

## Camillus Ridge Terrace

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

<b>WEEK 5</b>	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfst</b>	Sausage & Gravy Over Biscuit 4oz Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Fruit Muffin 1 Chef Choice Omelet 4oz Toast 1 Fruit 1/2c Juice 4oz	Assorted Donuts 1 Scrambled Eggs 2 Toast 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Fried Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz
<b>Lunch</b>	Pot Roast 3oz Seasoned Potatoes 1/2c Baby Carrots 1/2c Roll 1  Coconut Cream Pie 1 NCS Pie 1	Cheeseburger on Bun 5oz Potato Salad 1/2c GB Baked Beans 1/2c  Jello 1/2c NCS Jello 1/2c	Perogies 4 w/ Sauteed Onions & Bacon 2oz French Green Beans 1/2c Roll 1 - sour cream 2oz  Banana cake 1 NCS Ban Cake 1	Sticky Orange Chicken over White Rice 6 oz Cauliflower 1/2c Veg Egg Roll 1  Warm Coconut Sweet Bun 1 NCS Coconut Bun 1	Home Made Butternut Squash Soup 6oz Fresh Sliced Turkey & Cheese on Wheat 4oz Let & Tom 2oz Pumpkin Cup Cake 1 NCS Pumpkin Cup Cake 1
<b>Dinner</b>	Fresh Turkey Salad On Wheat 5 oz 3-Bean Salad 1/2c  Peach Bar Crumble 1 NCS Peach Bar Crumble 1	Split Pea Soup 6 oz Grilled Ham and Cheese 4 oz Crackers 2  Cherry Banana Cake 1 NCS Cake 1	Chip Beef on Toast 4 oz Peas & Carrots 1/2c  Cherry Duplings 1/2c NCS Cherry Dumplings 1/2c	Grilled Reuban on Rye 5oz Sun Chips 1/2c  Assorted Fruit Cup 1/2c	Loaded Baked Potato 1 bacon-cheese 3oz-sour cream 2oz Broccoli 1/2c  Chef Choice Fruit Pie 1 NCS Fruit Pie 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
--------	----------

Pancakes(2) w/topping 2oz Bacon 2 Juice 4oz Fruit 1/2c	Oatmeal w/ fruit 1/2c Yogurt 1/2c Toast 1 Fruit 1/2c Juice 4oz
---	--

Baked Salmon 3oz Sweet Potato Waffle FF 1/2c CRT Coleslaw 1/2c Roll 1  Ice Cream Sundae 1/2c SF Ice Cream 1/2c	Turkey Divine 1/2c Noodles 1/2c Broccoli 1/2c  Upside Down Apple cake 1 NCS Apple cake 1
--	---

Pata Fagioli Soup 6oz EGG & Olive Sandwich 3 OZ  Fruit with Topping 1/2c	Sloppy Joes on Roll 5 oz Sun Chips 1/2c Corn 1/2c  Peach Short Cake 1 NCS Peach Short Cake 1
---	---

Graham crackers