

CAMILLUS RIDGE TERRACE SPRING/SUMMER MENU 2024 REGULAR/NO ADDED SALT/NO CONCENTRATED SWEETS/LACTOSE FREE/VEGETARIAN							
Week 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfst	Blueberry Pancakes 2 Sausage Link 2 Fruit 1/2 c Juice 4oz	Hot or Cold Cereal 1/2 cu OR Raisin Toast 2 Choice of Egg 2 Banana 1 Juice 4oz	Grilled Ham 2oz Choice Of Egg 2 Toast 2 Fruit 1/2c Juice 4 oz	Fresh Warm Muffin 1 Scrambled Eggs 1/2 cup Fruit 1/2c Juice 4oz	Hot or Cold Cereal 1/2 cu OR Raisin Toast 2 Choice of Egg 2 Banana 1 Juice 4oz	French Toast 2 Bacon 2 Fruit 1/2 c Juice 4 oz	Cream of Wheat 1/2 c Choice of Egg 2 Wheat Toast 1 Fruit 1/2 c Juice 4oz
LUNCH	Chicken Parm 4oz Pasta 1/2c Tom & Cuc Salad 1/2c Italian Bread 1 Apple turnover 1 NCS 1 Turnover	Hot open beef sand 5oz Mashed potatoes 1/2c Carrots 1/2c Choc. Cream pie 1 NCS pie 1	Spaghetti & Meatballs 4oz side salad 1/2c Italian bread 1 Brownie 1 NCS brownie 1	Chicken pot pie 4oz Warm apples 1/2c dinner roll 1 Strawberry short Cake 1 NCS Short Cake 1	Cube steak w/ gravy 4oz Mashed potatoes 1/2c peas 1/2c Chef's pie 1 NCS pie 1	Seafood Newburg over rice 4oz asphargus 1/2c Warm roll 1 Ice Cream Cake 1 NCS Ice Cream 1/2c	Home Made Stuffed Peppers 4oz Side Salad 1/2c Roll 1 Blue Berry Buckle 1/2 c NCS Blu Berry Buckle 1/2c
DINNER	Tuna noodle Casserole 4oz peas 1/2c applesauce 1/2c Cherry Turnover 1 NCS Turnover 1	Spanish Rice 4oz whole green beans 1/2c dinner roll 1 Berry Parfait NCS Parfait	Homemade veg soup 1 c Egg salad sandwich 1 peaches 1/2c Ice Cream novelty 1 NCS Ice Cream Nov 1	Pulled Pork sandwich 4oz Tator Tots 1/2c baked beans 1/2c Chef's pudding Chef's NCS pudding	Chicken Alfredo/ over pasta 4 oz grean beans 1/2c italian bread 1 Cookies 2 NCS Cookies 2	Chili 4oz Conbread 1 Fruit 1/2c italian bread 1 Fruit Tart 1/2c NCS Fruit Tart 1/2c	Turkey Club 4oz (w/bacon, cheese, lettuce) Pasta salad 1/2c tomato/cucumber salad 1/2c Chef Chioce Pie 1 NCS 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 Graham Crackers

Approved as written 7/22/24

Anthony S. Sallafano, RD, LDN