

VI	LLAGE CUNDAX 2/4/2024	MONDAY 2/5/2024				FRIDAY, 2/9/2024	SATURDAY 2/40/2024
	SUNDAY, 2/4/2024	MONDAY, 2/5/2024	TUESDAY, 2/6/2024	WEDNESDAY, 2/7/2024	THURSDAY, 2/8/2024	FRIDAT, 2/9/2024	SATURDAY, 2/10/2024
Breakfast 7:30am-9am	Breakfast Pizza Scrambled Eggs Poached Egg Toast Donut	Yogurt Fruit Parfait Scrambled Eggs Poached Egg Toast Donut	Breakfast Biscuit Sandwich Scrambled Eggs Poached Egg Toast Donut	Scrambled Eggs Poached Egg Cinnamon Roll Toast Donut	Vanilla Brown Butter Pancakes Scrambled Eggs Poached Egg Toast Donut	Harvest Scramble Scrambled Eggs Poached Egg Toast Donut	Coconut French Toast Scrambled Eggs Poached Egg Toast Donut
	English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana
	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk
	Round Bean Soup Rosemary White Bean Dip with Crudites	French Onion Soup House Salad with Dressing	Hearty Tomato Soup Salad of the Day	Old Fashioned Cabbage Soup Salad of the Day	Minestrone Soup Salad of the Day	Corn Chowder Salad of the Day	Baked Potato Soup Salad of the Day
Lunch 11:30am-1pm	Onion Crusted Salmon Rice Pilaf Sugar Snap Peas Choice of Bread & Butter or Margarine	Sliced Roast Beef Garlic Cheddar Mashed Potatoes Seasoned Green Beans Choice of Bread & Butter or Margarine	Maple Chicken Thighs Rosemary Sweet Potatoes Fresh Broccoli and Cauliflower Choice of Bread & Butter or Margarine	Roast Pork Baked Butternut Squash Fresh Brussels Sprouts with Bacon Choice of Bread & Butter or Margarine	Beef Fajitas Tangy Black Beans Choice of Bread & Butter or Margarine	Roast Turkey Whipped Potatoes Buttered Carrots Choice of Bread & Butter or Margarine	BBQ Mesquite Rubbed Chicken Quarter Macaroni and Cheese Seasoned Spinach Choice of Bread & Butter or Margarine
	Banana Cream Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Pound Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Assorted Ice Cream Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	White Chocolate Apricot Bread Pudding Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Red Velvet Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Lemon Bar Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Apple Brown Betty Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk
	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate			
	Egg Drop Soup Salad of the Day	Zesty Lentil Soup Salad of the Day	Savory Mushroom Soup Waldorf Salad	Tossed Salad with Dressing Tropical Fruit Salad	Chicken Vegetable Soup Pasta Salad	Cream of Celery Soup Mixed Salad Greens with Dressing	Italian Wedding Soup Charred Corn Salad
Dinner 4:30-6pm	Sweet and Sour Chicken Steamed White Rice Mini Egg Rolls	Vegetable Lasagna Stewed Tomatoes Choice of Bread & Butter or Margarine	Crumb Baked Sole Herb Buttered Corn on the Cob	Prime Rib Au Jus Breaded Shrimp with Cocktail Sauce Baked Chicken Breast Baked Potato Whole Green Beans Cheese Biscuit & Butter or Margarine	Country Fried Steak Whipped Potatoes Chef's Vegetable Blend Choice of Bread & Butter or Margarine	Beef Stroganoff Egg Noodles Buttered Peas Choice of Bread & Butter or Margarine	Creamy Tortellini with Broccoli Tomato Basil Salad Choice of Bread & Butter or Margarine
4: D	Mixed Berry Pie Assorted Ice Cream Milk	Boston Cream Pie Assorted Ice Cream Milk	Turtle Brownie Assorted Ice Cream Milk	Cake with Whip Topping Angel Food Cake Assorted Ice Cream Milk	Peach Pie Assorted Ice Cream Milk	Caramel Custard Assorted Ice Cream Milk	Black Forest Cake Assorted Ice Cream Milk
	Coffee / Tea / Decaf Skim Milk Iced Tea	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)
	Lemonade (No Sugar Added) Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Lemonade (No Sugar Added) Hot Chocolate	Hot Chocolate

