



Sample Menu - Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
***Juice	***Juice	***Juice	***Juice	***Juice	***Juice	***Juice
Hot or Cold Cereal Ham and Egg Bake	Hot or Cold Cereal Pancakes w/ Syrup	Hot or Cold Cereal Belgium Waffle	Hot or Cold Cereal French Toast	Hot or Cold Cereal Ham and Mushroom Toast	Hot or Cold Cereal Breakfast Burrito Wrap	Hot or Cold Cereal Maple Sausage Roll
****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices
Soup of the Day Baked Ham or Pot Roast	Soup of the Day Cheese Enchilada or Hamburger Tot Casserole	Soup of the Day Chicken Pot Pie or Green Pepper Steak	Soup of the Day Roasted Turkey Breast or Tavern Battered Haddock	Soup of the Day Chicken Cordon Bleu or Roast Beef	Soup of the Day Navajo Taco or Kalua Pork	Soup of the Day Beef Lasagna or Alfredo Chicken w/ Noodles
Potatoes with Carrots, Celery, Onions Homemade Rolls/Butter	Refried Beans or Tots Red, White Green Salad Buttermilk Biscuit /Butter	Mashed Potatoes and Gravy Buttered Winter Squash Cornbread/Butter	Sweet Potatoes Green Beans Blueberry Strusel Bread/Butter	Mashed Potatoes& Gravy Buttered Peas Homemade Rolls/Butter	Refried Beans or Rice Cucumber Salad Homemade Croissant/Butter	Pasta Buttered Spinach Garlic Bread
Apple Crisp **Beverage Choices	Long Johns **Beverage Choices	Homemade Pumpin Pie **Beverage Choices	Rice Pudding **Beverage Choices	Banana Cream Pie **Beverage Choices	Berry Blast Pie **Beverage Choices	Key Lime Pie **Beverage Choices
Soup of the Day Chicken Cordon Bleu Melt or Hamburger Supper	Soup of the Day Beefater Dip or Chicken and Noodle Casserole	Soup of the Day Sloppy Joe or Cottage Cheese and Fruit Plate	Soup of the Day Cheesy Chicken Meal or Beef Chow Mein	Soup of the Day BBQ Beef Sandwich /Bun or Mushroom/Swiss Mac & Cheese	Soup of the Day Creamed Hamburger or Lemon Pepper Fish Strips	Soup of the Day Grilled Ham and Cheese Sand or Roast Beef Sandwich
French Fries Mixed Vegetables Cheese Roll-ups/Butter	Mashed Potatoes/ Gravy Corn on the Cob Cranberry Bread/Butter	Macaroni Salad California Vegetables Seasoned Breadstick	Buttered Rice Oriental Vegetables Homemade Roll/Butter Fortune Cookie Pie Cherry Dessert **Beverage Choices	Chips Coleslaw Cinnamon Raisin Bread	Baked Potato Buttered Carrots	Chips Pickled Beets
Banana Split **Beverage Choices	Cup Cake **Beverage Choices	Snowflake Parfait **Beverage Choices		Mint Brownie **Beverage Choices	Rice Krispie Treats **Beverage Choices	Dish of Ice Cream **Beverage Choices
Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit

Iva Jean House, CDM, CFPP

**Beverage Choices are coffee, cocoa, hot tea, milk, juice or punch

**** Fruit - Our choice of canned or seasonal fruit

***Juice is Apple, Orange, Tomato, Cranberry or Prune

Water is served at all meals

*When available

Cold Cereal - Special K w/ Berries, Raisin Bran, Cheerios, Rice Krispies, Fruit Loops

An extensive Salad Bar is offered at Lunch and Dinner consisting of varying

Vegetables, Fruits, Cheeses, dressings and assorted salads

Soup of the Day - Variety of homemade soups that are different at Lunch and

Dinner and a different soup is served each day



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and Dietary Services!



Carrington Court

Sample Menu - Week 2

Table with 7 columns (Sunday to Saturday) and 4 rows of menu items. Each cell contains a list of food items and beverage choices for that day.

