

<u>SUNDAY, WEEK ONE</u>	<u>MONDAY, WEEK ONE</u>	<u>TUESDAY, WEEK ONE</u>	<u>WEDNESDAY, WEEK ONE</u>	<u>THURSDAY, WEEK ONE</u>	<u>FRIDAY, WEEK ONE</u>	<u>SATURDAY, WEEK ONE</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 French Bread Pizza with Fresh Garden Salad On the Side OR Chef's Salad Platter with Your Choice of Dressing Tapioca Pudding	Cream of Broccoli Ham and Cheddar Biscuit Melt with Carrot, Raisin Salad and Potato Chips OR Roast Turkey and Berry Salad with Toasted Walnuts and Raspberry Vinaigrette Cream Puffs	Tuscan Bread Cheese Raviolis w/ Marinara Sauce/ Parmesan Cheese and Garlic Bread OR B. L. T. Club with Homemade Potato Salad and Pickles Warm Apple Crisp	Manhattan Clam Chowder Wild Angel Hair Pasta with Grilled Chicken and Creamy Balsamic Vinaigrette OR Italian Submarine Sandwich w/Potato Chips and Coleslaw Sliced Peaches	Potato Leek Cowboy Quiche with Peppers, Onions, and Sausage Fresh Fruit Salad On the Side OR Roasted Eggplant and Fresh Mozzarella Sandwich with Macaroni Salad and Pickles Lemon Meringue Pie	Beef Barley Crispy Fish Sticks w/ Tartar Sauce/ Boiled Potatoes Corn Niblets and Coleslaw OR Roast Beef on Marble Rye w/ Lettuce/ Tomato/ Potato Chips and Coleslaw Pound Cake	Hearty Vegetable Chicken Tenders w/ Honey Mustard/ French Fries and Coleslaw OR Homemade Egg Salad Platter Crackers On the Side Chocolate Layer Cake
<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 Tartar Sauce Chicken Cutlet OR Baked Flounder <i>Side Dishes:</i> Garlic Mashed Potatoes Stewed Tomatoes Green Beans Oatmeal Raisin Cookies	Alphabet Warm Breadsticks Meatloaf with Gravy OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas Banana Split	Chicken Noodle Cocktail Sauce Butterfly Shrimp OR Veggie Burger on Bun <i>Side Dishes:</i> Au Gratin Potatoes Garden Vegetables Honey Wheat Dinner Roll NAS Chocolate Pudding	Butternut Squash Fresh Fruit Salad Beef Stroganoff OR Broiled Salmon <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Tartar Sauce Caramel Salted Cheesecake	Minestrone Tartar Sauce Chicken Francaise OR Pan Seared Crab Cake <i>Side Dishes:</i> Rice Pilaf Sauteed Baby Spinach Fire Roasted Vegetables Cannolis	Carrot Dill Apple Sauce Breaded Pork Chop OR Stuffed Filet of Fish <i>Side Dishes:</i> Baked Sweet Potato Sauteed Zucchini Corn Niblets Ice Cream Sandwich	Turkey and Orzo Garden Salad Pepper Steak OR Lasagna Rollettes <i>Side Dishes:</i> Steamed Rice Egg Roll/ Fortune Cookie 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</u>	<u>MONDAY, WEEK TWO</u>	<u>TUESDAY, WEEK TWO</u>	<u>WEDNESDAY, WEEK TWO</u>	<u>THURSDAY, WEEK TWO</u>	<u>FRIDAY, WEEK TWO</u>	<u>SATURDAY, WEEK TWO</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 Grilled Reuben Sandwich w/ Homemade Cucumber Salad and Potato Chips OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese Pumpkin Pie	Turkey Noodle Macaroni and Cheese with Glazed Carrots and Steamed Peas OR Turkey Club Sandwich w/ Homemade Celery, Apple Salad and Pickles Banana Pudding	New England Chowder Tacos w/ Seasoned Ground Beef/ Guacomole/ Sour Cream and Salsa OR Waldorf Chicken Salad with Fresh Apples/ Craisins and Toasted Almonds Carrot Cake	Hearty Potato Stuffed Baked Potato with Broccoli and Cheddar Cheese Tossed Salad On the Side OR Multi Grain Ham and Honey Mustard Sandwich w/ Beet Salad and Potato Chips Macadamia Nut Cookies	Pasta Fagioli Meatball Parmesan Sub with French Fries and Pickles OR Lobster Salad with Tarragon Served Over Garden Greens Fresh Berry Tart	Potato Leek Grilled Chicken and Roasted Pepper Panini with Macaroni Salad and Pickles OR Fresh Seasonal Fruit and Cottage Cheese Platter Hot Fudge Sundaes	Chicken Noodle Riblet on Soft Roll with Onion Rings and Coleslaw OR Homemade Tuna Platter Your Choice of Dressing Apple Spice Cake
<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 Tartar Sauce Sole Almondine OR Salisbury Steak <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Honey Wheat Dinner Roll Sliced Pears	Mushroom Barley Garden Salad Teriyaki Chicken OR Broiled Tilapia <i>Side Dishes:</i> Basmati Rice Peppers and Onions Sugar Snap Peas Chocolate Chip Cookies	Chicken Broth and Noodles Cornbread BBQ Pork Ribs OR Arancini with Marinara <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Coleslaw Peaches and Cream	Beef Vegetable Warm Breadstick Yankee Pot Roast OR Penne a la Vodka <i>Side Dishes:</i> Boiled Potatoes Green Beans Baby Carrots Butterscotch Pudding	Chicken and Rice Apple Sauce Smoked Spiral Ham OR Baked Cod Loin <i>Side Dishes:</i> Yukon Gold Mash Potatoes Steamed Broccoli Fuji Apples Sliced Apricots	Turkey and Orzo Garden Salad Shrimp Puttanesca OR Cheese Pizza <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Baby Spinach Garlic Bread Sugar Free Fruited Jello	Minestrone Fresh Fruit Salad Stuffed Cabbage OR Tortellini Alfredo <i>Side Dishes:</i> Rice Pilaf Steamed Garden Peas Warm Breadsticks Brownies

