

| <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<br>Oatmeal/Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam     | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Breakfast Sandwich<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly/Jam | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>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<br><br>French Bread Pizza with<br>Fresh Garden Salad<br>On the Side<br>OR<br>Chef's Salad Platter with<br>Your Choice of Dressing<br><br>Tapioca Pudding                                      | Cream of Broccoli<br><br>Italian Hot Dog On a Roll<br>w/ Homemade Macaroni<br>Salad and Pickles<br>OR<br>Caprese Turkey Salad with<br>Avocados and Balsamic<br>Vinaigrette<br>Cream Puffs                    | Tuscan Bread<br><br>Warm Baby Spinach Salad w/<br>Mandarins/ Grilled Chicken<br>and Sesame Vinaigrette<br>OR<br>B. L. T. Club with Homemade<br>Potato Salad and Pickles<br><br>Ice Cream Sandwich         | Manhattan Clam Chowder<br><br>Crispy Fish Sticks w/ Tartar<br>Sauce/ Boiled Potatoes<br>Corn Niblets and Coleslaw<br>OR<br>Italian Submarine Sandwich<br>w/Potato Chips and Coleslaw<br><br>Sliced Peaches  | Potato Leek<br><br>Homemade Broccoli and<br>Cheddar Quiche with Fresh<br>Fruit Salad On the Side<br>OR<br>Honey Ham on Marble Rye<br>with Three Bean Salad<br>and Potato Chips<br>Homemade Ambrosia      | Beef Barley<br><br>Cheese Raviolis w/ Marinara<br>Sauce/ Parmesan Cheese<br>and Garlic Bread<br>OR<br>Roast Beef w/ Horseradish<br>Sauce On Onion Roll/ Potato<br>Chips and Cucumber Salad<br>Cannolis       | Hearty Vegetable<br><br>Chicken Tenders w/ Honey<br>Mustard/ French Fries<br>and Coleslaw<br>OR<br>Homemade Egg Salad Platter<br>Crackers On the Side<br><br>NAS Cheesecake                           |
| <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<br>Tartar Sauce<br>Chicken Kiev<br>OR<br>Baked Flounder<br><i>Side Dishes:</i><br>Rice Pilaf<br>Steamed Asparagus<br>Sliced Beets<br><br>Oatmeal Raisin Cookies                    | Alphabet<br>Warm Breadsticks<br>Meatloaf with Gravy<br>OR<br>Linguini w/ Red Clam Sauce<br><i>Side Dishes:</i><br>Mashed Potatoes<br>Glazed Carrots<br>Garden Peas<br><br>Banana Split                       | Chicken Noodle<br>Cocktail Sauce<br>Butterfly Shrimp<br>OR<br>Turkey Tetrazzini<br><i>Side Dishes:</i><br>Au Gratin Potatoes<br>Garden Vegetables<br>Honey Wheat Dinner Roll<br><br>NAS Chocolate Pudding | Butternut Squash<br>Fresh Fruit Salad<br>Beef Stroganoff<br>OR<br>Veggie Burger on Bun<br><i>Side Dishes:</i><br>Buttered Noodles<br>Broccoli Florets<br>Braised Red Cabbage<br><br>Black Forest Cake       | Minestrone<br>Garden Salad<br>Chicken Marsala<br>OR<br>Crab Cake w/ Tartar Sauce<br><i>Side Dishes:</i><br>Garlic Mashed Potatoes<br>Green Beans<br>Stewed Tomatoes<br><br>Pound Cake                    | Carrot Dill<br>Apple Sauce<br>Pork Schnitzel<br>OR<br>Stuffed Filet of Fish<br><i>Side Dishes:</i><br>Baked Sweet Potato<br>Sauteed Zucchini<br>Corn Niblets<br><br>Blueberry Pie                            | Turkey and Orzo<br>Garden Salad<br>Beef and Broccoli Stir Fry<br>OR<br>Lasagna Rollettes<br><i>Side Dishes:</i><br>Steamed Rice<br>Egg Roll/ Fortune Cookie<br>Warm Breadstick<br><br>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<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly      | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Breakfast Sandwich<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly        | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>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<br><br>Grilled Reuben Sandwich<br>w/ Homemade Cucumber<br>Salad and Potato Chips<br>OR<br>Shrimp Caesar Salad with<br>Homemade