Fall/Winter 23-24

Regular Diet



	SUNDAY, 2/11/2024	MONDAY, 2/12/2024	TUESDAY, 2/13/2024	WEDNESDAY, 2/14/2024	THURSDAY, 2/15/2024	FRIDAY, 2/16/2024	SATURDAY, 2/17/2024
Breakfast 7:30am-9am	Cinnamon Pancakes Scrambled Eggs Poached Egg Toast Donut Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	Breakfast Quiche Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	Belgian Waffle Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	Egg and Ham Muffin Sandwich Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	French Toast Casserole Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	Scrambled Eggs Poached Egg Cinnamon Roll Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk	Farmers Market Hash with Egg Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Bacon Fresh Seasonal Fruit Oatmeal Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Fresh Banana Orange Juice Cranberry Juice Prune Juice Milk Coffee / Tea / Decaf Skim Milk
Lunch 11:30am-1pm	Bean with Bacon Soup Winter Citrus Salad with Arugula Open-faced Roast Beef Sandwich with Gravy Onion Souffle Seasoned Brussels Sprouts Choice of Bread & Butter or Margarine New York Style Cheesecake Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Meatball Soup Salad of the Day Vegetable Lasagna Garden Salad with Dressing Garlic Bread Chocolate Éclair Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Potato Chowder with Peppers Salad of the Day Brown Sugar Glazed Meat Loaf Yukon Gold Mashed Potatoes Savory Peas Choice of Bread & Butter or Margarine Coconut Cake Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Cream of Broccoli Soup Salad of the Day Savory Roasted Pork Loin Herb Buttered Pasta Sauteéd Cabbage Choice of Bread & Butter or Margarine Peach Cobbler Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Creamy Beet Soup Salad of the Day Braised Turkey Breast with Potatoes Roasted Broccoli Choice of Bread & Butter or Margarine Iced Pumpkin Cake Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Garden Vegetable Soup Salad of the Day Southern Creamy Coleslaw Pub Style Fish & Chips Cherry Pineapple Cake Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Parsnip Apple Soup Salad of the Day Baked Ham with Cider Glaze Baked Sweet Potato Seasoned Collard Greens Choice of Bread & Butter or Margarine Whipped Yogurt and Fruit Parfait Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate
Dinner 4:30-6pm	Cheddar Cheese Soup Salad of the Day Polish Sausage with Peppers and Onions Oven Browned Potatoes Choice of Bread & Butter or Margarine Brownie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Sweet Potato Bisque Chickpea Salad Irish Stew Sautéed Zucchini with Onions Biscuit Chocolate Cream Pie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Tortilla Soup Chopped Kale Salad with Dressing Sautéed Shrimp Cilantro Rice Cantina Corn Churros Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Tossed Salad with Dressing Fruit Ambrosia Salad Prime Rib Au Jus Breaded Shrimp with Cocktail Sauce Grilled Chicken Breast Baked Potato Whole Green Beans Southern Cheese Biscuit Frosted Cake Angel Food Cake Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Sausage Bean Soup Tangy Cucumber and Red Grape Salad Pasta Alla Vodka Caesar Salad Breadstick with Butter or Margarine Pears with Raspberry Sauce Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Classic French Onion Soup Couscous Salad with Vegetables Teriyaki Beef with Rice Basmati Rice Tandoori Cauliflower Bread or Roll with Butter or Margarine Apple Pie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	White Bean Soup Feta Cranberry Lentil Salad Turkey Divan Casserole Honey Glazed Baby Carrots Choice of Bread & Butter or Margarine Chocolate Chip Cookie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate

