake	Minestrone Tartar Sauce Chicken Cordon Bleu OR Broiled Cod <i>Side Dishes:</i> Yukon Gold Mash Potatoes Steamed Cauliflower Sauteed Zucchini  Pound Cake	Potato Leek Garden Salad Sole Almondine OR Pork Chops with Apples <i>Side Dishes:</i> Baked Sweet Potato Green Beans Corn Niblets  Homemade Ambrosia	Turkey and Orzo Fresh Fruit Salad Roman Style Chicken OR Angel Hair with Marinara <i>Side Dishes:</i> Scalloped Potatoes Steamed Asparagus Warm Breadstick  Snickerdoodles

Dietician Signature

Date:

PORTIONS:

Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>SUNDAY, WEEK TWO 5/9</u>	<u>MONDAY, WEEK TWO 5/10</u>	<u>TUESDAY, WEEK TWO 5/11</u>	<u>WEDNESDAY, WEEK TWO 5/12</u>	<u>THURSDAY, WEEK TWO 5/13</u>	<u>FRIDAY, WEEK TWO 5/14</u>	<u>SATURDAY, WEEK TWO 5/15</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  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  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  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes  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  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  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>
Split Pea  French Bread Pizza with Tossed Salad On the Side Your Choice of Dressing OR Shrimp Caesar Salad w/ Homemade Croutons  Lemon Merinque Pie	Turkey Noodle  Grilled Ham and Brie with Honey Mustard/ Beet Salad and Potato Chips OR Waldorf Chicken Salad Fresh Apples/ Craisins and Toasted Almonds Banana Pudding	New England Chowder  California Cheeseburger w/ Lettuce/Tomato/French Fries and Coleslaw OR Homemade Crab Salad Over Garden Greens with Crackers On the Side Carrot Cake	Hearty Potato  Stuffed Baked Potato with Bacon and Cheddar cheese Tossed Salad on the Side OR Turkey Club Sandwich w/ Homemade Celery, Apple Salad and Pickles Macadamia Nut Cookies	Pasta Fagioli  Ranch Chicken Melt with Homemade Potato Salad and Pickles OR Taco Salad w/ Seasoned Beef Cheese/ Sour Cream/ Salsa and Guacomole Strawberry Rhubarb Pie	Chicken Tortilla  Spaghetti and Meatballs w/ Parmesan Cheese and Warm Breadsticks OR Grilled Vegetable, Fresh Mozzarella Wrap with Macaroni Salad and Pickles Apple Filled Churros	Potato Leek  Fish and Chips with Tartar Sauce/ Fresh Lemon Wedge and Coleslaw OR Roast Beef w/ Horseradish Sauce on a Roll with Potato Chips and Coleslaw 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>
White Bean and Spinach Fresh Fruit Salad Yankee Pot Roast OR Cheese Raviolis <i>Side Dishes:</i> Au Gratin Potatoes Mixed Vegetables Garlic Bread  Sliced Pears	Mushroom Barley Mustard Bratwurst w/ Sauerkraut OR Chicken Cutlet <i>Side Dishes:</i> Garlic Mashed Potatoes Broccoli Florets Honey Wheat Dinner Roll  Chocolate Chip Cookies	Chicken Broth and Noodles Warm Breadstick BBQ Pork Ribs OR Pasta Primavera <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Green Beans  Peaches and Cream	Beef Vegetable Tartar Sauce Homemade Meatloaf OR Broiled Flounder <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas  Fresh Watermelon	Chicken and Rice Garden Salad Sausage and Peppers OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Roasted Potatoes Sauteed Zucchini Cauliflower  Butterscotch Pudding	Minestrone Tartar Sauce Chicken and Biscuits OR Broiled Haddock <i>Side Dishes:</i> Boiled Potatoes Succotash Broccoli Florets  Fruit of the Forest Pie	Turkey and Orzo Garlic Bread Pineapple Pork Adobo OR Penne a la Vodka <i>Side Dishes:</i> Steamed Rice Steamed Snap Peas Egg ROII  Chocolate Cake