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<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</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal/Oatmeal Eggs Cooked to Order Sausage/ Hash Brown French Toast Choice of Toast Stewed Prunes Cinnamon Bun Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Cr.of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Oatmeal Eggs Cooked to Order Pork Roll Belgian Waffles Choice of Toast Stewed Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Cr. Of Wheat Eggs Cooked to Order Sausage/ Hash Brown Breakfast Sandwich Choice of Toast Fresh Fruit Salad Blueberry Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Oatmeal Eggs Cooked to Order Bacon/ Sausage Apple Turnover Choice of Toast Stewed Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Cr. Of Wheat Eggs Cooked to Order Bacon/ Potato Pancakes Apple Spice Pancakes Choice of Toast Fresh Fruit Salad Pistachio Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/ Oatmeal Eggs Cooked to Order Pork Roll Belgian Waffles Choice of Toast Stewed 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>
Turkey Noodle Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Tuna Salad Platter with Crackers On the Side Your Choice of Dressing NAS Vanilla Pudding	Sausage, Cabbage, and Potato Broccoli and Cheddar Quiche with Fresh Fruit Salad On the Side OR Chicken Foccacia Sandwich w/ Homemade Beet Salad and Pickles Coconut Custard Pie	Manhattan Clam Chowder Grilled Cheese with Tomato and Bacon/ Potato Chips and Pickles OR Cranberry Turkey Salad w/ Toasted Walnuts and Berry Vinaigrette Sliced Apricots	Beef Barley Fall Harvest Bowl w/ Grilled Chicken/Potato/Sprout/Kale Cranberries/Almond/Brown Rice/Parmesan Cheese OR Classic Caesar Salad w/ Warm bread on the Side Tapioca Pudding	Cream of Mushroom Reuben on Marble Rye with Homemade Macaroni Salad and Pickles OR Antipasto Salad with Ham, Salami, Fresh Mozzarella and Roasted Red Peppers White Chocolate Chip Apple Spice Cake	Vegetable Patty Melt on Sourdough w/ Caramelized Onions/ Potato Salad and Pickles OR Homemade Shrimp Salad Over Garden Greens with Fresh Lemon Wedge Assorted Dessert Tray	Chicken Broth w/ Noodles Hot Open Turkey Sandwich w/ Cranberry Sauce/ Sweet Potato Fries and Coleslaw OR Fresh Fruit and Cottage Cheese Platter with Crackers On the Side Peach Melba
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Cream of Broccoli Cranberry Sauce Stuffed Chicken Breast OR Tilapia with Tartar Sauce <i>Side Dishes:</i> Baked Sweet Potato Steamed Cauliflower Sauteed Baby Spinach Brownies	French Onion Tartar Sauce Sweet and Sour Meatballs OR Poached Salmon <i>Side Dishes:</i> Steamed White Rice Fresh Asparagus Braised Red Cabbage Hot Fudge Sundae Monday	Lentil Apple Sauce Garlic Rosemary Pork Chop OR Arancini with Marinara Sauce <i>Side Dishes:</i> Au Gratin Potatoes Broccoli Florets Fuji Apples Warm Apple Crisp	Tomato and Rice Warm Breadstick Homemade Meatloaf OR Linguini w/ White Clam Sauce <i>Side Dishes:</i> Mashed Potatoes w/ Gravy Glazed Carrots Steamed Peas Banana Splits	Matzo Ball Tartar Sauce Sicilian Mac and Cheese OR Broiled Cod Loin <i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Garlic Bread Black Cherry Ice Cream	Split Pea Garden Salad Chicken Cacciatore OR Cheese Pizza <i>Side Dishes:</i> Roast Potatoes Sauteed Peppers Green Beans Apple Dumpling	Seafood Bisque Tartar Sauce Beef Bourguignon OR Fish Florentine <i>Side Dishes:</i> Scalloped Potatoes Grden Vegetables Warm Breadstick Carrot Cake

