

Meal Plan includes Oz Milk at every meal.

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

| DAY 1<br>Monday   | DAY 2<br>Tuesday  | DAY 3<br>Wednesday   | DAY 4<br>Thursday  | DAY 5<br>Friday   | DAY 6<br>Saturday  | DAY 7<br>Sunday   |
|---|---|--|--|---|--|---|
| Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Hash Brown Patty<br>Apple Muffin | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Rice<br>Ham & Cheesy<br>Scrambled Eggs         | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>French Toast Sticks w/<br>Syrup                                 | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Wheat<br>Scrambled Eggs<br>Bacon<br>Pumpernickel Bagel w/<br>Cream Cheese | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cinnamon Raisin<br>Oatmeal<br>Hard Cooked Egg<br>Waffle w/ syrup  | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Grits<br>Western Omelet<br>Hash Brown Patty<br>Orange Creamsicle<br>Muffin | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Pancakes w/ Syrup            |
| Meatloaf w/ Gravy<br>Whipped Potatoes<br>Chuck Wagon Blend<br>Vegetable<br><br>Fruit Cup<br>NCS – Same  | Goulash<br>Cooked Mixed Greens<br>Garlic Bread<br><br>Cinnamon Applesauce<br>NCS – Same   | BBQ Pork Spare Rib<br>Buttered Noodles<br>Italian Green Beans<br><br>Sliced Watermelon<br>NCS – Same   | Yankee Pot Roast<br>Baked Potato w/ Sour<br>Cream<br>Corn<br><br>Banana Layer Cake<br>NCS – Same ½ Slice   | Macaroni & Cheese<br>Stewed Tomatoes<br><br>Pears<br>NCS – Same   | Pizza ( Cheese or<br>Pepperoni)<br>Cucumber Salad<br><br>Rice Pudding<br>NCS – Diet Vanilla<br>Pudding   | Oven Fried Chicken<br>Breast<br>Corn Bread Stuffing<br>Butternut Squash<br><br>Chocolate Peanut Butter<br>Cream Pie<br>NCS – Same ½ Slice |
| <i>Bologna Sandwich</i><br><i>Turkey Salad Sandwich</i>   | <i>Sliced Chicken Sandwich</i><br><i>Tuna Salad Sandwich</i>  | <i>Liverwurst Sandwich</i><br><i>Ham Salad Sandwich</i>  | <i>Roast Beef Sandwich</i><br><i>Chicken Salad Sandwich</i>  | <i>Turkey Sandwich</i><br><i>Egg Salad Sandwich</i>   | <i>Chicken Sandwich</i><br><i>Ham Salad Sandwich</i>   | <i>Ham Sandwich</i><br><i>Chicken Salad Sandwich</i>  |
| Beef Vegetable Barley<br>Soup<br>Crackers<br><br>Chili Con Carne<br>Buttered Rice<br>Diced Parsley Carrots<br><br>Banana Bread<br>NCS – Same  | Tuscany Bean Soup<br>Crackers<br><br>Chicken and Shrimp Rice<br>Gumbo<br>Peas<br><br>Snickerdoodle Cookie<br>NCS – Shortbread<br>Cookie | Chicken Rice Soup<br>Crackers<br><br>Chicken Tenders w/<br>Honey Mustard Dipping<br>Sauce<br>Crinkle Cut Fries<br>Broccoli<br><br>Peach Mousse<br>NCS – Diet Peach<br>Mousse | Zesty Bean Soup<br>Crackers<br><br>Egg & Olive on<br>Croissant<br>Buttered Carrots<br><br>Crushed Pineapple<br>NCS – Same  | Creamy Potato Soup<br>Crackers<br><br>Salisbury Steak w/<br>Gravy<br>Scalloped Potatoes<br>Green Beans w/ Black<br>Eyed Peas<br><br>Chocolate Cream Puff<br>NCS – Diet Chocolate<br>Pudding | Broccoli Cheese Soup<br>Crackers<br><br>Chicken & Biscuit<br>Whipped Potatoes<br>Italian Blend<br>Vegetables<br><br>Diced Peaches<br>NCS – Same            | Pasta Fagioli Soup<br>Crackers<br><br>Spaghetti w/ Meatballs<br>Tossed Salad<br>Garlic Bread<br><br>Warm Apple Slices<br>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.

Meal Plan includes 8oz Milk at every meal.

