

Camillus Ridge Terrace

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

WEEK 3	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfst	Waffles 2 W/ Fruit Topping 2 oz Bacon 2 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Eggs 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Egg Benedict Quiche 4oz Toast 1 Fruit 1/2c Juice 4oz	Assorted Donuts 1 Scrambled Eggs 2 Sausage Link 1 Toast 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Fried Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz
Lunch	Spaghetti & Meatballs 6oz Tom & Cucumber Salad 1/2c Garlic Knot 1 Lemon Meringue Pie 1 NCS Pie 1	Broccoli & Cheddar 1/2c Chicken Bake 4oz Wild Rice 1/2c Wheat Roll 1 Chef Choice Cake 1 NCS Chef Choice Cake 1	HOME MADE Mac & Cheese 6oz Fresh Roasted Tomatoes 1/2c Bread Stick 1 JumbleBerry Crumble 1/2c NCS JB Crumble 1/2c	Hearty Beef Stew 6oz Biscuit 1 Carrots 1/2c Cheese Cake W/ Fruit 1 NCS Cheese Cake 1	Side Salad w/ Dressing 1/2c Home Made Chili & Cheese 6oz Corn Muffin 1 Diced Apple Dumplings 1/2c NCS Dumplings 1/2c
Dinner	Open Face Hot Beef Sandwich 4oz Mixed Vegetables 1/2c Cherry Cobbler 1/2 c NCS Cherry Cobbler 1/2 c	Hot Ham & Cheese on Roll 5oz Mashed Potatoes 1/2c Beets 1/2 cup Fruit Cup 1/2c	Philly Steaks 4oz Cheese & Mushrooms 2oz French Fries 1/2 cup Fruited Jello 1/2c NCS Fruited Jello 1/2c	Chef Choice Pizza 1 Chicken Nuggets 3oz Fruit Cup 1/2c Cookies 2 NCS Cookies 2	Pancakes(2) w/topping 2oz Syrup 2oz Bacon 2 Peaches and Cream 1/2 cup

*****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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Danish 1 Chef Choice Omelet 1 Toast 1 Juice 4oz Fruit 1/2c	Oatmeal w/ Berries 1/2c Over Easy Eggs 2 English Muffin 1 Fruit 1/2c Juice 4oz
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Breaded Haddock 4 oz Parsley Potatoes 1/2c Coleslaw 1/2c Wheat Roll 1	Home Made Chicken Noodle Soup 6 oz Grilled Cheese Sandwich 4 oz
Ice Cream Sundae 1/2c SF Ice Cream 1/2c	Fruit Cocktail 1/2c

Home Made Baked Zita W/ Cheese 6 oz Peas 1/2c	Tuna & Cheese Sandwich 4 oz Let & Tom 1/2c Lays Chips 1/2c
Cinn Baked Pears 1/2c NCS Bake Pears 1/2c	Pudding Parfait 1/2c NCS Pudding Parfait 1/2c

Graham crackers