

CAMILLUS RIDGE TERRACE SPRING/SUMMER MENU 2024 REGULAR /NO ADDED SALT /NO CONCENTRATED SWEETS/LACTOSE FREE/VEGETARIAN							
Week 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfst	Home Made Buttermilk Pancakes 2 Sausage Links 2 Juice 4 oz Fruit 1/2c	Hot or Cold Cereal 1/2 c Choice of Egg 2 Raisin Toast 1 Banana 1 Juice 4oz	French Toast Saugage link 2 Fruit 1/2 c Juice 4oz	Fresh Baked Cinn Roll 1 OR Toast 2 Scrambled Egg 1/2 cup Fruit 1/2 c Juice 4 oz	Hot or Cold Cereal 1/2 cu Choice of Egg 2 Raisin Toast 1 Banana 1 Juice 4oz	Breakfast Bowl 6oz Scrambled Eggs w/ Sausage & cheese /Pot. Toast 1 Fruit 1/2 c Juice 4oz	Bagels 1 Cream Cheese 2 Tbsp Choice of egg 2 Fruit 1/2 c Juice 4oz
LUNCH	Chicken & Biscuits 6oz Prince Edward Veg 1/2c Fruit 1/2c Egg Custard 1 NCS custard 1	Pot Roast / Gravy 4oz Whipped Potatoes 1/2c Baby Carrots 1/2 cup Roll 1 Chef's Cream Pie 1 NCS Pie 1	Mac-n-Cheese 4oz Stewed tomatoes 1c Dinner roll 1 Brownie 1 NCS brownie 1	Breaded Pork Chop 3oz Moist Stuffing 1/2c Warm Apple Sauce 1/2c Warm Roll 1 Fruited Jello Parfaits 1 NCS Jello Parfait 1	Roast Turkey 3oz Mashed pot. w/gravy 1/2c green beans 1/2c Pumpkin pie 1 NCS pumpkin pie 1	Baked Salmon 3 oz Asparagus 1/2c Rice Pilaf 1/2c Warm Roll 1 Pudding 1/2c NCS pudding 1/2c	Glazed ham 3oz peas 1/2c Sweet potatoes 1/2c pears 1/2c Chef's cookie 2 NCS cookie 2
DINNER	BLT On White toast 4oz Let & Tom 3oz French Fries 1/2c Parfait 1 NCS Parfaits 1	Ham & Cheese slider 2 french fries 1/2c cucumber/tom salad 1/2 Pudding 1/2c NCS Pudding 1/2c	N. E. Clam Chowder 6 oz Tuna fish Sandwhich 3oz Tossed Salad - 1/2 cup Ice cream novelty 1 NCS 1 ice cream	Soft taco bowl 4oz w/lettuce, cheese, tom Fruit cup 1/2c Cupcake 1 NCS cupcake 1	Grilled Hamburger - 3 oz. on a Roll - 1 Lettuce and Tomato-2 oz. Chips - 1/2 cup Pickle slice 1 ice cream sundae 1/2c NCS ice cream 1/2c	Antipasto Salad (ham, salami Cheese, LTC, Onion 6oz) dinner roll - 1 Applesauce 1/2c Apple crisp 1 NCS Apple crisp 1	Famous Hoffman Hot Dog 1 Pasta salad 1/2c Baked beans 1/2c Strawberry Short cake 1 NCS SS cake 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

Graham Crackers

Approved as written 7/22/24

Anthony Kelly/nc, RD, LDN