

Meal Plan includes Oz Milk at every meal.

Coffee, Tea & Assorted Juices are available every day at all meals.

DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Hash Brown Patty Apple Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Rice Ham & Cheesy Scrambled Eggs	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Hard Cooked Egg French Toast Sticks w/ Syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Wheat Scrambled Eggs Bacon Pumpernickel Bagel w/ Cream Cheese	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cinnamon Raisin Oatmeal Scrambled Eggs Waffle w/ syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Grits Western Omelet Hash Brown Patty Orange Creamsicle Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Pancakes w/ Syrup
Chicken Parmesan Shells with Sauce Chuck Wagon Blend Vegetable  Pumpkin Mousse w/ Topping NCS – Same	Goulash Cooked Mixed Greens Garlic Bread  Snickerdoodle Cookie NCS – Shortbread Cookie	BBQ Pork Spare Rib Seasoned Rice Italian Green Beans  Pumpkin Mousse NCS – Diet Pumpkin Mousse	Yankee Pot Roast Baked Potato w/ Sour Cream Buttered Carrots  Strawberry Layer Cake NCS – Same ½ Slice	Sliced Ham Scalloped Potatoes Garden Salad  Chocolate Cream Puff NCS – Diet Chocolate Pudding	Chicken & Biscuit Whipped Potatoes Diced Beets  Rice Pudding NCS – Diet Vanilla Pudding	Roast Turkey w/ Gravy Cranberry Sauce Corn Bread Stuffing Butternut Squash  Chocolate Peanut Butter Cream Pie NCS – Same ½ Slice
<i>Bologna Sandwich</i> <i>Turkey Salad Sandwich</i>	<i>Sliced Chicken Sandwich</i> <i>Tuna Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Ham Salad Sandwich</i>	<i>Roast Beef Sandwich</i> <i>Chicken Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Egg Salad Sandwich</i>	<i>Chicken Sandwich</i> <i>Ham Salad Sandwich</i>	<i>Ham Sandwich</i> <i>Chicken Salad Sandwich</i>
Beef Vegetable Barley Soup Crackers  Square Fish Sandwich w/ Tatar Sauce Rosemary Potatoes Coleslaw  Fruit Cup NCS – Same	Tuscany Bean Soup Crackers  Sausage w/ Peppers & Onions Rice Pilaf w/ Mushrooms California Blend Vegetables  Cinnamon Applesauce NCS – Same	Chicken Rice Soup Crackers  Chicken Tenders w/ Honey Mustard Dipping Sauce Crinkle Cut Fries Spring Mix Salad  Mandarin Oranges NCS – Same	Zesty Bean Soup Crackers  Italian Chicken On Bone Whipped Potatoes Broccoli & Cauliflower Florets  Crushed Pineapple NCS – Same	Creamy Potato Soup Crackers  Macaroni & Cheese Stewed Tomatoes  Pears NCS – Same	Broccoli Cheese Soup Crackers  Skinless Kielbasa w/ Sauerkraut on Roll Italian Blend Vegetables  Diced Peaches NCS – Same	Pasta Faggioli Soup Crackers  Spaghetti w/ Meatballs Green Bean Casserole Garlic Bread  Warm Apple Slices NCS – Same

**Available Every Day:**

Tossed Salad, Cottage Cheese, Applesauce, Variety of Fruit

Meat/Protein Portion: 2-3 oz.    Starch Portion: 4 oz.    Soup Portion: 6 oz.  
Fruit/Vegetable Portion: 4 oz.    Bread Portion: 1 sl  
Toast 2 sl    Juice Portion: 6 oz.

10/21

Meal Plan includes 8oz Milk at every meal.      Coffee, Tea & Assorted Juices are available every day at all meals.

DAY 8 Monday	DAY 9 Tuesday	DAY 10 Wednesday	DAY 11 Thursday	DAY 12 Friday	DAY 13 Saturday	DAY 14 Sunday
Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Apple Fritter Donut	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Rice Hard Cooked Egg Waffles w/ Syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Egg, Sausage & Cheese Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Wheat Scrambled Eggs Corned Beef Hash Sausage Links	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Banana Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cheesy Grits Scrambled Eggs Pancakes w/ Syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Frittata Hash Brown Patty
Beef Stroganoff Noodles Asian Blend Vegetables  Chocolate Chip Cookie NCS – Diet Chocolate Chip Cookie	Fried Chicken on Bone Garlic Rotini Pasta w/ Veggies Cooked Spinach  Black Forest Cake NCS – Same ½ Slice	Spanish Rice Cream style Corn  Pumpkin Bread NCS – Same	Bratwurst w/ Sauerkraut Baked Sweet Potato Sugar Snap Pes  Ice Cream NCS – SF Ice Cream	Macaroni & Cheese Mixed Vegetables Dinner Roll  Strawberry Mousse NCS – Same	BBQ Pork Riblet Red Skin Potato Salad Tex Mex Vegetable Blend  Berry Jello w/ Topping NCS – Diet Berry Jello w/ Topping	Chicken Cordon Blue Rosemary Potatoes Diced Beets  Apple Pie NCS – Same ½ Slice
<i>Sliced Chicken Sandwich</i> <i>Tuna Salad Sandwich</i>	<i>Bologna Sandwich</i> <i>Turkey Salad Sandwich</i>	<i>Roast Beef Sandwich</i> <i>Chicken Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Egg Salad Sandwich</i>	<i>Sliced Chicken Sandwich</i> <i>Tuna Salad Sandwich</i>	<i>Ham Sandwich</i> <i>Chicken Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Ham Salad Sandwich</i>
Chicken Tortilla Soup Crackers  Broccoli Chicken Penne w/ Alfredo Sauce Yellow & Green Zucchini  Diced Pears NCS – Same	Hearty Spinach & White Bean Soup Crackers  Hot Dog on Bun Baked Beans Cut Green Cabbage  Fruit Cocktail NCS – Same	Chicken Gumbo Crackers  Popcorn Shrimp w/ White Cheddar Mac & Cheese Squash & Turnip Medley Pineapple Tidbits NCS – Same	Pumpkin Squash Soup Crackers  Bacon Cheeseburger Steak Fries Garden Salad  Sliced Peaches NCS-Same	Corn Chowder Soup Crackers  Eggplant Rolette w/ Sausage Slices Peas & Carrots  Cinnamon Applesauce NCS – Same	Chicken Rotini Soup Crackers  Hot Roast Turkey On Roll w/ Gravy Scandinavian Blend Vegetables  Mandarin Oranges NCS – Same	Tomato Pastina Crackers  Pot Roast Au Jus Yams Peas & Onions  Blushing Pears NCS – Same

