



Adult Weekly Menu For Patients on Regular Diets



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R K F S T	Orange Juice Cream of Wheat Hard Boiled Egg Blueberry Muffin Margarine	Cranberry Juice Oatmeal Fresh Bagel Cream Cheese Scrambled Eggs	Apple Juice Grits French Toast with Syrup Margarine	Orange Juice Cream of Wheat Scrambled Eggs Roll Margarine	Cranberry Juice Oatmeal French Toast with Syrup Margarine	Apple Juice Grits Scrambled Eggs Blueberry Muffin Margarine	Orange Juice Oatmeal Scrambled Eggs Mini Kaiser Roll Margarine
L U N C H	Beef Noodle Soup Grilled Chicken w/ Gravy Orzo California Vegetables Vanilla pudding <i>Alt: Chicken Salad Sandwich</i>	Chicken Noodle Soup Chili Con Carne Cilantro Lime Rice or Corn O'Brien Green Beans Dinner Roll Choc Ice Cream <i>Alt: Turkey Burger</i>	Chicken & Rice Soup Ziti w/Cheese & Turkey Meat sauce Italian Bread Spinach Carrot Cake <i>Alt: Baked Fish with Lemon Dill Sauce</i>	Spinach Tortellini Soup 'Healthy' Meatballs w/Gravy over Noodles Peas & Carrots Orange Sherbet <i>Alt: Cottage Cheese & Fruit Plate</i>	Minestrone Soup Roast Turkey & Gravy Sweet Potato Soufflé Green Beans Choc Chip Cookie <i>Alt: Herb Chicken Breast</i>	Turkey Rice Soup Baked Breaded Fish Garlic Mashed Potatoes Spinach Dinner Roll Mandarin Oranges <i>Alt: Baked Ziti</i>	Chicken Noodle Soup Turkey Tetrizzini Vegetable Medley Chocolate Cake <i>Alt: Veggie Burger</i>
D I N N E R	Navy Bean Soup Pot Roast w/Gravy Mashed Potatoes Italian Mixed Vegetables Sugar Cookie <i>Alt: Manicotti</i>	Vegetable Soup Oven Fried Chicken Mashed Potato w/Gravy Collard Greens Pound Cake <i>Alt: Jerk Chicken</i>	Split Pea Soup Swiss Steak w/ Gravy Rice Pilaf Broccoli Diced Peaches <i>Alt: Chicken & Veg Stir Fry</i>	Tomato Soup Apricot Lemon Chicken Mashed Potatoes w/Gravy Zucchini Choc Pudding <i>Alt: Egg Salad Sandwich</i>	Lentil Soup Italian Sausage, Peppers & Onions over Rice Dill Carrots Fruit Cocktail <i>Alt: Grilled Chicken Sandwich</i>	Beef Barley Soup Chicken Chow Mein Rice Oriental Mix Rice Pudding <i>Alt: Mac & Cheese</i>	Tuscan Vegetable Soup Beef Stew w/Noodles Mixed Veggies Tropical Fruit Dinner Roll <i>Alt: Baked Fish w/Lemon Sc.</i>

**Alternates
available
daily**

- Cottage Cheese and Fruit
- Hamburger/Cheeseburger
- Chicken Patty on a Bun
- Pasta w/ Marinara with Meat Sauce

- Mac & cheese
- Baked Chicken or Fish
- Veggie Burger
- Assorted Sandwiches

- Rice & Beans
- Grilled Cheese
- Pizza

- French Fries
- Mashed Potatoes, Rice
- Green Beans, Carrots
- Ice Cream, Puddings, Italian ices, Canned and Fresh Fruit

**All meals served with: Coffee or Tea
Margarine or Butter**

**Whole Wheat Bread
Salt or Salt Sub**

**Sugar or Sugar Sub
Pepper, Creamers**