



# Menu Cycle Week 1 Regular Diet

ME=Main Entrée  
S=Starch  
V=Veg  
D=Dessert

Updated 6/21/23

Monday <u>Breakfast Special</u> Home Fries	Tuesday <u>Breakfast Special</u> Cinnamon Donut Hash brown Patty	Wednesday <u>Breakfast Special</u> Strawberries and Yogurt Home Fries	Thursday <u>Breakfast Special</u> Banana Bread Hash brown Patty	Friday <u>Breakfast Special</u> Corn Beef Hash	Saturday <u>Breakfast Special</u> Home Fries	Sunday <u>Breakfast Special</u> Assorted Muffins Strawberries and Yogurt
<b>Soup:</b> Broccoli Cheese  <b>ME:</b> Ham with Pineapple Glaze  <b>S:</b> Scalloped Potatoes  <b>V:</b> Corn  <b>D:</b> Carrot Cake	<b>Soup:</b> Chicken Dumpling  <b>ME:</b> Lasagna  <b>S:</b> Italian Bread  <b>V:</b> Sugar Snap Peas  <b>D:</b> Popsicle	<b>Soup:</b> Chicken Minestrone  <b>ME:</b> Polish Sausage  <b>S:</b> Pierogies with Grilled Onions and Sour Cream  <b>V:</b> Sauerkraut  <b>D:</b> Chocolate Chip Cookies	<b>Soup:</b> Split Pea  <b>ME:</b> Country Style Boneless Ribs  <b>S:</b> Macaroni and Cheese  <b>V:</b> Wax Beans  <b>D:</b> Watermelon	<b>Soup:</b> New England Clam Chowder  <b>ME:</b> Breaded Fish Fillet  <b>S:</b> Steak Fries  <b>V:</b> California Blend  <b>D:</b> Tapioca Pudding	<b>Soup:</b> Cream of Broccoli  <b>ME/S:</b> Chicken Pot Pie  <b>V:</b> Mashed Squash  <b>D:</b> Ice Cream Cup	<b>Soup:</b> Italian Wedding  <b>ME:</b> Penne Pasta with Meat Sauce  <b>S:</b> Italian Bread  <b>V:</b> Spinach  <b>D:</b> Peanut Butter Cookies
<b>Soup:</b> Minestrone  <b>ME:</b> Chicken Teriyaki  <b>S:</b> Roasted Sweet Potatoes  <b>V:</b> Broccoli  <b>D:</b> Diced Pears	<b>Soup:</b> Corn Chowder  <b>ME:</b> Potato Crusted Fish Nuggets  <b>S:</b> Seasoned Rice  <b>V:</b> Black Bean and Corn Salad  <b>D:</b> Fruit Cocktail	<b>Soup:</b> Cream of Tomato  <b>ME:</b> Pot Roast  <b>S:</b> Roasted Potatoes  <b>V:</b> Carrots  <b>D:</b> Diced Peaches	<b>Soup:</b> Lentil  <b>ME:</b> Turkey Salad on a Croissant  <b>S:</b> Potato Chips  <b>V:</b> Sour Cream Cucumber Salad  <b>D:</b> Applesauce	<b>Soup:</b> French Onion with Croutons/ Cheese  <b>ME:</b> Beef Stroganoff  <b>S:</b> Egg Noodles with Gravy  <b>V:</b> French Cut Green Beans and Roasted Red Peppers  <b>D:</b> Diced Pineapple	<b>Soup:</b> Pasta Fagioli  <b>ME/S:</b> Flatbread Pizza  <b>V:</b> Caesar Salad  <b>D:</b> Mandarin Oranges	<b>Soup:</b> Chicken Gumbo  <b>ME:</b> Roasted Turkey with Gravy  <b>S:</b> Garlic Mashed Potatoes with Gravy  <b>V:</b> Capri Blend  <b>D:</b> Fruit Cocktail

