

Camillus Ridge Terrace

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

WEEK 2	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfst	Fruit Muffin 1 Chef Chioce Omelet 4oz Toast 1 Fruit 1/2c Juice 4oz	Hot /Cold Cereal 1/2c Raisin Toast 1 Over Easy Eggs 2 Fruit 1/2c Juice 4oz	Choc/Chip Pancake 2 Sausage links 1 Fruit 1/2c Juice 4oz	Assorted Donuts 1 Scrambeled Eggs 2 Wheat Toast 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz
Lunch	Roast Turkey 3oz Mashed Potatoes 1/2c Gravy 2oz Roll 1 Hubbard Squash 1/2c Chef Choice Pie 1 NCS Pie 1	Penne Alla Vodka 6 oz Capri Vegetables 1/2c Roll 1 Chef Choice Flavor Crème Brulee 1 NCS Crème Brulee 1	Salisbury Steaks 3 oz Mushroom Gravy 2oz Scalloped Potatoes 1/2c Peas & Carrots 1/2c Scooped Ice Cream 1/2c NCS Ice Cream 1/2c	HOME MADE Chicken & Biscuits 6oz Prince Edward Veg 1/2c Baked Apple 1 NCS Baked Apple 1	Tender Garden Pork Chop 1 Mashed Potatoes 1/2c Warm Apple Sauce 1/2c Wheat Roll 1 Ginger Bread Pudding 1/2c NCS Pudding 1/2c
Dinner	Quiche Cheese / Veggies 4oz Sliced tomatoes 1/2c Bread 1 Pineapple Dream 1/2c NCS Pineapple Dream 1/2c	Italain Mixed Meats on Italian Bread 5 oz Sliced Let & tom 1/2c Sun Chips 1/2c Peach Bars 1 NCS Peach Bars 1	Turkey Burger w/ cheese 4oz German Potato Salad 1/2 cup Broccoli Salad 1/2 cup Sherbet 1/2 cup	Italian Wedding Soup 6 oz Toasted BLT 5oz Let & Tom 2oz Chef Choice Cookies 2 NCS Chef Chioce Cookies 2	Pot Stickers 3 White Rice 1/2c Capri Veg 1/2c Sweet & Sour Sauce 2oz Strawberry Glaze Banana 1 NCS Strwberry Glaze Banana 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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CRT --- Egg/Cheese/Bacon On Croissant 1 Fruit 1/2c Juice 4oz	Cream Of Wheat 1/2c Choice of Egg 2 Rye Toast 1 Fruit 1/2c Juice 4oz
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Seafood Newburg 4oz Over Pasta 1/2c Roasted Cauliflower 1/2c Roll 1	Cheesy Potato Soup 6oz Ham Sliders 4oz Carrots 1/2c
Chef Choice Ice Cream Cake 1 NCS Ice Cream Cake 1	Lemon Pudding Parfait 1/2c NCS Pudding Parfait 1/2c

Marie Callender Chicken Pot Pie 1 Mixed Veggies 1/2c	Spanish Rice 6oz Wax Beans 1/2c Bread & Butter 1
Cherry Dumplings 1/2c NCS Cherry Dumplings 1/2c	Fruited Jello w/ Topping 1/2c NCS Fr Jello w/ Topping 1/2c

Graham crackers