Fall/Winter 23-24

Regular Diet



	SUNDAY, 2/18/2024	MONDAY, 2/19/2024	TUESDAY, 2/20/2024	WEDNESDAY, 2/21/2024	THURSDAY, 2/22/2024	FRIDAY, 2/23/2024	SATURDAY, 2/24/2024
Breakfast 7:30am-9am	Waffles with Fruit Topping Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Breakfast Sandwich Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Buttermilk Pancakes Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Scrambled Eggs Poached Egg Biscuit with Sausage Gravy Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	French Toast with Apples Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Cream Cheese and Chive Omelet Scrambled Eggs Poached Egg Toast Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Egg Any Style Scrambled Eggs Poached Egg Sticky Buns Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk
Lunch 11:30am-1pm	California Cream Soup Mixed Green Salad with Dressing Applesauce Chicken Paprika Gnocchi with Roasted Tomato Sauce Seasoned Zucchini Choice of Bread & Butter or Margarine Pecan Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Southwestern Corn Soup Salad of the Day Applesauce Herb Roasted Pork Tenderloin Chateau Potatoes Seasoned Spinach Choice of Bread & Butter or Margarine French Apple Dessert Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Split Pea Soup Applesauce Salad of the Day Chicken and White Bean Chili Roasted Tomatoes Cornbread Muffin & Butter or Margarine Red Velvet Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Five Onion Soup Applesauce Salad of the Day Zesty Roast Beef Red Bliss Potatoes Honey Glazed Baby Carrots Choice of Bread & Butter or Margarine Chocolate Coconut Bar Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Cream of Celery Soup Applesauce Salad of the Day Honey Glazed Turkey Breast Mashed Sweet Potatoes Seasoned Brussels Sprouts Choice of Bread & Butter or Margarine Blackberry Crisp Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Creamy Tomato Rice Soup Applesauce Salad of the Day Chicken Fettucine Alfredo Steamed Broccoli Florets Garlic French Bread <u>Tiramisu</u> Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf	Harvest Vegetable Soup Applesauce Salad of the Day Country Fried Steak Country Gravy Whipped Potatoes Cream Style Corn Pistachio Dessert Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk Coffee / Tea / Decaf
Dinner 4:30-6pm	Coffee / Tea / Decaf Hot Chocolate Beef Noodle Soup Salad of the Day Stuffed Green Pepper Charred Corn Salad Choice of Bread & Butter or Margarine Peach Shortcake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Broccoli Swiss Soup Green Pea and Red Onion Salad Swedish Meatballs with Gravy Parslied Noodles Seasoned Green Beans Choice of Bread & Butter or Margarine Tapioca Pudding with Topping Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Minestrone Soup Chopped Salad with Dressing Baked Fish Fillet Rainbow Carrots Carrot Cake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Smokey Potato Soup Blue Cheese Pear Salad Baked Chicken Thighs Rice Pilaf Peas and Pearl Onions Choice of Bread & Butter or Margarine Sugar Cream Pie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Chicken Artichoke Soup House Salad with Dressing BBQ Country Style Ribs Au Gratin Potatoes Steamed Spinach Cornbread & Butter or Margarine White Texas Sheet Cake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Mushroom Barley Soup Beet and Goat Cheese Salad Ginger Teriyaki Salmon Brown Rice Sauteéd Cabbage Choice of Bread & Butter or Margarine Lemon Bar Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate Vegetable Soup Yellow Bean and Rapini Salad Chicken Pot Pie Topped with Puff Pastry Marinated Cauliflower with Crisp Greens Choice of Bread & Butter or Margarine Cherry Crumble Pie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate

Fall/Winter 23-24

Regular Diet

Approved By: ____

Registered Dietitian

____ February 2, 2024



V I I							
	SUNDAY, 2/25/2024	MONDAY, 2/26/2024	TUESDAY, 2/27/2024	WEDNESDAY, 2/28/2024	THURSDAY, 2/29/2024	FRIDAY, 3/1/2024	SATURDAY, 3/2/2024
Breakfast 7:30am-9am	Egg Any Style Scrambled Eggs Poached Egg Biscuit with Country Gravy Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Potato Basil Scramble Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Egg Benedict on English Muffin Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Gingerbread Pancakes Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Sausage Egg Bake Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Belgian Waffle Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Scone & Cinnamon Honey Butter Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk
Lunch 11:30am-1pm	Tomato Florentine Soup Apple Cranberry Salad Baked Ham Acorn Squash with Maple Butter French Cut Green Beans Choice of Bread & Butter or Margarine Pumpkin Pie with Topping Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Lentil Soup Salad of the Day Roasted Chicken Quarters Potato Medley Seasoned Green Peas Choice of Bread & Butter or Margarine S'Mores Dessert Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Corn Chowder Salad of the Day Coconut Crispy Chicken Tenders Potato Wedges Black Bean Salad Banana Cream Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Meatball Soup Salad of the Day Four Cheese Ravioli Broccoli Florets Breadstick with Butter or Margarine Berry Cheesecake Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Carrot and Pear Soup Salad of the Day Moroccan Pork Chop Fruited Couscous Seasoned Green Beans Choice of Bread & Butter or Margarine Key Lime Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Cream of Mushroom Soup Salad of the Day Baked Chicken with Peaches Roasted Root Vegetables Choice of Bread & Butter or Margarine Bread Pudding Choice of Beverage Lemonade (No Sugar Added) Iced Tea	Chicken Gumbo Soup Salad of the Day Beef Taco Salad Choice of Bread & Butter or Margarine Fruits of the Forest Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea
	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate	Milk Skim Milk Coffee / Tea / Decaf Hot Chocolate
Dinner 4:30-6pm	Cheddar Cheese Soup Salad of the Day	Egg Drop Soup Panzanella Salad	Hearty Onion Soup Couscous Chickpea Salad	Chicken Lentil Soup Spinach Salad with Vinaigrette Dressing	Split Pea Soup with Ham BLT Salad	Vegetable Beef Soup Cranberry Gelatin Salad	California Cream Soup Cucumber Greek Salad
	Turkey Cutlets with Walnuts and Sage Scalloped Potatoes Broccoli Spears Choice of Bread & Butter or Margarine	Sweet and Sour Pork Garlic Ginger Edamame Mini Egg Rolls	Honey Pot Roast with Vegetable Gravy Buttermilk Mashed Potatoes Seasoned Baby Carrots Choice of Bread & Butter or Margarine	Veal Parmesan with Tomato Sauce Macaroni and Cheese Grilled Zucchini Choice of Bread & Butter or Margarine	Lemon Butter Baked Cod Orzo with Fresh Herbs Sautéed Fresh Spinach Choice of Bread & Butter or Margarine	Creamed Chipped Beef over Whipped Potatoes Honey Glazed Carrots Biscuit	Autumn Pork Loin Wild Rice Pilaf Honey Glazed Baby Carrots Choice of Bread & Butter or Margarine
	Mandarin Orange Cake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Milk Pudding with Salted Caramel Sauce Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Heavenly Fruit Salad Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Frosted Chocolate Cake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Frosted Cinnamon Brownie Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Pineapple Upside-down Cake Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate	Fruit Strudel Assorted Ice Cream Milk Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added) Hot Chocolate