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

| DAY 8<br>Monday   | DAY 9<br>Tuesday  | DAY 10<br>Wednesday  | DAY 11<br>Thursday  | DAY 12<br>Friday  | DAY 13<br>Saturday  | DAY 14<br>Sunday  |
|---|---|--|---|---|---|---|
| Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Apple Fritter Donut                                  | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Rice<br>Hard Cooked Egg<br>Waffles w/ Syrup                                  | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Egg, Sausage & Cheese<br>Muffin | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Wheat<br>Scrambled Eggs<br>Corned Beef Hash<br>Sausage Links | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Banana Muffin                    | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cheesy Grits<br>Scrambled Eggs<br>Pancakes w/ Syrup | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Frittata<br>Hash Brown Patty |
| Julienne Salad w/<br>Turkey, Egg &<br>Multigrain Roll<br><br>Diced Pears<br>NCS – Same  | Fried Chicken on Bone<br>Garlic Rotini Pasta w/<br>Veggies<br>Cooked Spinach<br><br>Fruit Cocktail<br>NCS – Same  | Sliced Pork Loin w/<br>Gravy<br>Au gratin Potatoes<br>Broccoli<br><br>Pineapple Tidbits<br>NCS – Same                      | Bacon Cheeseburger<br>Steak Fries<br>Garden Salad<br><br>Ice Cream<br>NCS – SF Ice Cream  | Seafood Salad on<br>Croissant w/ Lettuce and<br>Tomatoes<br>Flame Roasted Potato<br>Medley<br>Coleslaw<br><br>Strawberry Mousse<br>NCS – Same | Meatball Sub<br>Tex Mex Vegetable<br>Blend<br><br>Berry Jello w/ Topping<br>NCS – Diet Berry Jello<br>w/ Topping                    | Chicken Cordon Blue<br>Rosemary Potatoes<br>Parsley Carrots<br><br>Apple Pie<br>NCS – Same ½ Slice                      |
| <i>Sliced Chicken Sandwich</i><br><i>Tuna Salad Sandwich</i>  | <i>Bologna Sandwich</i><br><i>Turkey Salad Sandwich</i>   | <i>Roast Beef Sandwich</i><br><i>Chicken Salad Sandwich</i>  | <i>Turkey Sandwich</i><br><i>Egg Salad Sandwich</i>   | <i>Sliced Chicken Sandwich</i><br><i>Tuna Salad Sandwich</i>  | <i>Ham Sandwich</i><br><i>Chicken Salad Sandwich</i>  | <i>Turkey Sandwich</i><br><i>Ham Salad Sandwich</i>   |
| Chicken Tortilla Soup<br>Crackers<br><br>Beef Stroganoff<br>Noodles<br>Asian Blend Vegetables<br><br>Chocolate Chip Cookie<br>NCS – Diet Chocolate<br>Chip Cookie | Hearty Spinach & White<br>Bean Soup<br>Crackers<br><br>Hot Dog on Bun<br>Baked Beans<br>Cut Green Cabbage<br><br>Double Chocolate Layer<br>Cake<br>NCS – Same ½ Slice | Chicken Gumbo<br>Crackers<br><br>Spanish Rice<br>Cream Style Corn<br><br>Cinnamon Burst Bread<br>NCS – Same                | Pumpkin Squash Soup<br>Crackers<br><br>Fried Fish<br>Baked Sweet Potato<br>Cucumber & Onion<br>Salad<br><br>Diced Cantaloupe<br>NCS-Same              | Corn Chowder Soup<br>Crackers<br><br>Pepper Steak<br>Buttered Rice<br>Four Way Mixed<br>Vegetable<br><br>Cinnamon Applesauce<br>NCS – Same    | Chicken Rotini Soup<br>Crackers<br><br>Chicken Fajita over<br>Seasoned Rice<br>Collard Greens<br><br>Mandarin Oranges<br>NCS – Same | Tomato Pastina<br>Crackers<br><br>Turkey Pot Pie<br>Peas & Onions<br>Dinner Roll<br><br>Blushing Pears<br>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

Meal Plan includes 8oz Milk at every meal.

