

Week 1

Camillus Ridge Terrace Spring/Summer 2017 Menus
for Regular and No Added Salt Diets

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Raspberry Muffin 1 Scrambled Eggs 1/2 cup Sausage Links 2 Fruit 1/2 cup Juice 4 oz	English Muffin 1 Choice of Eggs 2 Fruit 1/2 cup Juice 4 oz	Hot or Cold Cereal 1/2 cup OR Raisin Toast 2 Choice of Eggs 2 Fruit 1/2 cup Juice 4 oz	Assorted Donuts 1 Scrambled Eggs 2 Fruit 1/2 cup Juice 4 oz	The 'CRT' Muffin 1 (Egg, Cheese, Sausage Pattie) Fruit 1/2 cup Juice 4 oz	Hot or Cold Cereal 1/2 cup OR Raisin Toast 2 Choice of Eggs 2 Fruit 1/2 cup Juice 4 oz	Pancakes 2 Syrup 1 Bacon 2 strips Fruit 1/2 cup Juice 4 oz
Lunch	Salisbury Steak 3 oz w/ Mushroom Gravy 1 oz Mashed Potato 1/2 cup Corn 1/2 cup Roll 1 Brownie w/topping - 1	Macaroni and Cheese 6 oz Stewed Tomatoes and Zucchini 1/2 cup Roll 1 Strawberries 1/2 cup	BBQ Rib 4 oz Baked Potato 1 (3oz) Mixed Vegetables 1/2 cup Cornbread 1 pc Peaches 1/2 cup	Meatloaf 3 oz Gravy 1 oz Scalloped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Cornbread 1 pc Fruit of the Forest Pie 1 pc	Chicken/Provolone Melt 5 oz Wild Rice 1/2 cup Coleslaw 1/2 cup Roll 1 Gingerbread Cake 1 pc	Shrimp Scampi 3 oz over Bow Tie Pasta 1/2 cup Vegetable Medley 1/2 cup Roll 1 Novelty Ice Cream 1	Maple Glazed Ham 3 oz Sweet Potatoes 1/2 cup Corn 1/2 cup Wheat Roll 1 Fresh Fruit Cup 1/2 cup
Dinner	Crabmeat Salad 3 oz Pasta Salad 1/2 cup Roll 0 Pears 1/2 cup	Grilled Hamburger or Cheeseburger/Bun 5 oz Lettuce/Tomato/Onion 2 oz Pickles 4 Potato Chips 1/2 cup Cheesecake 1 piece	Chef's Salad 6 oz (Lettuce, tomato, Cucumber, Onion, Eggs, Cheese, Ham, Turkey) Dressing 2oz Wheat Roll 1 White Cake with Icing 1 pc	Breaded Fish Sandwich 5 oz Tartar Sauce 2 oz French Fries 1/2 cup Carrots 1/2 cup Blueberry Tart with Topping 1	Sliced Ham and Cheese on a Croissant 5 oz Tomato/Lettuce 2 oz Mandarin Oranges 1/2 cup	Sloppy Joe over a Bun 5 oz Green Beans 1/2 cup Cherry Pie 1 piece	Tomato Soup 6 oz Grilled Cheese Sandwich 4 oz Pickles 4 Bundt Cake w/Topping 1 pc
Alternate	Manicotti w/ Sauce Green Beans	Sliced Ham and Swiss Cheese on Rye	Chef's Whim Alternate	Grilled Cheese Sandwich Potato Chips	Sliced Turkey and Cheese on a Croissant	Chef's Whim Alternate	Hamburger or Cheeseburger on a Bun