

<u>SUNDAY, WEEK 1</u>	<u>MONDAY, WEEK 1</u>	<u>TUESDAY, WEEK 1</u>	<u>WEDNESDAY, WEEK 1</u>	<u>THURSDAY, WEEK 1</u>	<u>FRIDAY, WEEK 1</u>	<u>SATURDAY, WEEK 1</u>
<u>Breakfast 3/28</u>	<u>Breakfast 3/29</u>	<u>Breakfast 3/30</u>	<u>Breakfast 3/31</u>	<u>Breakfast 4/1</u>	<u>Breakfast 4/2</u>	<u>Breakfast 4/3</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 Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Shrimp Po' Boy Sub with Homemade Potato Salad and Pickles Oatmeal Raisin Cookies	Carrot Dill Grilled Portabella Ciabatta Sandwich w/ Potato Chips and Coleslaw OR Granny Smith Apple Turkey Salad with Toasted Walnuts and Ranch Dressing Cream Puffs	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 Coleslaw OR Lobster Tarragon Salad Over Garden Greens with Crackers Ice Cream Cone	Italian Wedding Tuna Noodle Casserole with Glazed Carrots and Steamed Garden Peas OR Fresh Seasonal Fruit and Cottage Cheese Platter NAS Vanilla Pudding	Hearty Vegetable Popcorn Shrimp Salad Over Garden Greens w/ Cocktail Sauce and Fresh Lemon OR Italian Submarine Sandwich with Potato Chips and Pickles Coconut Custard 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 Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Baked Potato w/ Sour Cream Mixed Vegetables Garlic Bread New York Style Cheesecake	Alphabet Tartar Sauce Chicken Kiev OR Broiled Lemon Cod <i>Side Dishes:</i> Yukon Gold Mash Potatoes Steamed Cauliflower Steamed Peas Warm Waffle w/ Ice Cream	Chicken Noodle Apple Sauce Pork Chops Murphy OR Beef Raviolis with Marinara <i>Side Dishes:</i> Rice Pilaf Sauteed Zucchini Glazed Carrots NAS Chocolate Pudding	Butternut Squash Garden Salad Beef Stroganoff OR Eggplant Rollata <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Honey Wheat Dinner Roll Carrot Cake	Minestrone Tartar Sauce Zesty Filet of Tilapia OR Chicken Curry <i>Side Dishes:</i> Roasted Potatoes Sauteed Peppers and Onions Baby Spinach Pound Cake	Potato Leek Warm Breadstick Sole Almondine OR Angel Hair with Marinara <i>Side Dishes:</i> Boiled Potatoes Corn Niblets Green Beans Homemade Ambrosia	Turkey and Orzo Garden Salad Roman Style Chicken OR Fettucini Alfredo <i>Side Dishes:</i> Scalloped Potatoes Steamed Asparagus Honey Wheat Dinner Roll Snickerdoodles

Dietician Signature

Date:

PORTIONS:

Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>SUNDAY, WEEK 2</u>	<u>MONDAY, WEEK 2</u>	<u>TUESDAY, WEEK 2</u>	<u>WEDNESDAY, WEEK 2</u>	<u>THURSDAY, WEEK 2</u>	<u>FRIDAY, WEEK 2</u>	<u>SATURDAY, WEEK 2</u>
<u>Breakfast 4/4</u>	<u>Breakfast 4/5</u>	<u>Breakfast 4/6</u>	<u>Breakfast 4/7</u>	<u>Breakfast 4/8</u>	<u>Breakfast 4/9</u>	<u>Breakfast 4/10</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>
<u>Happy Easter!</u> Smoked Spiral Ham Filet of Salmon Scalloped Potatoes Baby Carrots Asparagus Spears Hot Crossed Buns Carrot Cake Lemon Torte Cake	Turkey Noodle California Cheeseburger w/ Lettuce/Tomato/French Fries and Coleslaw OR Shrimp Caesar Salad w/ Homemade Croutons Banana Pudding	New England Chowder Pepperoni French Bread Pizza Tossed Salad On the Side Your Choice of Dressing OR Waldorf Chicken Salad Fresh Apples/Craisins and Toasted Almonds Red Velvet 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 NAS Blueberry Pie	Mushroom Barley Spaghetti and Meatballs w/ Parmesan Cheese and Warm Breadsticks OR Whole Grain Ham and Brie Sandwich w/ Homemade Beet Salad and Chips Apple Filled Churros	Potato Leek Fish and Chips with Tartar Sauce/ Fresh Lemon Wedge and Coleslaw OR Chef's Salad Platter with Your Choice of Dressing 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 Tartar Sauce Pan Seared Crab Cakes OR Lasagna Rollettes <i>Side Dishes:</i> Rice Pilaf Garden Vegetables Garlic Bread Sliced Pears	Split Pea Mustard Polska Kielbasa OR Chicken Cutlet <i>Side Dishes:</i> Garlic Mashed Potatoes Broccoli Florets Honey Wheat Dinner Roll Chocolate Chip cookies	Chicken Broth and Noodles Coleslaw BBQ Pork Ribs OR Arancini with Marinara <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Green Beans Peaches and Cream	White Bean and Spinach Tartar Sauce Homemade Meatloaf OR Broiled Flounder <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas Apple Dumpling	Chicken and Rice Garden Salad Sausage and Peppers OR Seafood Newburg <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 Fresh Fruit Salad Yankee Pot Roast OR Cheese Raviolis <i>Side Dishes:</i> Au Gratin Potatoes Mixed Vegetables Garlic Bread Chocolate Cake

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

Dietician Signature

Date

<u>SUNDAY, WEEK 3</u>	<u>MONDAY, WEEK 3</u>	<u>TUESDAY, WEEK 3</u>	<u>WEDNESDAY, WEEK 3</u>	<u>THURSDAY, WEEK 3</u>	<u>FRIDAY, WEEK 3</u>	<u>SATURDAY, WEEK 3</u>
<u>Breakfast 4/11</u>	<u>Breakfast 4/12</u>	<u>Breakfast 4/13</u>	<u>Breakfast 4/14</u>	<u>Breakfast 4/15</u>	<u>Breakfast 4/16</u>	<u>Breakfast 4/17</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 Grilled Reuben Sandwich w/ Homemade Cucumber Salad and Potato Chips OR Homemade Tuna Salad Platter w/ Your Choice of Dressing NAS Vanilla Pudding	Sausage, Cabbage, and Potato Bacon, Spinach, and Swiss Quiche with Fresh Fruit Salad On the Side OR Turkey Brioche Sandwich w/ Homemade Macaroni Salad and Pickles Boston Cream Pie	Manhattan Clam Chowder Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Poach Salmon Over Greens with Dill Crème Fraiche and Fresh Lemon Wedge Sliced Apricots	Beef Barley Ham and Cheddar Biscuit Melt with Carrot, Raisin Salad and Potato Chips OR Fresh Mozzarella, Tomato, and Fresh Basil Over Greens with Balsamic Vinaigrette NAS Apple Pie	Broccoli and Cheese Homemade Turkey Chili w/ Sour Cream/ Red Onions Cheese and Cornbread OR Egg Salad Croissant Sandwich with Homemade Beet Salad and Potato Chips Cranberry Orange Cookies	Vegetable Steak and Provolone Melt on Garlic Bread with French Fries and Coleslaw OR Crab Cobb Salad w/ Avocado Hardboiled Egg/ Crispy Bacon and Your Choice of Dressing Sliced Pears	Chicken Broth w/ Noodles BBQ Riblet Sandwich with Homemade Potato Salad and Pickles OR Greek Tuna Salad with Feta Kalamata Olives/ Tomatoes Cucumbers and Chick Peas 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 Tiramisu	French Onion Garden Salad Turkey Divan OR Crab Cake with Tartar Sauce <i>Sides Dishes:</i> Rice Pilaf Sauteed Baby Spinach Steamed Cauliflower Pistachio Ice Cream	Lentil Sour Cream Filet Mignon OR Tilapia with Tartar Sauce <i>Side Dishes:</i> Baked Potato Peppers and Onions Green Beans Peanut Butter Cookies	Corn Chowder Fortune Cookie Chicken Terayaki OR Macaroni and Cheese <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll Tapioca Pudding	Matzo Ball Mustard Corned Beef and Cabbage OR Stuffed Filet of Sole <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Roll Cupcakes	Split Pea Cocktail Sauce Coconut Shrimp OR Ditalini, Ham, and Peas <i>Side Dishes:</i> Baked Sweet Potato Garden Peas Warm Breadstick Chocolate Mousse	Seafood Bisque Tartar Sauce Swedish Meatballs OR Broiled Haddock <i>Side Dishes:</i> Buttered Noodles Garden Vegetables Honey Wheat Dinner Roll Rice Pudding

