

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

WEEK 3							
	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 cup 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	Roast Chicken dinner 4oz Stuffing w/gravy 1/2c carrots 1/2c Roll 1 Coconut cream pie 1 NCS pie 1	Homemade Meatloaf w/gravy 4 oz Mashed Potatoes 1/2c Peas 1/2c Roll 1 Ambrosia 1/2c NCS Ambrosia 1/2c	Homemade Lasagna 4oz Side salad 1/2c Fresh Italian Bread 1 Strawberry Jello Cake 1 NCS Jello Cake 1	Roast pork 4oz Roasted potatoes 1/2c Zucchini 1/2c warm applesauce 1/2 Silky Lemon Cake 1 NCS Cake 1	Turkey bits over mashed potatoes w/gravy 1/2c corn 1/2c cranberry sauce 1oz roll 1 Apple pie 1 NCS fruit pie 1	Breaded Cod 3oz Baked potato 1 Broccoli 1/2c Roll 1 Vanilla cake 1 NCS Cake 1	Chef's Choice Pizza 1 Side Salad 1/2c Fruit 1/2c Cheesecake 1 NCS cake 1
DINNER	*The CRT* Egg-Cheese- Ham on Croissant Hash browns 1/2c Fruit 1/2c Rice Crispy treat 1 NCS treat 1	Tomato Basil soup 6oz Grilled Cheese 4oz Fruit Cup 1/2c Chef's Cream pie 1 NCS desert 1	Scallop potatoes & ham 4oz spinach 1/2c warm apples 1/2c Chef's choice cookies 2 NCS cookies 2	Sloppy Joe 4oz French fries 1/2c applesauce 1/2c Cherry Cobbler 1/2c NCS Cobbler 1/2c	Hot Meatball Sub w/cheese 4oz Side salad Brownie 1 NCS Brownie 1	Beef goulash 4oz Green beans 1/2c Warm pears 1oz Bread slice 1 Parfait 1 NCS Parfaits 1	Italian Sausage with peppers & onions sub 6oz Tator tots 1/2c Fruit 1/2c Choc. Chip cookies 2 NCS cookies 2

*****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

***All residents on a NCS diet require a p.m. snack**

Approved as written 7/22/24