# Menu Cycle Week 2 Regular Diet

**ME=Main Entrée**  
**S=Starch**  
**V=Veg**  
**D=Dessert**

**Updated 5/31/23**

Monday <u>Breakfast Special</u> <b>Home Fries</b>	Tuesday <u>Breakfast Special</u> <b>Hash brown Patty</b>	Wednesday <u>Breakfast Special</u> <b>Strawberries and Yogurt Home Fries</b>	Thursday <u>Breakfast Special</u> <b>Blueberry Muffin Hash brown Patty</b>	Friday <u>Breakfast Special</u> <b>Apple Coffeecake</b>	Saturday <u>Breakfast Special</u> <b>Corn Beef Hash</b>	Sunday <u>Breakfast Special</u> <b>Strawberries and Yogurt</b>
<b>Soup:</b> Chicken Noodle  <b>ME:</b> Chopped Steak with Onion and Mushroom Gravy  <b>S:</b> Waffle Fries  <b>V:</b> Broccoli and Cauliflower  <b>D:</b> German Chocolate Cake	<b>Soup:</b> Chicken Minestrone  <b>ME:</b> Vegetable Pasta Primavera with Turkey Meatballs  <b>S:</b> Italian Bread  <b>V:</b> Tossed Salad  <b>D:</b> Vanilla Pudding with Raspberry Sauce	<b>Soup:</b> Split Pea  <b>ME:</b> Fried Pork Cutlet with Gravy  <b>S:</b> Scalloped Potatoes  <b>V:</b> Chuck Wagon Blend  <b>D:</b> Mint Chocolate Cream Pie	<b>Soup:</b> Corn Chowder  <b>ME:</b> Chicken Fingers  <b>S:</b> Baked Beans  <b>V:</b> Collard Greens with Bacon  <b>D:</b> Watermelon	<b>Soup:</b> Tomato Basil  <b>ME/S:</b> Grilled Two Cheese Sandwich  <b>V:</b> Summer Squash  <b>D:</b> Banana Pudding	<b>Soup:</b> Garden Vegetable  <b>ME:</b> Chili  <b>S:</b> Cornbread  <b>V:</b> Bermuda Blend  <b>D:</b> Ice Cream Sandwich	<b>Soup:</b> Chicken and Wild Rice  <b>ME:</b> Beef Stew  <b>S:</b> Mashed Potatoes  <b>V:</b> Butter Beans  <b>D:</b> Angel Food Cake
<b>Soup:</b> Vegetable Pasta  <b>ME:</b> Lemon Herb Chicken  <b>S:</b> Cheesy Mashed Potatoes  <b>V:</b> Peas  <b>D:</b> Applesauce	<b>Soup:</b> Seafood Chowder  <b>ME/S:</b> Sloppy Joe on a Bun  <b>V:</b> Coleslaw  <b>D:</b> Diced Pineapple	<b>Soup:</b> Navy Bean  <b>ME/S:</b> Goulash  <b>V:</b> French Cut Green Beans  <b>D:</b> Diced Peaches	<b>Soup:</b> Chicken Tortellini  <b>ME:</b> Fish Florentine  <b>S:</b> Rice Pilaf  <b>V:</b> Cauliflower with Cheese Sauce  <b>D:</b> Mandarin Oranges	<b>Soup:</b> Manhattan Clam Chowder  <b>ME:</b> Breaded Veal Cutlet with Gravy  <b>S:</b> Bow Tie Pasta with Gravy  <b>V:</b> Scandinavian Blend  <b>D:</b> Diced Pears	<b>Soup:</b> Beef Barley  <b>ME:</b> BBQ Riblette  <b>S:</b> Baked Sweet Potato  <b>V:</b> Lemon Butter Broccoli  <b>D:</b> Fruit Cocktail	<b>Soup:</b> Cream of Garden Vegetable  <b>ME:</b> Ham and Swiss Wrap  <b>S:</b> Potato Chips  <b>V:</b> Asparagus  <b>D:</b> Raspberry Applesauce