Croutons<br>and Parmesan Cheese<br>Peach Pie                | Turkey Noodle<br><br>Tuna Noodle Casserole w/<br>Glazed Carrots and<br>Steamed Peas<br>OR<br>Turkey Club Sandwich w/<br>Homemade Celery, Apple<br>Salad and Pickles<br>Banana Pudding                    | New England Chowder<br><br>Ham and Swiss Melt with<br>Carrot, Raisin Salad and<br>Potato Chips<br>OR<br>Poached Salmon Over<br>Garden Greens with Dill<br>Sauce and Fresh Lemon<br>Carrot Cake         | Hearty Potato<br><br>Steak Quesadillas with<br>Sour Cream/ Guacomole<br>and Salsa<br>OR<br>Waldorf Chicken with<br>Fresh Apples/ Craisins<br>and Toasted Almonds<br>Macadamia Nut Cookies               | Pasta Fagioli<br><br>Meatball Parmesan Sub<br>with French Fries and<br>Pickles<br>OR<br>Fresh Seasonal Fruit and<br>Cottage Cheese Platter<br>Crackers On the Side<br>Fresh Berry Tart               | Potato Leek<br><br>Stuffed Baked Potato with<br>Bacon and Cheddar Cheese<br>Tossed Salad On the Side<br>OR<br>Roast Beef Sandwich on<br>Ciabatta w/ Homemade<br>Macaroni Salad and Pickles<br>Hot Fudge Sundaes | Chicken Noodle<br><br>Riblet on Soft Roll with<br>Onion Rings and<br>Coleslaw<br>OR<br>Homemade Tuna Platter<br>Your Choice of Dressing<br>Crackers on the Side<br>Blondies                       |
| <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<br>Tartar Sauce<br>Sole Almondine<br>OR<br>Salisbury Steak<br><i>Side Dishes:</i><br>Mashed Potatoes<br>Garden Vegetables<br>Honey Wheat Dinner Roll<br><br>Sliced Pears      | Mushroom Barley<br>Cornbread<br>BBQ Pork Ribs<br>OR<br>Arancini with Marinara<br><i>Side Dishes:</i><br>Baked Sweet Potato<br>Corn Niblets<br>Green Beans<br><br>Chocolate Chip Cookies                  | Chicken Broth and Noodles<br>Garlic Bread<br>Chicken Cordon Bleu<br>OR<br>Penne a la Vodka<br><i>Side Dishes:</i><br>Scalloped Potatoes<br>Steamed Asparagus<br>Harvard Beets<br><br>Peaches and Cream | Beef Vegetable<br>Tartar Sauce<br>Smoked Spiral Ham<br>OR<br>Broiled Tilapia<br><i>Side Dishes:</i><br>Yukon Gold Mash Potatoes<br>Sauteed Zucchini<br>Fuji Apples<br><br>Butterscotch Pudding          | Chicken and Rice<br>Garden Salad<br>Homemade Irish Stew<br>OR<br>Shrimp Scampi<br><i>Side Dishes:</i><br>Angel Hair Pasta<br>Steamed Broccoli<br>Honey Wheat Dinner Roll<br><br>Sliced Apricots      | Turkey and Orzo<br>Tartar Sauce<br>Tuscan Lemon Chicken<br>OR<br>Baked Cod Loin<br><i>Side Dishes:</i><br>Garlic Mashed Potatoes<br>Sauteed Baby Spinach<br>Peppers and Onions<br><br>Sugar Free Fruited Jello  | Minestrone<br>Fresh Fruit Salad<br>Stuffed Cabbage<br>OR<br>Tortellini Alfredo<br><i>Side Dishes:</i><br>Rice Pilaf<br>Steamed Garden Peas<br>Warm Breadsticks<br><br>Coconut Custard Pie         |

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</u>  | <u>MONDAY, WEEK THREE</u>   | <u>TUESDAY, WEEK THREE</u>  | <u>WEDNESDAY, WEEK THREE</u>  | <u>THURSDAY, WEEK THREE</u>  | <u>FRIDAY, WEEK THREE</u>  | <u>SATURDAY, WEEK THREE</u>  |
|--|---|---|---|--|--|--|
| <u>Breakfast</u>   | <u>Breakfast</u>  | <u>Breakfast</u>  | <u>Breakfast</u>  | <u>Breakfast</u>   | <u>Breakfast</u>   | <u>Breakfast</u>   |
| Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice Of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly       | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly              | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly           | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Breakfast Sandwich<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly         | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly                         | Cold Cereal<br>Oatmeal/ Cr. of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>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<br><br>Pierogies