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>SUNDAY, WEEK THREE 5/16</u>	<u>MONDAY, WEEK THREE 5/17</u>	<u>TUESDAY, WEEK THREE 5/18</u>	<u>WEDNESDAY, WEEK THREE 5/19</u>	<u>THURSDAY, WEEK THREE 5/20</u>	<u>FRIDAY, WEEK THREE 5/21</u>	<u>SATURDAY, WEEK THREE 5/22</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  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  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  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes  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  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  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>
Tomato  Hot Pastrami on Rye with Mustard/ Homemade Potato Salad and Pickles OR Homemade Tuna Salad Platter w/ Your Choice of Dressing  NAS Vanilla Pudding	Sausage, Cabbage, and Potato  Homemade Asparagus and Swiss Quiche with Fresh Fruit Salad on the Side OR Turkey Brioche Sandwich with Celery, Apple Salad and Potato Chips  Coconut Cake	Manhattan Clam Chowder  Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Fresh Mozzarella, Tomato, and Fresh Basil Over Greens with Balsamic Vinaigrette  Sliced Apricots	Beef Barley  Chili Con Carne with Sour Cream/ Cheddar Cheese/ Red Onions and Cornbread OR Egg Salad Croissant Sandwich with Homemade Cucumber Salad and Potato Chips  NAS Apple Pie	Broccoli and Cheese  Homemade Tuna Noodle Casserole with Steamed Garden Peas OR Turkey Wheat Berry Sandwich with Homemade Macaroni Salad and Pickles  Cranberry Orange Cookies	Vegetable  BBQ Riblet Sandwich with Homemade Potato Salad and Pickles OR Cobb Salad w/ Grilled Chicken Crispy Bacon/ Hardboiled Egg and Fresh Avocados  Sliced Pears	Chicken Broth w/ Noodles  Fish Filet of Toasted Rol w/ Tartar Sauce/ Lettuce/ Corn On the Cob and Coleslaw OR Antipasto Salad with Ham/ Salami/ Olives/ Roasted Peppers and Provolone  Brownies
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Navy Bean Coleslaw Southern Fried Chicken OR Cavatelli and Broccoli <i>Side Dishes:</i> Mashed Potatoes w/ Gravy Corn Niblets Broccoli Florets  Southern Pecan Pie	French Onion Sour Cream Filet Mignon OR Tilapia with Tartar Sauce <i>Sides Dishes:</i> Baked Potato Peppers and Onions Green Beans  Rainbow Sherbert	Lentil Fortune Cookie Chicken Terayaki OR Macaroni and Cheese <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll  Peanut Butter Cookies	Corn Chowder Warm Breadstick Shrimp Scampi with Pasta OR Smoked Spiral Ham <i>Side Dishes:</i> Baked Sweet Potato Succotash Cauliflower  Tapioca Pudding	Matzo Ball Mustard Corned Beef and Cabbage OR Broiled Salmon <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Roll  Cupcakes	Italian Wedding Garden Salad Turkey Milanese OR Farfalle Salsa Cruda <i>Side Dishes:</i> Garlic Mashed Potatoes Steamed Asparagus Warm Breadstick  Chocolate Mousse	Split Pea Tartar Sauce Swedish Meatballs OR Baked Haddock <i>Side Dishes:</i> Buttered Noodles Garden Vegetables Honey Wheat Dinner Roll  Rice Pudding

<u>Dietician Signature</u>		<u>Date</u>				
<u>Portions-Soup=6 oz.</u>	<u>Meat/Meat Sub=4 oz.</u>	<u>Starch=4 oz.</u>	<u>Vegetable=4 oz.</u>	<u>Fruit=4 oz.</u>		

<u>SUNDAY, WEEK FOUR 5/23</u>	<u>MONDAY, WEEK FOUR 5/24</u>	<u>TUESDAY, WEEK FOUR 5/25</u>	<u>WEDNESDAY, WEEK FOUR 5/26</u>	<u>THURSDAY, WEEK FOUR 5/27</u>	<u>FRIDAY, WEEK FOUR 5/28</u>	<u>SATURDAY, WEEK FOUR 5/29</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  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  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  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes  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  Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon and Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes  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 Onion Rings/Coleslaw and Pickles OR Ham, Apple, and Walnut Salad with Honey Dijon Dressing On the Side  Fresh Fruit Tart	French Onion  Turkey Cranberry Wrap with Carrot, Raisin Salad and Potato Chips OR Mediterranean Tuna Salad w/ Kalamata Olives/ Feta Cheese and Cherry Tomatoes  Oatmeal Raisin Cookies	Cream of Mushroom  Butterfly Shrimp w/ Cocktail Sauce/ Boiled Potatoes/ Corn On the Cob and Coleslaw OR Liverwurst and Onion on Rye w/ Homemade Macaroni Salad and Pickles  Ice Cream Sandwich	Chicken Noodle  Buffalo Chicken Melt with Celery, Apple Salad and Potato Chips OR Lobster Salad Served Over Tossed Salad with Crackers On the Side  Sliced Peaches	Matzo Ball  Pierogies with Caramelized Onions/ Sour Cream and Steamed Garden Peas OR Roast Beef Club Sandwich w/ Homemade Potato Salad and Pickles  Chcocolate Chip Cookies	Hearty Potato  Pasta with Italian Sausage Baby Spinach/ Parmesan Cheese and Warm Breadstick OR Poppyseed Chicken Salad Pita with Three Bean Salad and Potato Chips  Cherry Pie	Cream of Turkey  Philly Cheesesteak with Sauteed Onions/French Fries and Coleslaw OR Homemade Seafood Salad Over Garden Greens with Fresh Lemon Wedge  Root Beer Floats
<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 Garlic Bread Homemade Lasagna OR Fish Florentine w/ Tartar Sauce <i>Side Dishes:</i> Roasted Potatoes Pearl Onions Green Beans  Peach Melba	Beef Barley Sour Cream Rotisserie Chicken Quarter OR Tortellini with Pesto Sauce <i>Side Dishes:</i> Baked Potato Harvard Beets Creamed Spinach  NAS Vanilla Pudding	Seafood Bisque Garden Salad Stuffed Cabbage OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Warm Breadstick  Strawberry Shortcake	Tortellini Apple Sauce Pork Loin with Gravy OR Angel Hair with Marinara <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Brussel Sprouts  Sugar Free Fruited Jello	Vegetable Tartar Sauce Hungarian Ghoulish OR Tilapia Filet <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Glazed Carrots  Fresh Watermelon	Italian Wedding Cranberry Sauce Roast Turkey with Gravy OR Broiled Sole <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Garden Vegetables  Lemon Torte Cake

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.