Reg/NAS Week 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Breakfast			
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Diced Peaches	Banana	Apple	Pineapple Chunks	Diced Pears	Mandarin Orange Sections	Red Seedless Grapes
Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal
Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl
SR O'Brien Potatoes	Hard Boiled Egg	Ham and Cheese Breakfast	Hash Brown Casserole	Egg and Cheese Strata	Hard Boiled Egg	Scrambled Eggs with Ham
0	0	Casserole	0	0	0	0
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Grilled Ham	Pork Sausage Patty	Pork Bacon
Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Bacon	Pork Sausage Patty
Whole Wheat Toast	Honey Custard French Toast	Mini Cinnamon Raisin Bagel	Cranberry Muffin	Whole Wheat Toast	Apple Pancakes	English Muffin
00.5	00/0 // 0// 4 // // 0	001 (1 10 1 10	Lunch	T (D:		00.0 ## 0.00
SR French Onion Soup	SR/Soft Chicken Noodle Soup	SR Lentil and Spinach Soup	SR Hearty Vegetable Soup	Tomato Bisque	Apple Fennel Soup	SR Split Pea Soup
Tossed Salad	Caesar Salad	Tossed Salad	Caesar Salad	Tossed Salad	Macaroni Salad, Soft	Tossed Salad
Penne with Sausage and	Deli Ham and Smoked Gouda	Beef Stroganoff	Salisbury Steak with Onion	Pimento Cheese with Pita	Modified Chicken Caesar Salad	BBQ Pork Sandwich
Vegetables			Gravy			
BBQ Chicken Salad, no tomato	Turkey Pan Pie	Apple Tuna Pita Pockets	Cranberry Chicken Salad Sandwich	Ham with Brown Sugar Glaze	Beef Bean Chili	Chicken Marinara with Penne
SR Acorn Squash	Steamed Yellow Squash	Italian Green Beans	Green Peas	Grilled Asparagus	Baby Lima Beans	Chopped Country Coleslaw
Broccoli Cuts	Fresh Braised Greens	Carrot Raisin Salad	Harvard Beets	Chopped Spinach	cinnamon glazed carrots	Broccoli Cuts
Red Beans and Rice	Mediterranean Pasta Salad	Buttered Egg Noodles	Mashed Potatoes	Mashed Sweet Potatoes	Steamed Brown Rice	Potato Wedges
Cornbread	Dinner Roll	Garlic Breadstick	Dinner Roll	Dinner Roll	Cornbread	Garlic Breadstick
Chocolate Chip Cookies	Brownies	Petite Blueberry Parfait	Sugar Cookies	Coconut Custard Pie	Vanilla Pudding	Sweet Potato Pie
Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream
			Dinner			
SR Navy Bean Soup	Winter Squash Vegetable Soup	Beef Vegetable Soup	Carrot Apple Soup	SR Six Bean Soup	SR Fish Chowder	Beef Barley Soup
Caesar Salad	Tossed Salad	Spinach Side Salad	Tossed Salad	Indian Waldorf	Caesar Salad	Caesar Salad
Braised Beef Pot Roast	Eggplant Flatbread	Stuffed Cabbage with Tomato Sauce	Baked Fish with Crumb Topping	Liver and Onions	Mediterranean Flatbread	SR Roast Turkey
Baked Fish	Pasta, Peas and Shrimp	coq au vin	Braised Pork	Baked Ziti with Meat Sauce	Stuffed Fish Florentine	Smoked Sausage with Sauerkraut
Mashed Potatoes	SR Buttered Orzo	Red Potatoes	Wild Rice	Creamy Polenta	Buttered Egg Noodles	Bread Dressing
Chopped Spinach	SR Steamed Carrots	Cauliflower	Roasted Vegetables	Italian Flat Beans	Whole Kernel Corn	Glazed Beets
Roasted Turnips	Roasted Brussels Sprouts	Okra	Acorn Squash	Broccoli Spears	Fresh Braised Greens	Fresh Green Beans
Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Garlic Roll	Cornbread	Biscuit
Apple Orchard Bar	Pineapple Upside Down Cake	Bread Pudding	Lemon Meringue Pie	Carrot Cake no nuts	Cherry Cobbler	Chocolate Pudding
Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream

Reg/NAS Week 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Breakfast			
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Diced Peaches	Banana	Apple	Pineapple Chunks	Diced Pears	Mandarin Orange Sections	Red Seedless Grapes
Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal
Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl
SR O'Brien Potatoes	Hard Boiled Egg	Ham and Cheese Breakfast Casserole	Hash Brown Casserole	Egg and Cheese Strata	Hard Boiled Egg	Scrambled Eggs with Ham
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Grilled Ham	Pork Sausage Patty	Pork Bacon
Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Bacon	Pork Sausage Patty
Whole Wheat Toast	Honey Custard French Toast	Mini Cinnamon Raisin Bagel	Cranberry Muffin	Whole Wheat Toast	Apple Pancakes	English Muffin
			Lunch			
SR Hearty Vegetable Soup	Roasted Corn Soup	SR Broccoli Cheddar Soup	Vegetable Beef Soup	SR Turkey Noodle Soup	Butternut Squash Apple	SR Harvest Soup
Caesar Salad	Tossed Salad	Caesar Salad	Tossed Salad	Caesar Salad	Tossed Salad	Caesar Salad
Chicken and Rice Casserole	Chorizo and Goat Cheese	Braised Asian Pork	Root Beer Glazed Ham	Macaroni & Cheese	FR Rotisserie Chicken	Italian Sausage with Green
Tuna Wrap	Quiche Turkey Rueben	Spaghetti Frittata	Cobb Salad	Crispy Breaded Fish Filet	Beef Lasagna	Peppers Roast Beef and Gravy
SR Carrot & Yellow Squash Medley	Three Bean Salad	Grilled Zucchini	Curry Roasted Cauliflower	Roasted Carrots	SR Braised Red Cabbage	Balsamic Glazed Vegetables
Green Beans	Green Peas	Sweet and Sour Red Cabbage	balsamic roasted brussels sprouts	Chopped Country Coleslaw	Broccoli Salad	Glazed Beets
Bistro Chips	Potato Salad	Old Bay Dirty Fries	Roasted Sweet Potato	Baby Lima Beans	Baked Beans	Sweet Potato Wedges
-		White Rice		-		-
Dinner Roll	Dinner Roll	Garlic Breadstick	Cornbread	Garlic Breadstick	Dinner Roll	Garlic Breadstick
Apple Pie	Sugar Cookies	Cinnamon Streusel Coffee Cake	Snicker Doodle Cookies	Orange Sherbet	Warm Pear Cobbler	Soft Fruit Cup
Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream
			Dinner			
Italian Wedding Soup	Carrot and Ginger Soup	Smoked Gouda & Red Pepper Soup	Chicken Tortilla Soup	Chicken Rice Soup	Corn Chowder	SR Beef Orzo Soup
Tossed Salad	Caesar Salad	SR Beet Salad	Tossed Salad	Indian Waldorf	Tossed Salad	Tossed Salad
Country Steak	Herb Chicken	BBQ Spare Ribs	Carnitas Quesadilla	Housemade Meatballs with Parmesan	Pork Loin with Mango Chutney	Ranch Chicken
3 Cheese Pizza Mashed Potatoes	Garlic Herb Meatloaf	Vegetarian Chef Salad	Shrimp for Fajita Black Beans & Rice	Chicken & Sausage Jambalaya	Salmon Teriyaki Parslied Red Potatoes	Tuna and Noodle Casserole Macaroni Salad, Soft
	Brown Rice	Corn on the Cob	SR Roasted Parsnips	Garlic Penne		
Roasted Zucchini	Red Pepper and Snow Peas	Broccoli	Sauteed Spinach	Asparagus	Sauteed Mixed Vegetables	Green Peas
Creamed Spinach	Parmesan Roasted Carrots	Okra and Tomatoes	Shredded Lettuce and Tomato	SR Collard Greens	Green Bean Casserole	Roasted Mushrooms
Garlic Breadstick	Dinner Roll	Buttermilk Biscuit	6" Flour Tortilla	French Breadstick	Dinner Roll	Dinner Roll
Lemon Bar	Banana Bread Pudding	Peach Cobbler	Chocolate Applesauce Cake, No Nuts	Cranberry Orange Bars	Red Velvet Cupcake	Brownies
French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream

Reg/NAS Week3							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			Breakfast				
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	
Diced Peaches	Banana	Apple	Pineapple Chunks	Diced Pears	Mandarin Orange Sections	Red Seedless Grapes	
Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	
Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	
