

Camillus Ridge Terrace

CAMILLUS RIDGE TERRACE FALL/WINTER MENU 2020-2021 REGULAR / NO ADDED SALT / NO CONCENTRATED SWEETS

WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfst	French Toast 2 W/ Fruit Topping 2oz Sausage Patty 1 Fruit 1/2 c Juice 4oz	Hot or Cold Cereal 1/2c Chioce of Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Cinnamon Roll 1 Chef Chioce Omelet 4 oz Fruit 1/2c Juice 4oz	Assorted Donuts 1 Scrambled Eggs 1/2c Fruit 1/2 c Juice 4oz	Hot or Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2 c Juice 4oz
Lunch	Baked Ham 3oz Sweet Potatoes 1/2c Asparagus 1/2c Roll 1 Chocolate Pudding Tart 1 NCS Choc Pudding Tart 1	Meatloaf 3oz Au Gratin Potatoes 1/2c Carrots 1/2c Wheat Roll 1 Baked Peach Halves 1/2 NCS Baked Peaches 1/2c	Tender Seasoned Ribs 3oz Macaroni Salad 1/2 c Peas 1/2c Roll 1 Fruit Garnish 2 Strawberry Short Cake 1 NCS Str Berry Short Cake 1	Roasted Turkey Stew 6oz w/ carrots and mixed veg 4oz Topped w/ Garlic MashP 1/2c Corn Muffin 1 Raspberry Pie 1 NCS Raspberry Pie 1	Side Salad w/ Dressing 1/2c HOME MADE Meat Lasagna 3oz Sliced Italian Bread 1 Fruited Jello Parfait 1/2c NCS Fruited Jello Parfait 1/2c
Dinner	Minestrone Soup 6oz Chicken Salad Sandwich 5 oz Pickles 2 Fruit Plate 1 NCS Fruit Plate 1	Veal Parmesan on Toasted Roll 5 oz Green Beans 1/2c Scooped Ice Cream 1/2c NCS Ice Cream 1/2c	Chicken Quesadillas 4oz Salsa & Sour Cream 2oz each Corn 1/2 c Chef Choice Dessert 1 NCS Chef Choice Dessert 1	Tomato Basil Pie 1 Spinach 1/2c Bread Pudding 1/2c NCS Pudding 1/2c	Hoffman Hot Dogs on Roll 1 Baked Beans 1/2c Brownie with topping 1 NCS Brownie with topping 1

*****Regular and Decaffeinated Coffee and Tea, Juice, Milk and Ice Water offered and available at all meals.**

Snacks Available: Lorna Doones Fig Newtons Applesauce Saltine Crackers

*All Residents on a NCS diet require a p.m. snack.

Friday	Saturday
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Breakfast Pizza W/ Sausage/Bacon 1 Juice 4oz Fruit 1/2c	Bagel 1 Cream Cheese 2oz Chioce Egg 2 Fruit 1/2c Juice 4oz
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Ribeye Cooked Med 3 oz Baked Potato 1 small (3oz) Broccoli Au gratin 1/2 c Wheat Roll 1 Ice Cream Sundae w/ fruit Topping 1/2c NCS Ice Cream sundae 1/2c	Country Chicken Bake Topped w/ stuffing 6oz Mixed Vegetables 1/2c 1/2 Moon cookies 1 NCS 1/2 Moon Cookies 1
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New England Clam Chowder 6 oz Turkey Salad on White 5 oz Sliced Tom & Let 2oz Chef Chioce Cookies 2 NCS Cookie 2	Goulash 1/2c Green Beans 1/2c Bread & Butter 1 Mixed Berries w/ Topping 1/2c NCS Berries w/ Topping 1/2c
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Graham crackers