

Camillus Ridge Terrace Spring/Summer 2018 Menus Reg/NAS/No Concentrated Sweets

WEEK 3							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfst	Cinnamon Roll 1 Chef Choice Omelet 4oz Melon 1/2 cup Juice 4 ounces	Hot or Cold Cereal 1/2 cup OR Raisin Toast 2 Choice of Egg 2 Orange Slices 1/2 cup Juice 4oz	Eggs Benedict 1 Melon 1/2 cup Juice 4oz	Assorted Donuts 1 Scrambled eggs 1/2 cup Melon 1/2 cup Juice 4oz	Hot or Cold Cereal 1/2 cup OR Raisin Toast 2 Choice of Egg 2 Banana 1 Juice 4oz	Pancakes 2 Bacon strips 2 Fresh Berries 1/2 cup Juice 4oz	The CRT Muffin 1 (Egg/Sausage/Cheese) Melon 1/2 cup Juice 4oz
LUNCH	Pot Roast /Gravy 4oz Mashed Potatoes 1/2 cup Broccoli 1/2 cup Roll 1 Pound Cake with Blueberries & Topping 1 SF Pound Cake 1	Meat Lasagna 6oz Side Salad 1/2 cup Italian Bread 1 Chef Choice Fruit Cup 1/2 c	BBQ Ribs 4oz Potato Salad 1/2 cup Corn 1/2 cup Roll 1 Raspberry Mousse 1/2 c SF Raspberry Mousse 1/2 cup	Greek Salad 6oz (Let/Tom/Cuc/BI Olives Feta Cheese 2oz) Greek Dressing 2oz Wheat Roll 1 Apple Pie 1 SF Apple Pie 1	Chicken Marsala 4oz over Angel Hair Pasta 1/2 cup Fresh Brussel Sprouts 1/2 Roll 1 Lemon Bar 1 SF Lemon Bar 1	Stuffed Portabella Mushroom 1 Wild Rice 1/2 cup Roll 1 Ice Cream w/topping 1/2 cup SF Ice Cream 1/2 cup	Sweet & Sour Meatballs 3oz over Noodles 1/2 cup Capri Vegetables 1/2 cup Chef Choice Cookies 2 SF Cookies 2
DINNER	Grilled Reuben Sand 5oz Potato chips 1/2 cup Pickle 1 Peaches & Cream 1/2 cup SF Peaches & Cr 1/2 cup	Cold Plate Egg Salad 3oz Blk Bean & Corn Salad 1/2c Roll 1 Tropical Fruit 1/2 cup	Chicken Cacciatore 3oz over White Rice 1/2 cup Spinach 1/2 cup Bread 1 Ice Cream Novelty 1 SF Ice Cream Novelty 1	French Dip 4oz on Soft Roll 1 Tator Tots 1/2 cup Jello Parfait 1/2 cup SF Jello Parfait 1/2 cup	Grilled Turkey Burger on Roll 5oz Broccoli Salad 1/2 cup Pickle 1 Pears 1/2 cup	Pizza 1 slice Chicken Tenders 2 Celery Stix 1/2 cup Bleu cheese 2 oz Apple Crisp 1/2 cup SF Apple Crisp 1/2 cup	Chicken Skewers 6oz (Cherry tom/onion/peppers) Baby potatoes 1/2 cup Wheat Roll 1 Cheese Cake 1 SF Cheese Cake 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