

Camillus Ridge Terrace

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

WEEK 4	Sunday	Monday	Tuesday	Wednesday	Thursday
Breakfst	Cinnamon Roll 1 Vegetable Omelet 4oz Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	French Toast 2 Fruit Topping 2oz Sausage Patty 1 Fruit 1/2c Juice 4oz	Assorted Donuts 1 Srambled Eggs 1/2c 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 Pork 3 oz Parsley Potato 1/2c Carrots 1/2c Roll 1 Chef Choice Pie 1 NCS Pie 1	Home Made Stuffed Peppers 4oz Side Salad 1/2c Roll 1 Blue Berry Buckle 1/2 c NCS Blu Berry Buckle 1/2c	Pot Roast 3 oz Mashed Pot 1/2c, gravy 2oz Corn 1/2c Wheat Roll 1 Jello Parfait 1/2c NCS Jello Parfait 1/2c	Fresh Roasted Tomato & Basil Soup 6 oz Grilled Cheese Sandwich 4 oz Pineapple Upside Down Cake 1 NCS Cake 1	Chicken Cordon Bleu 4oz Moist Stuffing 1/2c Warm Cinn Apple Sauce 1/2c Cream Cheese & Fruit Parfait 1/2c NCS Parfait 1/2c
Dinner	Vegetable Soup 6oz Chicken Salad on Wheat 5oz Pickles 2 Fruit Cup w/ Topping 1/2c	Fish on Bun 5oz French Fries 1/2c 3-Bean Salad 1/2c Ice Cream Novelty 1 NCS Ice Cream Novelty 1	Chicken Patty On Roll 5oz Mixed Vegetables 1/2c Tator Tots 1/2c Cheesecake 1 NCS Cheesecake 1	Scalloped Potatoes & Ham 6 oz Prince Edward Veg 1/2c Mixed Berry Pie 1 NCS Mixed Berry Pie 1	BBQ Rib on Roll 5oz Sun Chips 1/2c Fruit Cocktail 1/2c

***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.

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Friday	Saturday
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CRT Egg/Bacon/Cheese on English Muffin 1 Fruit 1/2c Juice 4oz	Cream Of Wheat 1/2c Over Easy Egg 2 Toast 1 Fruit 1/2c Juice 4oz
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Stuffed Cod 4 oz Rice Pilaf 1/2c French Green Beans 1/2c Roll 1 Ice Cream Cake 1 NCS Ice Cream Cake 1	Sweet & Sour Chicken 4 oz Over White Rice 1/2c Cauliflower 1/2c Roll 1 Spiced Fruit Bake 1/2c NCS Spiced Fruit Bake 1/2c
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French Onion Soup 6oz Crab Meat Salad on Wheat 5oz Lettuce and Tomato 2oz Fruit Cup and Topping 1/2 c	Tuna Noodle Casserole 6oz Wax Beans 1/2c Bread & Butter 1 Pudding 1/2c NCS Pudding 1/2c
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Graham crackers