Dietician Signature

Date

Portions-Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>SUNDAY, WEEK 4</u>	<u>MONDAY, WEEK 4</u>	<u>TUESDAY, WEEK 4</u>	<u>WEDNESDAY, WEEK 4</u>	<u>THURSDAY, WEEK 4</u>	<u>FRIDAY, WEEK 4</u>	<u>SATURDAY, WEEK 4</u>
<u>Breakfast 4/18</u>	<u>Breakfast 4/19</u>	<u>Breakfast 4/20</u>	<u>Breakfast 4/21</u>	<u>Breakfast 4/22</u>	<u>Breakfast 4/23</u>	<u>Breakfast 4/24</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 Tempura Shrimp Over Greens with Mandarin Oranges and Sesame Vinaigrette Fruit Fruit Tart	French Onion Butterfly Shrimp w/Cocktail Sauce/ Boiled Potatoes/ Corn on the Cob and Coleslaw OR Antipasto with Ham/ Salami Fresh Mozzarella/ Olives and Roasted Peppers Oatmeal Raisin Cookies	Cream of Mushroom Penne Pasta w/ Italian Sausage Baby Spinach/ Parmesan Cheese and Warm Breadstick OR Turkey, Cranberry Wrap with Carrot, Raisin Salad and Pickles Ice Cream Sandwich	Chicken Noodle Turkey Burger with Lettuce Tomato/Sweet Potato Fries and Coleslaw OR Homemade Seafood Salad Over Garden Greens with Fresh lemon Wedge Sliced Peaches	Matzo Ball Stuffed Shells w/ Marinara Sauce/ Parmesan Cheese and Garlic Bread OR Roast Beef Club Sandwich w/ Homemade Potato Salad and Pickles Chcocolate Chip Cookies	Hearty Potato Grilled Bologna and Swiss Sandwich w/ Mustard Three Bean Salad and Chips OR Baby Spinach and Strawberry Salad with Chicken/ Feta Almonds and Berry Dressing French Silk Pie	Cream of Turkey Philly Cheesesteak with Sauteed Onions/Homemade Potato Salad and Pickles OR Homemade Crab Salad with Old Bay Over Fresh Greens Crackers On the Side 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 w/ Pesto Sauce <i>Side Dishes:</i> Baked Potato Harvest Beets Creamed Spinach NAS Vanilla Pudding	Seafood Bisque Beef Paprikash OR Tilapia Filet <i>Side Dishes:</i> Yukon Gold Mashed Potato Broccoli Florets Glazed Carrots Strawberry Shortcake	Tortellini Fortune Cookie Orange Chicken OR Baked Cod w/Tartar Sauce <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll Sugar Free Fruited Jello	Vegetable Apple Sauce Pork Loin with Gravy OR Angel Hair w/ Marinara Sauce <i>Side Dishes:</i> Candied Yams Braised Red cabbage Brussel Sprout Warm Apple Crisp	Italian Wedding Cranberry Sauce Roast Turkey with Gravy OR Broiled Sole <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Garden Vegetables NAS Chocolate Cream Pie

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.