

**CAMILLUS RIDGE TERRACE SPRING / SUMMER MENU 2024 REGULAR/NO ADDED SALT/NO CONCENTRATED SWEETS/LACTOSE FREE/VEGETARIAN**

| <b>Week 5</b>   | <b>SUNDAY</b>  | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>   | <b>SATURDAY</b>  |
|-----------------|--|---|--|--|---|---|--|
| <b>Breakfst</b> | Blueberry Pancakes 2<br>Sausage Link 2<br>Fruit 1/2 c<br>Juice 4oz   | Hot or Cold Cereal 1/2 cup<br>OR Raisin Toast 2<br>Choice of Egg 2<br>Banana 1<br>Juice 4oz                                     | Grilled Ham 2oz<br>Choice Of Egg 2<br>Toast 2<br>Fruit 1/2c<br>Juice 4 oz  | Fresh Warm Muffin 1<br>Scrambled Eggs 1/2 cup<br>Fruit 1/2c<br>Juice 4oz   | Hot or Cold Cereal 1/2 cup<br>OR Raisin Toast 2<br>Choice of Egg 2<br>Banana 1<br>Juice 4oz                                     | French Toast 2<br>Bacon 2<br>Fruit 1/2 c<br>Juice 4 oz  | Cream of Wheat 1/2 c<br>Choice of Egg 2<br>Wheat Toast 1<br>Fruit 1/2 c<br>Juice 4oz                                     |
| <b>LUNCH</b>    | Chicken Marsala 4oz<br>over Rice 1/2c<br>Asparagus 1/2c<br>Italian Bread 1<br>Silky Lemon Cake 1<br>NCS Cake 1 | Salisbury Steaks 3 oz<br>Mushroom Gravy 2oz<br>Mashed potatoes 1/2c<br>Peas 1/2c<br>Scoopd Ice Cream 1/2c<br>NCS Ice Cream 1/2c | Baked Zitiw/ sausage- 4 oz.<br>Garlic Bread - 1 slice<br>Side Salad - 1/2 cup<br>Lemon Meringue Pie 1<br>NCS Pie 1 | Stuffed Cabbage 4oz<br>Roasted potatoes 1/2c<br>Green beans 1/2c<br>Warm apples 1/2c<br>Chef Chioce Pie 1<br>NCS Pie 1 | Chicken Cordon Bleu/<br>w/ sauce 4oz<br>Stuffing 1/c<br>broccoli 1/2c<br>Rice Pudding<br>NCS pudding                            | Cream cod over<br>mashed potato 4oz<br>greans beans<br>warm pears 1/2c<br>Ice Cream Sundae 1/2c<br>NCS Ice Cream 1/2c | Roaf beef dinner 4 oz<br>Baked potato 1<br>corn 1/2c<br>dinner roll 1<br>Brownies 1<br>NCS Brownies 1                    |
| <b>DINNER</b>   | Corn beef w/<br>cabbage, pot/carrot 4oz<br>dinner roll 1<br>Brownie 1<br>NCS brownie 1                         | Breaded shrimp 4oz<br>French fries 1/2c<br>cocktail sauce 2 oz<br>Broccoli spears 1/2c<br>Marble cake 1<br>NCS Marble cake 1    | Chicken patty 4oz<br>Carrot and Raisin<br>Salad - 1/2 cup<br>Chips 1/2c<br>Cookies 2<br>NCS Cookies 2              | Italian wedding soup 1/2c<br>Roast beef on wheat 3oz<br>Warm apples 1/2c<br>Cupcake 1<br>NCS Cupcake 1                 | French dip sandwich 1<br>(beef, with beef broth)<br>potatoe salad 1/2 c<br>side salad 1/2 c<br>Jello Cake 1<br>NCS Jello Cake 1 | Manicotti 4oz<br>Side salad 1/2c<br>Fresh italian bread 1<br>Jello w/ Fruit 1/2 c<br>NCS Jello w/ Fruit 1/2 c         | Shrimp stir fry<br>w/rice 4oz<br>Egg roll 1<br>Sweet n sour sauce 2 oz<br>Apple Crisp 1/2 cup<br>NCS Apple Crisp 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                      Graham crackers

Approved as written 7/22/24

*Dorothy Sullivan, RD, LDN*