Date

Dietician Signature

Date

PORTIONS: Soup 6 oz

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

SUNDAY, WEEK 4	MONDAY, WEEK 4	TUESDAY, WEEK 4	WEDNESDAY, WEEK 4	THURSDAY, WEEK 4	FRIDAY, WEEK 4	SATURDAY, WEEK 4
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal/Cr. Of Wheat Eggs Cooked to Order Sausage/ Corned Beef Hash Buttermilk Pancakes Fresh Fruit Salad Fresh Baked Scone Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/jelly	Cold Cereal/Oatmeal Eggs Cooked to Order Bacon/ Hash Brown Belgian Waffles Stewed Prunes Danish Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Cr.of Wheat Eggs Cooked to Order Pork Roll French Toast Fresh Fruit Salad Donut Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Oatmeal Eggs Cooked to Order Sausage/ Hash Brown Breakfast Sandwich Stewed Prunes Cranberry Muffin Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Cr.of Wheat Eggs Cooked to Order Pork Roll/Corned Beef hash Apple Turnover Fresh Fruit Salad Apple Turnover Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/Oatmeal Eggs Cooked to Order Sausage/ Potato Pancakes Blueberry Pancakes Stewed Prunes Corn Muffin Choice of Toast Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal/ Cr. Of Wheat Eggs Cooked to Order Bacon French Toast Fresh Fruit Salad Danish Choice of Toast 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 Philly Cheesesteak with Sauteed Onions/ French Fries and Coleslaw OR Smoked Salmon Platter Capers/Olives/Boiled Egg Red Onions and Tomatoes Balsamic Dressing Blueberry Crepes	French Onion Angel Hair Pasta w/ Marinara Sauce/ Parmesan Cheese and Fresh Baked Artisan Roll OR Cobb Salad with Hardboiled Eggs/ Tomato/ Cucumbers Crispy Bacon/ Avocado and Diced Turkey Caramel Apple Crisp	Cream of Mushroom Sloppy Joe on Kaiser Roll Macaroni Salad and Pickles OR Chicken and Waffle Macaroni Salad and Coleslaw Peach Berry Pie	Supergreen Bean Mushroom Lobster Salad on Hoagie Roll w/ Corn /Coleslaw French fries OR Beet Mushroom and Avocado Salad over Greens Crackers on the Side Choice of dressing Chocolate Mousse	Matzo Ball Chili Con Carne with Sour Cream/ Cheddar Cheese/ Red Onions and Cornbread OR Garlic Mayo Turkey, Ham Sandwich w/ Homemade Macaroni Salad and Pickles Sugar Free Fruited Jello	Hearty Potato Vegetable Lo Mein with Egg Roll and Fortune Cookie OR Grilled Chicken Club Sandwich with Celery, Apple Salad and Potato Chips Homemade Ambrosia	Tomato Cheese Burger w/ lettuce Tomato/Mayo/French Fries Coleslaw and Pickles OR Fresh Mozzarella and Tomato Platter w/ fresh Basil & Balsamic Dressing Crackers on the Side Cream Puff
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Butternut Squash Chicken Cutlet OR Sole Filet w/ Tartar Sauce <i>Side Dishes:</i> Garlic Mashed Potatoes Sauteed Zucchini Steamed Cauliflower Rice Pudding	Lentil Cider Braised Pork Chops OR Butterfly Shrimp <i>Side Dishes:</i> Potato Pancakes/Apple Sauce Peas and Onions Cocktail Sauce Angel Cake	Beef Barley Seared Italian Sausage OR Baked Flounder <i>Side Dishes:</i> Roasted Potatoes Peppers and Onions Breadsticks Fresh Baked Cookies	Chicken Noodle Roast Chicken Quarter OR Veggie Burger Patty <i>Side Dishes:</i> Rice Pilaf Mixed Vegetables/Corn Tossed Salad/Dinner Roll Butter Pecan Ice Cream	Tortellini Corned Beef & Cabbage OR Broiled Catfish <i>Side Dishes:</i> Boiled Potato/Carrots Creamed Spinach Dinner Roll NAS Chocolate Pudding	Vegetable Steak House Pasta OR Pan Seared Crab Cake <i>Side Dishes:</i> <i>Baked Potato/Mixed Veggies</i> Tartar Sauce/Lemon Garlic Bread Black Forest Cake	Italian Wedding Roast Turkey with Gravy OR Baked Haddock <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Green Beans NAS Blueberry Pie

Dietician Signature

Date

PORTIONS:

Soup 6 oz

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.