Iva Jean House, CDM, CFPP

**Beverage Choices are coffee, cocoa, hot tea, milk, juices or punch

**** Fruit - Our choice or seasonal fruit

***Juice is Apple, Orange, Tomato, Cranberry or Prune

Water is served at all meals

*When available

Cold Cereal is Special K w/ Berries, Raisin Bran, Cheerios

An extensive Salad Bar is offered at Lunch and Dinner consisting of varying Vegetables, Fruits, Cheeses, dressings and assorted salads

Soup of the Day - Variety of homemade soups that are different at Lunch and Dinner and a different soup is served each day



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Sample Menu - Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Hot or Cold Cereal Egg Casserole *Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Potato Pancake ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Belgium Waffle ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Corned Beef Hash ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Sausage, Potato, Egg Bake ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Pancake ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Croissant Sandwich ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices
Soup of the Day Fried Pork Chops or Taco Salad Potatoes O'Brian Buttered Corn Homemade Bread Hawaiian Pineapple Cake **Beverage Choices	Soup of the Day Baked Chicken Chimichangas or Baked Ham Spanish/Buttered Rice Mixed Vegetables Homemade Roll Éclair Pie **Beverage Choices	Soup of the Day BBQ Beef or Cashew Chicken Parsley Noodles Butternut Squash Pumpkin Bread Mountainous Mandarin Pie **Beverage Choices	Soup of the Day Corned Beef Brisket or Lemon Pepper Cod Parmesan Potatoes Steamed Cabbage Cornbread Lemon Cherry Pie **Beverage Choices	Soup of the Day Chicken Cordon Bleu or Sweet and Sour Meatballs Buttered Rice Buttered Carrots Banana Bread Oreo Creamcheese Pie **Beverage Choices	Soup of the Day Chicken Broccoli Casserole or Meatloaf Potato Cheese Bake Buttered Broccoli Homemade Croissant Homemade Donuts **Beverage Choices	Soup of the Day Rotisserie Chicken Thighs or Sheperds Pie Mashed Potato Gravy Mixed Vegetables Homemade Roll Egnog Cream Pie **Beverage Choices
Soup of the Day Chicken Salad Plate or Swiss Steak Macaroni Salad Vegetable Salad Homemade Roll Bowl of Ice Cream **Beverage Choices	Soup of the Day Grilled Cheese Sandwich or Hamburger /Bun with Toppings Fries Chef Salad Cranberry Cobbler **Beverage Choices	Soup of the Day Chili Nacho Supper or Fish Sandwich /Bun French Fries Pickled Beets Pumpkin Cookie **Beverage Choices	Soup of the Day Corn Dog or Ham Sandwich German Potato Salad California Vegetables Tapioca Pudding **Beverage Choices	Soup of the Day Resident Choice Meal Stuffed Pizza Folds Potatp Salad Brussel Sprouts Cranberry Dream Pie **Beverage Choices	Soup of the Day Cheese Tortellini Alfredo /Garlic or Stuffed Pizza Folds Potatp Salad Brussel Sprouts Cranberry Dream Pie **Beverage Choices	Soup of the Day Chicken Stew over Biscuit or Pepper Steak Baked Potato Green Beans Ice Cream Sundae **Beverage Choices
Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit

Iva Jean House, CDM, CFPP

**Beverage Choices are coffee, cocoa, hot tea, milk, juices or punch

**** Fruit - Our choice or seasonal fruit

***Juice is Apple, Orange, Tomato, Cranberry or Prune

Water is served at all meals

*When available

Cold Cereal is Special K w/ Berries, Raisin Bran, Cheerios

An extensive Salad Bar is offered at Lunch and Dinner consisting of varying

Vegetables, Fruits, Cheeses, dressings and assorted salads

Soup of the Day - Variety of homemade soups that are different at Lunch and

Dinner and a different soup is served each day



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Carrington Court

Sample Menu - Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Hot or Cold Cereal Potato Pancake *Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Scone with Honey butter ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Egg, Cheese, Sausage Roll ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Belgium Waffle ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Breakfast Sausage Skillet ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Strawberry Cheesecake French Toast ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Huevos Rancheros ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices
Soup of the Day Fried Chicken or Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Homemade Rolls w/Butter Pumpkin Torte **Beverage Choices	Soup of the Day BBQ Meatballs or Cheese Enchilada Rice Buttered Corn Seasoned Breadstick Almond Crème Parfait **Beverage Choices	Soup of the Day Chicken in Potato Baskets or Shrimp and Spaghetti Sauce Pasta California Vegetables Garlic Bread Flan **Beverage Choices	Soup of the Day Roast Beef or Tavern Breaded Haddock Swiss Potato Bake Buttered Winter Squash Homemade Roll 3 Milk Cake **Beverage Choices	Soup of the Day Beef Tamale or Chicken Parmesan Pasta / Rice Brussel Sprouts Blueberry Strusel Bread Lemon Sundae Pie **Beverage Choices	Soup of the Day Bratworst or Monterrey Chicken w/ Onions, Mushr French Fries Buttered Carrots Homemade Bread Apple Pie **Beverage Choices	Soup of the Day Hawaiian Haystacks or Turkey Roast Sweet Potatoes Buttered Corn Orange Roll Mounds of Joy Pie **Beverage Choices
Soup of the Day Bistro Steak or Krab Salad Sandwich Mashed Potatoes Green Beans Seasoned Breadstick Rice Krispie Treat **Beverage Choices	Soup of the Day Hoagie /Bun or Hamburger/Bun with Fixins' Chips Green Peas Pistachio Pudding Dessert **Beverage Choices	Soup of the Day Tunafish Sandwich or Beef Stew/ Bread Stick Tots Buttered Carrots Pumpkin Cream Puff **Beverage Choices	Soup of the Day Ham and Swiss Stromboli or Egg Salad Sandwich Steak Fries Mixed Vegetable Cupcake **Beverage Choices	Soup of the Day Stuffed Green Peppers or BBQ Porkette AuGratin Potatoes Buttered Spinach Baking Powder Biscuit Chocolate Mousse **Beverage Choices	Soup of the Day French Fried Onion Chicken or Turkey Meatloaf Baked Potato Steamed Cabbage Corn Bread Banana Cake **Beverage Choices	Soup of the Day French Dip Sandwic or Ham Pot Pie Tots Buttered Green Beans Ice Cream Sundae **Beverage Choices
Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit

