

# Food and Nutrition A Week's Menu at a Glance

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	-Orange Juice -Cream of wheat -Hard Boiled Eggs -Demi Danish <i>Diab /Low Chol: Bkfst Roll</i>	-Orange juice -Oatmeal -Fresh mini bagel -Cream cheese -Scrambled eggs	-Orange juice -Grits -French toast -Margarine	-Orange juice -Cream of wheat -Hard Boiled eggs -Blueberry muffin	-Orange juice -Oatmeal -French toast -Margarine	-Orange juice -Grits -Scrambled eggs -Corn muffin	-Orange juice -Oatmeal -Scrambled egg -Roll
		Low ♥ Cholesterol Egg				Low ♥ Cholesterol Egg	Low ♥ Cholesterol Egg
L U N C H	-Chicken noodle soup -Grilled chicken -Mushroom & Gravy -Rice Pilaf -Oriental Mix -Chocolate pudding <i>Diab: Diet custard</i> <i>Renal: Applesauce</i> <i>Soft: Minced Chicken Salad Sandwich, Green Beans</i>	-Lentil Soup -Veal Parmesan -Pasta w/ tomato sauce -California Blend -Chocolate IC <i>Diab: Diet IC</i> <i>Renal: Pear Halves</i> <i>Soft: Pasta &amp; Meatballs</i>	-Tomato Soup -Salisbury Steak Mashed Potato Gravy Peas & Carrots -Diced Peaches <i>Soft: Carrots</i>	-Chicken and Rice soup -Hamburger on a Bun -Corn O'Brien -Mandarin Oranges <i>Diab: Drained</i> Mandarin Oranges <i>Soft: Mac &amp; Cheese and Broccoli</i>	-Vegetable Soup Apricot Lemon Chicken Red Bliss Potatoes Zucchini Carrot cake <i>Diab: Pineapples</i> <i>Soft: Egg Salad Sand</i>	-Turkey rice soup -Sea Nuggets -Dill Carrots -Mashed Potatoes -Fruit cocktail <i>Diab/low chol: Fish Creole</i> <i>Soft: Minced Chicken Salad Sandwich</i>	-Potato leek soup -Swedish meatballs -Egg noodles -Spinach -Diced Pear s <i>Renal: Green Beans</i>
D I N N E R	-Navy Bean soup -Roast beef -Baked potato -Italian mix -Banana Cake <i>Diab: Peaches</i> <i>Soft: Mac &amp; Cheese</i>	-Vegetable soup -Oven fried Chix -Mashed potato -Green beans -Tropical fruit <i>Diab: Fruit cocktail</i> <i>Low Chol: Baked Chicken</i> <i>Soft: Tuna Sand</i>	-Split pea soup -Lasagna rollete -Italian Bread -Spinach -Vanilla Pudding <i>Diab: Diet custard</i> <i>Renal: Chix Patty/Bun, Broccoli</i> <i>Diab/Renal: Pears</i>	-Beef Noodle Soup -Roast turkey & gravy Stuffing -Green beans -Apple pie <i>Diab: Applesauce</i> <i>Soft: Minced Turkey w/ Gravy</i>	-Minestrone Soup -Stuffed shells -Italian Bread -Broccoli -Rice Pudding <i>Diab: Fresh apple</i> <i>Renal: Tuna Sand</i>	-Tomato soup -Arroz con Pollo -Mixed Vegetables Fruited Jello w/ topping <i>Soft: Manicotti w/ Tomato Sauce, Green Beans</i>	-Beef Barley Soup -Turkey Tetrzzini -Capri Vegetables -Chocolate cake <i>Diab/Renal/Low chol: Sliced Turkey, Rice, Pineapple Slices</i> <i>Soft: Tuna Salad Sandwich</i>
<u>These food items may be ordered in place of the offered entrée of the day.</u>							
	COTTAGE CHEESE/ FRUIT PLATE -BAKED CHICKEN -BAKED FISH MAC & CHEESE	-COTTAGE CHEESE/ FRUIT PLATE --HAMBURGER -TUNA SALAD-	-COTTAGE CHEESE/ FRUIT PLATE - TURKEY SANDWICH - BAKED FISH	COTTAGE CHEESE/ FRUIT PLATE - BAKED CHICKEN - MAC & CHEESE	-COTTAGE CHEESE/ FRUIT PLATE - PASTA & MEATSAUCE - TUNA SANDWICH	-COTTAGE CHEESE/ FRUIT PLATE - BAKED FISH - MAC & CHEESE	-COTTAGE CHEESE FRUIT PLATE -HAMBURGER ON BUN -TUNA SALAD-
	VEGETARIAN						
Lunch	Veggie Burger	Pasta w/ Marinara Sauce	Grilled Cheese	Cottage Cheese & Fruit Plate	Egg Salad Sandwich	-Pizza -Rice and Beans	Cheese & Tomato Sandwich
Dinner	Cottage Cheese & Fruit Plate	-Pizza -Rice & Beans	Macaroni & Cheese	Veggie Burger	Pasta w/ Marinara Sauce	Peanut Butter & Jelly Sandwich	Macaroni & Cheese
Meals are served with: Coffee or tea, Margarine, Salt/salt substitute, 4 oz Milk, Sugar / sugar substitute, Pepper							