

<u>SUNDAY, WEEK ONE 6/27</u>	<u>MONDAY, WEEK ONE 6/28</u>	<u>TUESDAY, WEEK ONE 6/29</u>	<u>WEDNESDAY, WEEK ONE 6/30</u>	<u>THURSDAY, WEEK ONE 7/1</u>	<u>FRIDAY, WEEK ONE 7/2</u>	<u>SATURDAY, WEEK ONE 7/3</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  Tuna Melt On English Muffin with Three Bean Salad and Potato Chips OR Chef's Salad Platter with Your Choice of Dressing  Tapioca Pudding	Asparagus and Brie  Pretzel Roll Ham Melt with Homemade Potato Salad and Pickle OR Crab Cake with Tartar Sauce Over Greens with Lemon  Ice Cream Sundaes	Carrot Dill  Chicken Lo Mein with Fortune Cookie and Egg Roll OR Italian Submarine with Coleslaw and Pickles  Key Lime Pie	Manhattan Clam Chowder  Pasta Sicilian w/ Roasted Eggplant/ Parmesan Cheese and Garlic Bread OR B.L.T Club with Homemade Macaroni Salad and Pickles  Sliced Peaches	Cream of Broccoli  Monte Cristo Sandwich w/ Carrot, Raisin Salad and Pickles OR Homemade Shrimp Salad Over Fresh Garden Greens  Orange Creamsicle	Beef Barley  Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Roast Beef Cheddar Wrap w/ Cucumber Salad and Potato Chips Eclairs	Hearty Vegetable  Chicken Tenders w/ Honey Mustard/ French Fries and Coleslaw OR Egg Salad Platter with Crackers On the Side  Cherry 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 Roast Beef with Gravy OR Fettucini Alfredo <i>Side Dishes:</i> Baked Potato w/ Sour Cream Mixed Vegetables Garlic Bread  Oatmeal Raisin Cookies	Alphabet Apple Sauce Smothered Pork Chops OR Broiled Salmon <i>Side Dishes:</i> Candied Yams Green Beans Cauliflower  Banana Parfait	Chicken Noodle Garden Salad Ketchup Glazed Turkey Meatloaf OR Cheese Pizza <i>Side Dishes:</i> Skillet Potatoes Creamed Pearl Onions Garden Peas  NAS Chocolate Pudding	Butternut Squash Dinner Roll Beef Stroganoff OR Baked Flounder <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Braised Red Cabbage  Caramel Salted Cheesecake	Minestrone Fresh Fruit Salad Chicken Francaise OR Pasta Puttanesca <i>Side Dishes:</i> Garlic Mashed Potatoes Steamed Asparagus Warm Breadstick  Pound Cake	Potato Leek Tartar Sauce Smoked Pork Loin w/ Apples OR Stuffed Filet of Fish <i>Side Dishes:</i> Baked Sweet Potato Sauteed Zucchini Corn Niblets  Homemade Ambrosia	Turkey and Orzo Garden Salad Beef and Broccoli Stir Fry OR Cheese Raviolis w/ Marinara <i>Side Dishes:</i> Steamed Rice Fortune Cookie/ Egg Eoll Garlic Bread  Snickerdoodles

Dietician Signature

Date:

PORTIONS:

Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>SUNDAY, WEEK TWO 7/4</u>	<u>MONDAY, WEEK TWO 7/5</u>	<u>TUESDAY, WEEK TWO 7/6</u>	<u>WEDNESDAY, WEEK TWO 7/7</u>	<u>THURSDAY, WEEK TWO 7/8</u>	<u>FRIDAY, WEEK TWO 7/9</u>	<u>SATURDAY, WEEK TWO 7/10</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>
<u>Happy Fourth of July!</u>  Grilled Chicken Breast Hamburgers/ Hot Dogs Corn On the Cob Baked Beans Coleslaw/ Potato Salad Funnel Cake Blueberry Pie Cup Cakes	Turkey Noodle  Grilled Vegetable Focaccia Sandwich with Homemade Macaroni Salad and Pickles OR Waldorf Chicken Salad Fresh Apples/ Craisins and Toasted Almonds Banana Pudding	New England Chowder  Cheeseburger Sliders with Lettuce/Tomato/French Fries and Coleslaw OR Fresh Mozzarella, Tomato, and Basil Over Greens with Balsamic Vinaigrette Carrot Cake	Hearty Potato  Crispy Fish Sticks w/ Tartar Sauce/ Coleslaw and Boiled Potatoes OR Turkey Club Sandwich w/ Homemade Celery, Apple Salad and Pickles Macadamia Nut Cookies	Pasta Fagioli  Reuben on Marble Rye with Homemade Cucumber Salad and Potato Chips OR Summer Berry Salad w/ Grilled Chicken/ Almonds and Raspberry Vinaigrette Strawberry Rhubarb Pie	Chicken Tortilla  Stuffed Baked Potato with Bacon and Cheddar Cheese Tossed Salad On the Side OR Ham and Pimento Cheese Wrap w/ Homemade Potato Salad and Pickle Chocolate Torte	Potato Leek  Spaghetti and Meatballs w/ Parmesan Cheese and Warm Breadsticks OR Homemade Tuna Platter Crackers On the Side  Apple Filled Churros
<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 Garlic Bread Cheese Lasagna OR Crab Cakes w/ Tartar Sauce <i>Side Dishes:</i> Au Gratin Potatoes Glazed Carrots Green Beans  Sliced Pears	Mushroom Barley Coleslaw BBQ Pork Ribs OR Penne a la Vodka <i>Side Dishes:</i> Baked Sweet Potato Broccoli Florets Corn Niblets  Chocolate Chip Cookies	Chicken Broth and Noodles Tartar Sauce Monterey Flats Chicken OR Broiled Cod <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Honey Wheat Dinner Roll  Peaches and Cream	Beef Vegetable Garden Salad Yankee Pot Roast OR Macaroni and Cheese Baked Potato w/Sour Cream Garden Peas Stewed Tomatoes  Fresh Watermelon	Chicken and Rice Warm Breadstick Baked Manicotti OR Pepper Steak <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll/ Fortune Cookie  Butterscotch Pudding	Minestrone Fresh Fruit Salad Chicken and Biscuits OR Sausage and Peppers <i>Side Dishes:</i> Roasted Potatoes Sautéed Zucchini Sliced Italian Bread  Sugar Free Fruited Jello	Turkey and Orzo Tartar Sauce Turkey Milanese OR Sole Almondine <i>Side Dishes:</i> Garlic Mashed Potatoes Sautéed Baby Spinach Peppers and Onions  Sliced Apricots