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

| DAY 15<br>Monday  | DAY 16<br>Tuesday  | DAY 17<br>Wednesday   | DAY 18<br>Thursday   | DAY 19<br>Friday   | DAY 20<br>Saturday   | DAY 21<br>Sunday   |
|---|--|---|--|--|--|--|
| Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Blueberry Muffin                           | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Rice<br>Scrambled Eggs<br>Waffle w/ syrup   | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cinnamon Oatmeal<br>Scrambled Eggs<br>Cheesy Hash Brown<br>Casserole<br>Bran Muffin | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Cream of Wheat<br>Frittata or Hard Cooked<br>Eggs<br>Sausage Links<br>Hash Brown Patty | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Scrambled Eggs<br>Pancakes w/ Syrup                         | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Grits<br>Cheese Omelet<br>Bagel                        | Assorted Juices<br>Assorted Breads<br>Assorted Cereals<br>Assorted Fruit<br><br>Oatmeal<br>Hard Cooked Egg<br>French Toast Sticks w/<br>Syrup<br>Bacon     |
| Swedish Meatballs<br>Buttered Noodles<br>Squash & Turnip<br>Medley<br><br>Rocky Road Mousse<br>NCS – Same   | Buffalo Chicken On<br>Kaiser<br>Buttered Rice<br>Four Way Mixed<br>Vegetable<br><br>Sliced Watermelon<br>NCS – Same                  | Cheeseburger on Bun<br>Potato Pancakes<br>Mediterranean Blend<br>Vegetables<br><br>Mandarin Oranges<br>NCS – Same   | Sloppy Joe on Bun<br>Crinkle Cut Fries<br>Cucumber & Onion<br>Salad<br><br>Brownie<br>NCS- Same ½  | Roast Beef w/ Gravy<br>Sour Cream and Chive<br>Potatoes<br>Spinach<br><br>Yellow Layer Cake w/<br>Chocolate Frosting<br>NCS – Same ½ Slice             | Crispy Chicken<br>Sandwich w/ Tomatoes<br>Pasta Salad<br>Green Cut Cabbage<br><br>Cheese Streusel Muffin<br>NCS – Blueberry Muffin     | Turkey & Cheese on<br>Croissant<br>Sweet Potatoes<br>Tuscany Blend<br>Vegetables<br><br>Lemon Cream Pie<br>NCS – Same ½ Slice                              |
| <i>Bologna Sandwich</i><br><i>Turkey Salad Sandwich</i>   | <i>Roast Beef Sandwich</i><br><i>Chicken Salad Sandwich</i>  | <i>Turkey Sandwich</i><br><i>Ham Salad Sandwich</i>   | <i>Chicken Sandwich</i><br><i>Turkey Salad Sandwich</i>  | <i>Ham Sandwich</i><br><i>Tuna Salad Sandwich</i>  | <i>Turkey Sandwich</i><br><i>Ham Salad Sandwich</i>  | <i>Chicken Sandwich</i><br><i>Egg Salad Sandwich</i>   |
| Italian Wedding Soup<br>Crackers<br>BBQ Chicken On Bone<br>Baked Potato w/ Sour<br>Cream<br>French Style Green<br>Beans<br><br>Applesauce<br>NCS – Same | Chicken Pot Pie Soup<br>Crackers<br><br>Italian Cold Cut Sub<br>Potato Salad<br>Winter Blend Vegetables<br><br>Peaches<br>NCS – Same | Cream of Potato Soup<br>Crackers<br><br>Cabbage Roll<br>Sausage Slices<br>Sunshine Carrots<br><br>Butterscotch Pudding<br>NCS – Diet Butterscotch<br>Pudding        | Turkey Bowtie Soup<br>Crackers<br><br>Chicken Pot Pie<br>Whipped Potatoes<br>Chuck Wagon Blend<br>Vegetables<br><br>Pineapple Tidbits<br>NCS – Same                    | Cream of Mushroom<br>Crackers<br><br>Egg & Olive On Rye<br>Parmesan Roasted<br>Potatoes<br>Crinkle Cut Zucchini<br><br>Fresh Fruit Salad<br>NCS – Same | Ham & Bean Soup<br>Crackers<br><br>Stuffed Shells w/<br>Meatballs<br>Romaine Salad<br>Garlic Bread<br><br>Fruit Cocktail<br>NCS – Same | Chicken Noodle Soup<br>Crackers<br><br>Philly Steak w/ Peppers<br>& Onions<br>Seasoned Vegetable<br>Rice<br>Green Beans<br>Warm Apple Slices<br>NCS – Same |

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

*Kimberly B Vespi RD, CSG CDN 5/27/20*

**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