SR O'Brien Potatoes	Hard Boiled Egg	Ham and Cheese Breakfast Casserole	Hash Brown Casserole	Egg and Cheese Strata	Hard Boiled Egg	Scrambled Eggs with Ham	
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	
Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Grilled Ham	Pork Sausage Patty	Pork Bacon	
Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Bacon	Pork Sausage Patty	
Whole Wheat Toast	Honey Custard French Toast	Mini Cinnamon Raisin Bagel	Cranberry Muffin	Whole Wheat Toast	Apple Pancakes	English Muffin	
			Lunch				
SR French Onion Soup	SR Potato Leek Soup	SR Chicken Orzo Soup	Minestrone Soup	Tomato Bisque	SR Navy Bean Soup	SR Vegetable Rice Soup	
Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
Caesar Salad	Caesar Salad	Caesar Salad	Caesar Salad			Caesar Salad	
Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	
Pimento Cheese Sandwich on Wheat	Fried Popcorn Shrimp	Turkey Wrap	Baked Ziti with Meat Sauce	Spinach & Cheese Quiche	SR Chef Salad	Sloppy Joe Sandwich	
Sweet n' Sour Pineapple Pork	Turkey Taco Salad	Modified Cottage Cheese &	Seafood Salad on Croissant	Beef Fajita Salad	Baked Fish Vera Cruz	Scalloped Potatoes and Ham	
Sweet & Sour Sauce, Ind	,			Beef Gravy	Tartar Sauce	,	
Carrot Raisin Salad	Green Peas	Three Bean Salad	Fresh Steamed Broccoli	Harvard Beets	SR Veg Medley	Peas and Mushrooms	
Country Style Green Beans	Lemon Dill Coleslaw	cinnamon glazed carrots	Chopped Country Coleslaw	SR Collard Greens	Creamed Spinach	Baby Lima Beans	
Herb Buttermilk Potato Salad	Mexican Pinto Beans	Grilled Eggplant	Steamed Corn Kernels	Mashed Sweet Potatoes	Potato Wedges	Baked Beans	
Dinner Roll	Dinner Roll	Garlic Breadstick	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	
Orange Sherbet	Apple Crisp	Peach Cobbler Cake	Peanut Butter Cookies	Caramel Brownies	Chocolate Applesauce Cake	Butterscotch Pudding	
French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	French Vanilla Ice Cream	
			Dinner				
Butternut Squash Apple Soup	SR Beef Vegetable Soup	SR Pasta Fagioli	SR Black Bean Soup	SR Sweet Potato Bisque	Winter Squash Vegetable Soup	Egg Drop Soup	
Caesar Salad	Tossed Salad	Tossed Salad	Tossed Salad	Indian Waldorf	Tossed Salad	Asian Sweet Chili Slaw	
Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	Mixed Fresh Fruit	
Roast Turkey with Gravy	Tortellini with Alfredo Sauce	Roast Beef	Root Beer Glazed Ham	Honey Mustard Chicken Breast	SR Beef Stew	Asian Beef Stir Fry in Orange Sauce	
Spaghetti with Meatballs	Garlic Herb Pork Loin	Baked Fish with Crumb Topping	Barbecue Chicken Quarters	Smoked Sausage with Sauerkraut	Honey Bourbon Pork Loin	SR Teriyaki Chicken	
Turkey Gravy	Pork Gravy	Beef Gravy					
Deluxe Dressing	SR Parmesan Orzo	Dijon Roasted Potatoes	Baked Sweet Potatoes	Rosemary Roasted Potato	Garlic Penne	Sesame Ginger Udon	
Sauteed Vegetable Medley	Fresh Steamed Broccoli	Sauteed Zucchini	Country Style Green Beans	Cauliflower Au Gratin	Orange Glazed Carrots	Snow Peas Stir Fried	
Charred Brussels Sprouts	SR Roasted Rutabagas	Sauteed Mushrooms	Green Peas	Chopped Spinach	Asparagus	Creamed Corn with Red	
Dinner Roll	Garlic Breadstick	Dinner Roll	Cornbread	Dinner Roll	Garlic Breadstick	Dinner Roll	
Pumpkin Pie	Peanut Butter Brownies	Oatmeal Raisin Cookie	Rice Pudding No Raisins	Apple Crisp	Double Chocolate Trifle	Cherry Bread Pudding	
Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	

Reg/NAS Week4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Breakfast			