with Caramelized<br>Onions/ Sour Cream and<br>Garden Vegetables<br>OR<br>Chicken Salad on Croissant<br>with Homemade Cucumber<br>Salad and Potato Chips<br><br>NAS Vanilla Pudding | Sausage, Cabbage, and Potato<br><br>French Dip Beef Sandwich<br>with French Fries<br>and Pickles<br>OR<br>Antipasto Salad with Ham/<br>Salami/ Olives/ Roasted<br>Peppers and Mozzarella<br><br>Peanut Butter Cookies | Manhattan Clam Chowder<br><br>Homemade Quiche Lorraine<br>with Fresh Fruit Salad<br>On the Side<br>OR<br>Turkey and Honey Mustard<br>Brioche Sandwich w/ Celery,<br>Apple Salad and Pickles<br><br>Cupcakes | Beef Barley<br><br>Sloppy Joe On Kaiser Roll<br>with Homemade Potato<br>Salad and Pickles<br>OR<br>Fresh Peaches and Smoked<br>Ham Over Spring Mix with<br>Raspberry Vinaigrette<br><br>Eclairs         | Broccoli and Cheese<br><br>Monte Cristo on Brioche<br>with Sweet Potato Fries<br>and Coleslaw<br>OR<br>Lobster, Tarragon Salad<br>Over Garden Greens<br>Crackers On the Side<br><br>Cranberry Orange Cookies | Vegetable<br><br>Homemade Baked Ziti with<br>Parmesan Cheese and<br>Garlic Bread<br>OR<br>Italian Sub Sandwich w/<br>Homemade Macaroni Salad<br>and Pickles<br><br>Sliced Pears  | Chicken Broth w/ Noodles<br><br>Hot Dog On a Bun with<br>Sauerkraut/ Baked Beans<br>and Coleslaw<br>OR<br>Seafood Salad Served Over<br>Garden Greens with<br>Crackers On the Side<br><br>Cheesecake Brownies |
| <u>Dinner</u>  | <u>Dinner</u>   | <u>Dinner</u>   | <u>Dinner</u>   | <u>Dinner</u>  | <u>Dinner</u>  | <u>Dinner</u>  |
| Navy Bean<br>Apple Sauce<br>Roast Pork Loin with Gravy<br>OR<br>Lemon Baked Flounder<br><i>Side Dishes:</i><br>Au Gratin Potatoes<br>Garden Vegetables<br>Fuji Apples<br><br>Apple Caramel Pie             | French Onion<br>Warm Breadstick<br>Southern Fried Chicken<br>OR<br>Stuffed Shells<br><i>Sides Dishes:</i><br>Mashed Potatoes<br>Corn Niblets<br>Green Beans<br><br>Mango Sorbet                                       | Chicken Noodle<br>Tartar Sauce<br>Filet Mignon<br>OR<br>Fish Florentine<br><i>Side Dishes:</i><br>Baked Potato w/ Sour Cream<br>Steamed Broccoli<br>Honey Wheat Dinner Roll<br><br>Tapioca Pudding          | Lentil<br>Fortune Cookie<br>Orange Chicken<br>OR<br>Omelets Made to Order<br><i>Side Dishes:</i><br>Stir Fried Rice<br>Snap Peas<br>Egg Roll<br><br>Ice Cream Cone                                      | Matzo Ball<br>Mustard<br>Corned Beef and Cabbage<br>OR<br>Broiled Haddock w/ Tartar<br><i>Side Dishes:</i><br>Boiled Potatoes<br>Steamed Carrots<br>Honey Wheat Dinner Roll<br><br>Lemon Bars                | Italian Wedding<br>Garden Salad<br>Horseradish Crusted Salmon<br>OR<br>Buffalo Wings w/ Celery Stix<br><i>Side Dishes:</i><br>Scalloped Potatoes<br>Fire Roasted Vegetables<br>Honey Wheat Dinner Roll<br><br>NAS Chocolate Cake | Split Pea<br>Tartar Sauce<br>Swedish Meatballs<br>OR<br>Baked Cod Loin<br><i>Side Dishes:</i><br>Buttered Noodles<br>Steamed Peas<br>Peppers and Onions<br><br>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</u>  | <u>MONDAY, WEEK FOUR</u>  | <u>TUESDAY, WEEK FOUR</u>  | <u>WEDNESDAY, WEEK FOUR</u>   | <u>THURSDAY, WEEK FOUR</u>   | <u>FRIDAY, WEEK FOUR</u>   | <u>SATURDAY, WEEK FOUR</u>   |
|---|---|--|---|--|--|--|
| <b>Breakfast</b>  | <b>Breakfast</b>  | <b>Breakfast</b>   | <b>Breakfast</b>  | <b>Breakfast</b>   | <b>Breakfast</b>   | <b>Breakfast</b>   |
| Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/jelly                          | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly                | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly                              | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Breakfast Sandwich<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Belgian Waffles<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly               | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon/ Sausage<br>Buttermilk Pancakes<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly       | Cold Cereal<br>Oatmeal/ Cr. Of Wheat<br>Eggs Cooked to Order<br>Bacon and Sausage<br>French Toast<br>Choice of Toast<br>Fresh Fruit Salad/ Prunes<br><br>Juice/Milk/Coffee/Tea<br>Butter/Syrup/Jelly |
| <b>Lunch</b>  | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>  | <b>Lunch</b>   | <b>Lunch</b>   | <b>Lunch</b>   |
| New England Clam Chowder<br><br>Grilled Cheese, Bacon, and<br>Tomato Sandwich with<br>Potato Chips and Coleslaw<br>OR<br>Greek Tuna Salad with Feta<br>Cheese/ Kalamata Olives<br>and Cherry Tomatoes<br><br>Boston Cream Pie | French Onion<br><br>Penne Pasta with Itaian<br>Sausage/ Spinach/ Parmesan<br>Cheese and Garlic Bread<br>OR<br>Curry Chicken Pita Pocket w/<br>Homemade Cucumber Salad<br>and Potato Chips<br><br>Oatmeal Raisin Cookies | Cream of Mushroom<br><br>California Cheeseburger w/<br>Lettuce/ Tomato/ Onion<br>Rings and Pickles<br>OR<br>Grilled Vegetable Wrap with<br>Fresh Mozzarella/Pesto Mayo<br>Onion Rings and Pickles<br><br>German Chocolate Cake | Chicken Noodle<br><br>Turkey Bialy Melt with<br>Carrot, Raisin Salad and<br>Potato Chips<br>OR<br>Taco Salad w/ Seasoned<br>Ground Beef/ Guacomole<br>Sour Cream and Salsa<br><br>Sliced Peaches        | Matzo Ball<br><br>Warm Grilled Chicken Over<br>Greens w/ Crispy Wontons<br>and Sesame Vinaigrette<br>OR<br>Liverwurst and Onion On<br>Rye with Homemade Potato<br>Salad and Pickles<br><br>Chcocolate Chip Cookies | Hearty Potato<br><br>Lobster On a Toasted<br>Butter Roll with Corn On<br>the Cob and Coleslaw<br>OR<br>Cranberry Turkey Salad w/<br>Toasted Walnuts/ Apples<br>and Honey Dijon Dressing<br><br>Red Velvet Cake | Cream of Turkey<br><br>Philly Cheesesteak with<br>Sauteed Onions/French<br>Fries and Pickles<br>OR<br>Smoked Salmon Platter with<br>Hardboiled Egg/ Capers<br>and Red Onions<br><br>Root Beer Floats |
| <b>Dinner</b>   | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>   | <b>Dinner</b>  | <b>Dinner</b>  | <b>Dinner</b>  |
| Chicken Gumbo<br>Garden Salad<br>Chicken Pot Pie<br>OR<br>Crab Cake with Tartar Sauce<br><i>Side Dishes:</i><br>Scalloped Potatoes<br>Sauteed Zucchini<br>Cauliflower<br><br>Sugar Free Fruited Jello                         | Lentil<br>Apple Sauce<br>Pan Fried Pork Chops<br>OR<br>Filet of Tilapia<br><i>Side Dishes:</i><br>Garlic Mashed Potatoes<br>Harvard Beets<br>Green Beans<br><br>Peach Melba   | Beef Barley<br>Cocktail Sauce<br>Coconut Shrimp<br>OR<br>Mushroom Raviolis<br><i>Side Dishes:</i><br>Baked Sweet Potato<br>Steamed Asparagus<br>Warm Breadstick<br><br>NAS Vanilla Pudding                                     | Seafood Bisque<br>Mustard<br>Polska Kielbasa<br>OR<br>Chicken a la King<br><i>Side Dishes:</i><br>Buttered Noodles<br>Broccoli Florets<br>Corn Niblets<br><br>Strawberry Shortcake                      | Tortellini<br>Garden Salad<br>Stuffed Peppers<br>OR<br>Haddock with Tartar Sauce<br><i>Side Dishes:</i><br>Rice Pillaf<br>Steamed Peas<br>Garlic Bread<br><br>Fresh Watermelon                                     | Vegetable<br>Tartar Sauce<br>Homemade Beef Stew<br>OR<br>Maple Glazed Salmon<br><i>Side Dishes:</i><br>Au Gratin Potatoes<br>Fire Roasted Vegetables<br>Honey Wheat Dinner Roll<br><br>Fudgesicle              | Italian Wedding<br>Cranberry Sauce<br>Roast Turkey with Gravy<br>OR<br>Broiled Sole<br><i>Side Dishes:</i><br>Mashed Potatoes<br>Cornbread Stuffing<br>Garden Vegetables<br><br>NAS Blueberry Pie    |

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.