**Available Every Day:**

Tossed Salad , Cottage Cheese, Applesauce, Variety of Fruit

Meat/Protein Portion: 2-3 oz.    Starch Portion: 4 oz.    Soup Portion: 6 oz.  
 Fruit/Vegetable Portion: 4 oz.  
 Bread Portion: 1 sl    Juice Portion: 6 oz.  
 Toast 2 sl

Kim Vespi, RD, CSG, CDN    10/1/19

*Advanced Meal is a Central New York Company serving Central New York Products!*

# Sedgwick

## FALL/WINTER MENU 2019-20

## Week 3

Meal Plan includes 8oz Milk at every meal.

Coffee, Tea & Assorted Juices are available every day at all meals.

DAY 15 Monday	DAY 16 Tuesday	DAY 17 Wednesday	DAY 18 Thursday	DAY 19 Friday	DAY 20 Saturday	DAY 21 Sunday
Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Blueberry Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Rice Scrambled Eggs Waffle w/ syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cinnamon Oatmeal Scrambled Eggs Cheesy Hash Brown Casserole Bran Muffin	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Cream of Wheat Frittata or Hard Cooked Eggs Sausage Links Hash Brown Patty	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Scrambled Eggs Pancakes w/ Syrup	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Grits Cheese Omelet Bagel	Assorted Juices Assorted Breads Assorted Cereals Assorted Fruit  Oatmeal Hard Cooked Egg French Toast Sticks w/ Syrup Bacon
BBQ Chicken On Bone Baked Potato w/ Sour Cream French Style Green Beans  Rocky Road Mousse NCS – Same	Beef Stew Biscuit Peas  Apple Crisp NCS – Diet Apple Crisp	Veal Parmesan Penne w/ Sauce Mediterranean Blend Vegetables  Butterscotch Pudding NCS – Diet Butterscotch Pudding	Sloppy Joe on Bun Crinkle Cut Fries Collard Greens  Brownie NCS- Same ½	Roast Beef w/ Gravy Sour Cream and Chive Potatoes Crinkle Cut Zucchini  Coconut Layer Cake NCS – Same ½ Slice	Boneless Pork Chop w/ Gravy Salt Potatoes Diced Beets  Cheese Streusel Muffin NCS – Blueberry Muffin	Philly Cheesesteak Sandwich w/ Peppers & Onions Sweet Potatoes Four Way Mixed Vegetables  Pumpkin Pie NCS – Same ½ Slice
<i>Bologna Sandwich</i> <i>Turkey Salad Sandwich</i>	<i>Roast Beef Sandwich</i> <i>Chicken Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Ham Salad Sandwich</i>	<i>Chicken Sandwich</i> <i>Turkey Salad Sandwich</i>	<i>Ham Sandwich</i> <i>Tuna Salad Sandwich</i>	<i>Turkey Sandwich</i> <i>Ham Salad Sandwich</i>	<i>Chicken Sandwich</i> <i>Egg Salad Sandwich</i>
Italian Wedding Soup Crackers  Turkey Wild Rice Casserole Carrot, Squash, Turnip Medley  Applesauce NCS – Same	Chicken Pot Pie Soup Crackers  Italian Cold Cut Sub Salad w/ Shredded Carrots  Peaches NCS – Same	Cream of Potato Soup Crackers  BLT or TLT Sandwich Broccoli  Mandarin Oranges NCS – Same	Turkey Bowtie Soup Crackers  Chicken Pot Pie Whipped Potatoes Diced Butternut Squash  Pineapple Tidbits NCS – Same	Cream of Mushroom Crackers  Lasagna Roll w/ Sausage Slices California Blend Vegetables  Diced Pears NCS – Same	Ham & Bean Soup Crackers  Stuffed Shells w/ Meatballs Romaine Salad  Fruit Cocktail NCS – Same	Chicken Noodle Soup Crackers  Baked Ham w/ Pineapple Whipped Potatoes Tuscany Blend Vegetables Warm Apple Slices NCS – Same

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**Kimberly B Vespi RD, CSG CDN 10/1/19**

**Available Every Day:**

Tossed Salad, Cottage Cheese, Applesauce, Variety of Fruit

Meat/Protein Portion: 2-3 oz.    Starch Portion: 4 oz.    Soup Portion: 6 oz.  
Fruit/Vegetable Portion: 4 oz.    Bread Portion: 1 sl    Juice Portion: 6 oz.  
Toast 2 sl