Fall/Winter 23-24

Regular Diet



	SUNDAY, 3/3/2024	MONDAY, 3/4/2024	TUESDAY, 3/5/2024	WEDNESDAY, 3/6/2024	THURSDAY, 3/7/2024	FRIDAY, 3/8/2024	SATURDAY, 3/9/2024
	11 Danance	MONDAT, 3/4/2024	10L3DA1, 3/3/2024	WEDNESDAT; 5/6/2024	11101(3DA1, 3/1/2024	TRIDAT, 5/6/2024	SATORDAT, 3/3/2024
Breakfast 7:30am-9am	Scrambled Eggs Poached Egg Bagel Half with Cream Cheese Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Denver Omelet Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	German Apple Pancake Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Breakfast Quiche Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	French Toast Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Egg Any Style Scrambled Eggs Poached Egg Pumpkin Coffee Cake Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Buttermilk Waffles Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana
	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice Skim Milk
Lunch 11:30am-1pm	Mushroom Barley Soup Mixed Green Salad with Dressing	Creamy Pumpkin Soup House Salad	Split Pea Soup Salad of the Day	Tomato Cabbage Soup Salad of the Day	Wonton Soup House Salad with Dressing	Turkey Noodle Soup Salad of the Day	Vegetable Soup Salad of the Day
	Citrus Turkey Breast Cornbread Dressing Savory Peas	Slow Cooked Ribs with Potatoes and Kraut Au Gratin Potatoes Rainbow Carrots White Bread & Butter or Margarine	Chicken Patty on a Bun Au Gratin Potatoes Seasoned Broccoli Choice of Bread & Butter or Margarine	Salisbury Steak with Gravy Roasted Yukon Potatoes French Cut Green Beans Choice of Bread & Butter or Margarine	Shrimp and Broccoli Stir Fry Lo Mein Noodles White Bread & Butter or Margarine	Gnocchi with Roasted Tomato Sauce Italian Green Beans Breadstick with Butter or Margarine	Bacon Meat Loaf Maple Sweet Potatoes Green and Gold Beans Choice of Bread & Butter or Margarine
	Coconut Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Chocolate Silk Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Cream Puff Dessert Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Fruit Strudel Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Rice Pudding with Topping Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Apple Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk	Sugar Cream Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk Skim Milk
	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate	Coffee / Tea / Decaf Hot Chocolate
	Tomato Bisque Salad of the Day	Vegetable Rice Soup Yellow Bean and Rapini Salad Garden Salad with Dressing	Three Bean Minestrone Soup Mixed Green Salad	Potato Cheese Chowder Blue Cheese Pear Salad	Meatball Soup Tangy Cucumber and Red Grape Salad	Potato Cheese Soup Edamame and Asiago Salad	Carrot and Ginger Soup Garden Salad with Dressing
Dinner 4:30-6pm	Slow Cooked Shredded Beef Roast Roasted Root Vegetables Choice of Bread & Butter or Margarine	Irish Stew Dinner Roll & Butter or Margarine	Baked Lemon Fish Vegetable Couscous Garlic Collard Greens Choice of Bread & Butter or Margarine	Fried Chicken Caramelized Onion Mashed Potatoes Carrots Vichy Choice of Bread & Butter or Margarine	Baked Spaghetti Seasoned Brussels Sprouts Breadstick with Butter or Margarine	Grilled Bourbon Pork Chop Picnic Beans Sautéed Red Cabbage Choice of Bread & Butter or Margarine	Garlic Parmesan Crusted Chicken Penne with Marinara Steamed Broccoli Florets Choice of Bread & Butter or Margarine
	Oatmeal Cookie Assorted Ice Cream ^{Milk}	Gingerbread with Crème Assorted Ice Cream Milk	Blueberry Pie Assorted Ice Cream ^{Milk}	Baked Pears with Brown Sugar and Walnuts Assorted Ice Cream Milk	German Chocolate Cake Milk	Lemon Meringue Pie Assorted Ice Cream Milk	Tiramisu Assorted Ice Cream Milk
	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)
	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate

Fall/Winter 23-24

Regular Diet

Registered Dietitian



VI	SUNDAY, 3/10/2024	MONDAY, 3/11/2024	TUESDAY, 3/12/2024	WEDNESDAY, 3/13/2024	THURSDAY, 3/14/2024	FRIDAY, 3/15/2024	SATURDAY, 3/16/2024
	^{IT Datance} 37 10/2024	WONDAT, 3/11/2024	10E3DA1, 3/12/2024	WEDNESDAT, 3/13/2024	THORSDAT, 3/14/2024	FRIDAT, 3/13/2024	SATURDAT, 3/10/2024
Breakfast ::30am-9am	Breakfast Pizza Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit	Yogurt Fruit Parfait Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit	Breakfast Biscuit Sandwich Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit	Scrambled Eggs Poached Egg Cinnamon Roll Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit	Vanilla Brown Butter Pancakes Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice	Harvest Scramble Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Fresh Seasonal Fruit	Coconut French Toast Scrambled Eggs Poached Egg Toast Donut English Muffin & Butter or Margarine Breakfast Meat of Choice
	Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana	Fresh Seasonal Fruit Frosted Flakes, Raisin Bran, Cheerios, Cinn. Toast Crunch Bacon Fresh Banana
	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice	Orange Juice Milk Coffee / Tea / Decaf Cranberry Juice Prune Juice
	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Round Bean Soup Rosemary White Bean Dip with Crudites	French Onion Soup House Salad with Dressing	Hearty Tomato Soup Salad of the Day	Old Fashioned Cabbage Soup Salad of the Day	Minestrone Soup Salad of the Day	Corn Chowder Salad of the Day	Baked Potato Soup Salad of the Day
Lunch 11:30am-1pm	Onion Crusted Salmon Rice Pilaf Sugar Snap Peas Choice of Bread & Butter or Margarine	Sliced Roast Beef Garlic Cheddar Mashed Potatoes Seasoned Green Beans Choice of Bread & Butter or Margarine	Maple Chicken Thighs Rosemary Sweet Potatoes Fresh Broccoli and Cauliflower Choice of Bread & Butter or Margarine	Roast Pork Baked Butternut Squash Fresh Brussels Sprouts with Bacon Choice of Bread & Butter or Margarine	Beef Fajitas Tangy Black Beans Choice of Bread & Butter or Margarine	Roast Turkey Whipped Potatoes Buttered Carrots Choice of Bread & Butter or Margarine	BBQ Mesquite Rubbed Chicken Quarter Macaroni and Cheese Seasoned Spinach Choice of Bread & Butter or Margarine
	Banana Cream Pie Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Pound Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Assorted Ice Cream Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	White Chocolate Apricot Bread Pudding Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Red Velvet Cake Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Lemon Bar Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk	Apple Brown Betty Choice of Beverage Lemonade (No Sugar Added) Iced Tea Milk
	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate	Skim Milk Coffee / Tea / Decaf Hot Chocolate
	Egg Drop Soup Salad of the Day	Zesty Lentil Soup Salad of the Day	Savory Mushroom Soup Waldorf Salad	Tossed Salad with Dressing Tropical Fruit Salad	Chicken Vegetable Soup Pasta Salad	Cream of Celery Soup Mixed Salad Greens with Dressing	Italian Wedding Soup Charred Corn Salad
Dinner 4:30-6pm	Sweet and Sour Chicken Steamed White Rice Mini Egg Rolls	Vegetable Lasagna Stewed Tomatoes Choice of Bread & Butter or Margarine	Crumb Baked Sole Herb Buttered Corn on the Cob	Prime Rib Au Jus Breaded Shrimp with Cocktail Sauce Baked Chicken Breast Baked Potato Whole Green Beans Cheese Biscuit & Butter or Margarine	Country Fried Steak Whipped Potatoes Chef's Vegetable Blend Choice of Bread & Butter or Margarine	Beef Stroganoff Egg Noodles Buttered Peas Choice of Bread & Butter or Margarine	Creamy Tortellini with Broccoli Tomato Basil Salad Choice of Bread & Butter or Margarine
	Mixed Berry Pie Assorted Ice Cream Milk	Boston Cream Pie Assorted Ice Cream Milk	Turtle Brownie Assorted Ice Cream _{Milk}	Cake with Whip Topping Angel Food Cake Assorted Ice Cream _{Milk}	Peach Pie Assorted Ice Cream _{Milk}	Caramel Custard Assorted Ice Cream Milk	Black Forest Cake Assorted Ice Cream Milk
	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)	Coffee / Tea / Decaf Skim Milk Iced Tea Lemonade (No Sugar Added)
	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate	Hot Chocolate

Fall/Winter 23-24

Regular Diet

Approved By: ____

Registered Dietitian

____ February 2, 2024