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Diced Peaches	Banana	Apple	Pineapple Chunks	Diced Pears	Mandarin Orange Sections	Red Seedless Grapes
Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal	Buttered Grits	Old-Fashioned Oatmeal
Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl	Raisin Bran Cereal, Ind Bowl
SR O'Brien Potatoes	Hard Boiled Egg	Ham and Cheese Breakfast	Hash Brown Casserole	Egg and Cheese Strata	Hard Boiled Egg	Scrambled Eggs with Ham
Scrambled Eggs	Scrambled Eggs	Casserole Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Grilled Ham	Pork Sausage Patty	Pork Bacon
Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Sausage Patty	Pork Bacon	Pork Bacon	Pork Sausage Patty
Whole Wheat Toast	Honey Custard French Toast	Mini Cinnamon Raisin Bagel	Cranberry Muffin	Whole Wheat Toast	Apple Pancakes	English Muffin
vviiole vviieat Toast	Holley Custaru French Toast	Willi Cillianion Kaisin Dager	•	vviiole vviieat i oast	Apple Fallcakes	Liigiisii Mulliii
SR/FR White Bean Soup	Chicken Rice Soup	Turkey Noodle Soup	Lunch SR Hearty Vegetable Soup	SR Minestrone Soup	SR/Soft Chicken Noodle Soup	Butternut Squash Soup
Tossed Salad	Mixed Fresh Fruit	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
Crunchy Fish Sandwich	Onion and Cheese Quiche	Beef Bean Chili	BBQ Shrimp and Grits	Fish and Chips	Herb Chicken	Penne and Turkey Meatball
		Carolina Barbecue Pork	Swedish Meatballs	· •		,
Apple Almond Chicken Salad	Vegetarian Lasagna	Sandwich	Swedish wealdans	Apricot Glazed Ham	Shepherds Pie	Rosemary Grilled Shrimp
Chopped Country Coleslaw	Cucumber Salad	Seasoned Green Beans	Fresh Braised Greens	Italian Flat Beans	Green Peas	Carrots and Broccoli
Grilled Zucchini Wedges	Fresh Steamed Broccoli	apple fennel slaw	Asparagus	Cinnamon Glazed Carrots, fine chop	Whole Kernel Corn	Parmesan Tomatoes
Bistro Chips	Modified Pasta Salad	Steamed Brown Rice			Southwest Couscous	Herb Buttermilk Potato Salad
		Hamburger Bun	Buttered Egg Noodles	Barley Pilaf		
Dinner Roll	Dinner Roll	Cornbread	Dinner Roll	Garlic Roll	Dinner Roll	Dinner Roll
Cherry Cheesecake	Orange Cake	Sugar Cookies	Peanut Butter Mousse	Soft Strawberry Shortcake	Caramel Brownies	Lemon Pudding
Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream	Chocolate Ice Cream
			Dinner			
SR Harvest Soup	Cream of Cauliflower Soup	SR Beef Orzo Soup	SR Baked Potato Soup	Winter Vegetable Soup	SR Black Bean Soup	SR Cream Chicken Soup
Tossed Salad	Tossed Salad	SR Beet Salad	Tossed Salad	Caesar Salad	Indian Waldorf	Tossed Salad
Braised Beef Tips	Chicken, Caramelized Onions	Summer Pasta with Pesto	Oven Fried Chicken Breast	Meatloaf with Gravy	SR Baked Fish	Honey Glazed Ham
				Beef Gravy		
Pork Loin with Gravy	Italian Beef	Baked Fish	Braised Pork	Detroit Style Veggie Pizza	Vegetarian Chili	Pepper Steak
						Brown Gravy
Barley Risotto		Wild Rice Blend	Potatoes O'Brien	Mashed Potatoes	Steamed Brown Rice	Mashed Sweet Potatoes
_	SR Red Potatoes					
Brussels and Pearl Onion	Cranberry Sunflower Kale Salad	Braised Red Cabbages	Seasoned Spinach	Baked Butternut Squash	Succotash	Curry Roasted Cauliflower
SR Roasted Rutabagas	Carrots and Squash	Baby Lima Beans	Roasted Yellow Squash	Roasted Zucchini	Turnip Greens	Stir Fried Sugar Snap Peas
Dinner Roll	Garlic Roll	Dinner Roll	Biscuit	Dinner Roll	Cornbread	Dinner Roll
Carrot Cake, no nuts	Warm Pear Cobbler	Pound Cake	Caramel Sundae	Pumpkin Cheesecake Bar	Vanilla Mousse	Banana Parfait
Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream	Strawberry Ice Cream