# Menu Cycle Week 3 Regular Diet

**ME=Main Entrée**  
**S=Starch**  
**V=Veg**  
**D=Dessert**

**Updated 5/31/23**

Monday <u>Breakfast Special</u> Home Fries	Tuesday <u>Breakfast Special</u> Hash brown Patty	Wednesday <u>Breakfast Special</u> Strawberries and Yogurt Home Fries	Thursday <u>Breakfast Special</u> Cinnamon Roll Hash brown Patty	Friday <u>Breakfast Special</u> Corn Beef Hash	Saturday <u>Breakfast Special</u> Home Fries	Sunday <u>Breakfast Special</u> Strawberries and Yogurt
<b>Soup:</b> Chicken Gumbo  <b>ME:</b> Pepper Steak with Gravy  <b>S:</b> Rice  <b>V:</b> Orange Glazed Carrots  <b>D:</b> Chocolate Pudding	<b>Soup:</b> Cream of Chicken and Mushroom  <b>ME:</b> Spaghetti with Meatballs <b>5S ONLY: Penne with meatballs</b>  <b>S:</b> Italian Bread  <b>V:</b> Spinach  <b>D:</b> 2 Layer Lemon Cream Cake	<b>Soup:</b> Sweet Potato Chowder  <b>ME:</b> Marinated Chicken Breast  <b>S:</b> Potato Salad  <b>V:</b> Corn  <b>D:</b> Yellow Cupcake with Vanilla Frosting	<b>Soup:</b> Cauliflower Cheese  <b>ME:</b> Chicken Nuggets  <b>S:</b> Sweet Potato Fries  <b>V:</b> Green Beans  <b>D:</b> Watermelon	<b>Soup:</b> Seafood Chowder  <b>ME:</b> Beef Tips with Gravy  <b>S:</b> Mashed Potatoes  <b>V:</b> Coleslaw  <b>D:</b> Snickerdoodle Cookies	<b>Soup:</b> Chicken and Wild Rice  <b>ME:</b> Chicken Parmesan  <b>S:</b> Angel Hair Pasta  <b>V:</b> Peas and Onions  <b>D:</b> Butterscotch Pudding	<b>Soup:</b> Cream of Potato and Bacon  <b>ME:</b> Sweet and Sour Pork  <b>S:</b> Fried Rice  <b>V:</b> Caribbean Blend  <b>D:</b> Ice Cream Cups
<b>Soup:</b> Loaded Baked Potato  <b>ME:</b> Roasted Chicken  <b>S:</b> Stuffing  <b>V:</b> Brussels Sprouts  <b>D:</b> Diced Peaches	<b>Soup:</b> New England Clam Chowder  <b>ME/S:</b> Ham Divan with Potatoes and Broccoli  <b>V:</b> Oriental Blend  <b>D:</b> Fruit Cocktail	<b>Soup:</b> Chicken Minestrone  <b>ME:</b> Meatloaf with Gravy  <b>S:</b> Mashed Potatoes  <b>V:</b> Diced Beets  <b>D:</b> Applesauce	<b>Soup:</b> Taco Soup  <b>ME/S:</b> Macaroni and Cheese  <b>V:</b> Stewed Tomatoes and Zucchini  <b>D:</b> Diced Pears	<b>Soup:</b> Mushroom Barley  <b>ME:</b> BBQ Pulled Pork  <b>S:</b> Cornbread  <b>V:</b> Collard Greens  <b>D:</b> Mandarin Oranges	<b>Soup:</b> Cream of Tomato  <b>ME/S:</b> Stuffed Red Pepper  <b>V:</b> Tossed Salad  <b>D:</b> Diced Pineapple	<b>Soup:</b> Vegetable Beef Barley  <b>ME/S:</b> Four Cheese Pasta  <b>V:</b> Roasted Zucchini  <b>D:</b> Apricot Halves