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**Beverage Choices are coffee, cocoa, hot tea, milk, juices or punches

**** Fruit - Our choice or seasonal fruit

***Juice is Apple, Orange, Tomato, Cranberry or Prune

Water is served at all meals

*When available

Cold Cereal is Special K w/ Berries, Raisin Bran, Cheerios

An extensive Salad Bar is offered at Lunch and Dinner consisting of varying Vegetables, Fruits, Cheeses, dressings and assorted salads

Soup of the Day - Variety of homemade soups that are different at Lunch and Dinner and a different soup is served each day



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Carrington Court

Sample Menu - Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Hot or Cold Cereal Scrambled Eggs w/ Cheese *Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Egg, Sausage Tornado ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Cheese Omelet ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal French Toast ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Breakfast Ham Croissant ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Que sadilla ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices	***Juice Hot or Cold Cereal Belgium Waffle w/ Fruit ****Fruit Choice of Egg Breakfast Meat Breakfast Potato Toast, Muffin or Pastry Margarine/Jelly **Beverage Choices
Soup of the Day Turkey Tetrazzini or Beef Lasagna Spinach Apple Cinnamon Bread Pineapple Upside Down Cake **Beverage Choices	Soup of the Day Mushroom Swiss Burger or Rosemary Chicken Seasoned Rice Green Peas Baking Powder Biscuit Butterscotch Pumpkin Puff **Beverage Choices	Soup of the Day Turkey Roast or Citrus Salmon Swiss Bake Buttered Broccoli Homemade Croissant Chocolate Silk Pie **Beverage Choices	Soup of the Day Shrimp, Spinach Penne Pasta or Stuffing Crust Turkey Pie Pasta / Mashed Potatoes Brussel Sprouts Blueberry Strusel Bread Carrot Cake **Beverage Choices	Soup of the Day Fried Chicken or Crisp Taco Parmesan Potatoes Butternut Squash Homemade Roll Coconut Cream Pie **Beverage Choices	Soup of the Day Spaghetti w/ Meatsauce or Breaded Shrimp Pasta / Baked Potato Buttered Carrots Cheesy Garlic Bread Pumpkin Drops **Beverage Choices	Soup of the Day Beef Wellington / Gravy or Mandarin Orange Chicken Mashed Potatoes / Rice Buttered Peas Seasoned Breadstick Apple Pumpkin Pie **Beverage Choices
Soup of the Day Beef Stir Fry or Chicken Alfredo Pasta Oriental Vegetables Cinnamon Raisin Bread Ice Cream Sundae **Beverage Choices	Soup of the Day Salisbury Steak or Chicken Tenders Mashed Potatoes /Gravy Buttered Carrots Seasoned Breadstick Cookie **Beverage Choices	Soup of the Day Chicken Fried Steak Burger or Hot Chicken BBQ Sandwich Baked Potato w/Toppings Mixed Vegetables Homemade Turnover **Beverage Choices	Soup of the Day Meatloaf w/Gravy or Sweet and Sour Chicken Steak Fries Green Beans Zucchini Bread Tapioca Pudding **Beverage Choices	Soup of the Day Salmon Burger w/Bun or Cabbage Roll Potato Cheese Bake/ Refried Beans Buttered Spinach Pumpkin Bread Cupcake **Beverage Choices	Soup of the Day Sheperds Pie or Reuben Burger w/Bun Tots California Vegetables Homemade Bread Chocolate Cake w/ Frosting **Beverage Choices	Soup of the Day Beef Ravioli or Vegetable Lasagna Mixed Vegetables Garlic Bread Bowl of Ice Cream **Beverage Choices
Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit	Assorted snacks w/ protein & carbohydrates ****Fresh Fruit

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