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 7/11</u>	<u>MONDAY, WEEK THREE 7/12</u>	<u>TUESDAY, WEEK THREE 7/13</u>	<u>WEDNESDAY, WEEK THREE 7/14</u>	<u>THURSDAY, WEEK THREE 7/15</u>	<u>FRIDAY, WEEK THREE 7/16</u>	<u>SATURDAY, WEEK THREE 7/17</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 Ham, Apple, and Walnut Salad with Honey Dijon Dressing On the Side  NAS Vanilla Pudding	Sausage, Cabbage, and Potato  Homemade Asparagus and Swiss Quiche with Fresh Fruit Salad On the Side OR Antipasto Salad with Ham/ Salami/ Olives/ Roasted Peppers and Mozzarella  Peanut Butter Cookies	Manhattan Clam Chowder  French Dip Beef Sandwich with Potato Chips and Coleslaw OR Poached Salmon with Dill Crème Fraiche/ Fresh Lemon Over Spring Mix  Apple Caramel Nut Pie	Beef Barley  Farfalle Pasta with Lobster Sauce/ Parmesan and Warm Breadstick OR Turkey and Honey Mustard Brioche Sandwich w/ Celery, Apple Salad and Pickles  Cream Puffs	Broccoli and Cheese  Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Seafood Salad Served Over Garden Greens with Crackers On the Side  Cranberry Orange Cookies	Vegetable  Chili Con Carne with Sour Cream/ Cheddar Cheese Red Onions and Cornbread OR Egg Salad Croissant Sandwich with Homemade Cucumber Salad and Potato Chips  Sliced Pears	Chicken Broth w/ Noodles  BBQ Riblet Sandwich with Onion Rings and Pickles OR Cobb Salad w/Grilled Chicken Crispy Bacon/ Hardboiled Egg and Fresh Avocados  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 Garden Salad Filet Mignon OR Broiled Haddock <i>Sides Dishes:</i> Baked Potato w/ Sour Cream Steamed Asparagus Honey Wheat Dinner Roll  Rainbow Sherbert	Lentil Garlic Bread Apple Honey Glazed Chicken OR Tortellini with Pesto Sauce <i>Side Dishes:</i> Rice Pilaf Garden Peas Stewed Tomatoes  Tapioca Pudding	Corn Chowder Mustard Corned Beef and Cabbage OR Filet of Tilapia <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Roll  NAS Coconut Cream Pie	Matzo Ball Sliced Italian Bread Pasta a la Bolognese OR Pot Stickers <i>Side Dishes:</i> Stir Fry Rice Steamed Snap Peas Egg Roll  Cupcakes	Italian Wedding Fresh Fruit Salad Shrimp Scampi with Pasta OR Smoked Spiral Ham <i>Side Dishes:</i> Baked Sweet Potato Cauliflower Succotash  Chocolate Mousse	Split Pea Tartar Sauce Swedish Meatballs OR Lemon Baked Flounder <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 7/18</u>	<u>MONDAY, WEEK FOUR 7/19</u>	<u>TUESDAY, WEEK FOUR 7/20</u>	<u>WEDNESDAY, WEEK FOUR 7/21</u>	<u>THURSDAY, WEEK FOUR 7/22</u>	<u>FRIDAY, WEEK FOUR 7/23</u>	<u>SATURDAY, WEEK FOUR 7/24</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  Pierogies with Caramelized Onions/ Sour Cream and Steamed Garden Peas OR Roast Beef on Roll with Horseradish Sauce/ Potato Chips and Coleslaw  Fresh Berry Tart	French Onion  Turkey, Cheddar Bialy Melt with Carrot, Raisin Salad and Potato Chips OR Fresh Mozzarella and Roasted Eggplant Platter with Fresh Basil and Balsamic Dressing  Oatmeal Raisin Cookies	Cream of Mushroom  Mushroom, Swiss Burger with Lettuce/ Tomato/ Onion Rings and Pickles OR Mediterranean Tuna Salad w/ Kalamata Olives/ Feta Cheese and Cherry Tomatoes  Ice Cream Sandwich	Chicken Noodle  Crab Roll Served with Corn on the Cob and Coleslaw OR Chinese Chicken Over Greens w/ Crispy Wontons/ Sesame Vinaigrette and Mandarins  Sliced Peaches	Matzo Ball  Tuna Stuffed Tomato with Garden Salad On the Side Your Choice of Dressing OR Muffaletta Sandwich with Homemade Macaroni Salad and Pickles  Chcocolate Chip Cookies	Hearty Potato  Pasta Primavera with Parmesan Cheese and Warm Breadstick OR Ham and Provolone Ciabatta Sandwich with Cucumber Salad and Potato Chips  Black Forest Cake	Cream of Turkey  Philly Cheesesteak with Sauteed Onions/French Fries and Coleslaw OR Smoked Salmon Platter with Hardboiled Egg/ Capers and Red Onions  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 Cod Filet with Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Sauteed Zucchini Cauliflower  NAS Chocolate Pudding	Lentil Cocktail Sauce Lazy Lasagna w/ Garlic Bread OR Butterfly Shrimp <i>Side Dishes:</i> Baked Potato w/ Sour Cream Broccoli Florets Corn Niblets  Peach Melba	Beef Barley Cranberry Sauce Rotisserie Chicken Quarter OR Linguini w/ White Clam Sauce <i>Side Dishes:</i> Yukon Gold Mash Potatoes Steamed Haricot Vert Honey Wheat Dinner Roll  NAS Vanilla Pudding	Seafood Bisque Garden Salad Stuffed Cabbage OR Fish Florentine w/ Tartar <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Warm Breadstick  Strawberry Shortcake	Tortellini Apple Sauce Roast Pork Loin w/ Gravy OR Angel Hair w/ Marinara Sauce <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Brussel Sprouts  Sugar Free Fruited Jello	Vegetable Tartar Sauce Hungarian Ghoulash OR Maple Glazed Salmon <i>Side Dishes:</i> Buttered Noodles Steamed Peas 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.