

Camillus Ridge Terrace

CAMILLUS RIDGE TERRACE FALL/WINTER MENU 2021-2022 REGULAR / NO ADDED SALT / NO CONCENTRATED SWEETS

WEEK 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfst	French Toast 2 Sausage Patty 1 Fruit 1/2 c Juice 4oz	Hot or Cold Cereal 1/2c Choice of Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Hot Oatmeal w/ Cinn & Raisins 1/2c Fried Eggs 2 Wheat Toast 1 Fruit 1/2c Juice 4oz	Fresh Baked Danish 1 Scrambled Eggs 1/2c Fruit 1/2 c Juice 4oz	Hot or Cold Cereal 1/2c Choice of Egg 2 Raisin Toast 1 Fruit 1/2 c Juice 4oz	Breakfast Pizza W/ Sausage/Bacon 1 Juice 4oz Fruit 1/2c	Bagel 1 Cream Cheese 2oz Choice Egg 2 Fruit 1/2c Juice 4oz
Lunch	Boiled Dinner Ham 3oz Cubed Potatoes 1/2c Carrots 1/2c Roll 1 Chocolate Pudding Tart 1 NCS Choc Pudding Tart 1	Turkey Divine over Egg Noodles 6oz Capri Veg 1/2c Warm Roll 1 Carrot Cake 1 NCS Carrot Cake 1	Tender BBQ Ribs 3oz Macaroni Salad 1/2 c Peas 1/2c Pound Cake & Strawberries 1 NCS Str Berry Short Cake 1	Roasted Turkey Stew 6oz w/ carrots and mixed veg 4oz Top w/ Garlic Mash Pot 1/2c Corn Muffin 1 Warm Apple Pie w/ cheese 1 NCS Apple Pie 1	HOME MADE Meat Lasagna 6oz Green Beans 1/2c Sliced Italian Bread 1 Reg/NCS Pistachio Dream 1/2c w/ pineapple & oranges	Shrimp Scampi Over White Rice 6oz Prince Edward Veg 1/2c Roll 1 Ice cream Sundae 1/2c NCS Ice Cream Sundae 1/2c	Country Chicken Bake Topped w/ stuffing 6oz Mixed Vegetables 1/2c Blue Berry Cobbler 1/2c NCS Cobbler 1/2c
Dinner	Minestrone Soup 6oz Tuna Sandwich 5oz Let & Tom 2oz Jello w/ Fruit 1/2c NCS Jello w/ fruit 1/2c	CRT On Croissant 1 Egg-Sausage- Cheese 4oz Hash Browns 1 Banana & Fruit Cup 1/2c	Chicken Quesadillas 4oz Salsa & Sour Cream 2oz each Corn 1/2 c Bread Pudding 1/2c NCS Pudding 1/2c	Tomato Basil Pie 1 Spinach 1/2c Red Velvet Cookies 2 NCS Cookies 2	Hoffman Hot Dogs on Roll 1 Baked Beans 1/2c Veggie Straws 1/2c Brownie with topping 1 NCS Brownie with topping 1	Home Made Cream Of Potato 6 oz Carrots 1/2 c --- Crackers 2 Peach Crisp 1/2c NCS Peach Crisp 1/2c	Goulash 6oz Stewed Tomatoes 1/2c Bread & Butter 1 Butterscotch pudding 1/2c NCS pudding 1/2c

*****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

*All Residents on a NCS diet require a p.m. snack.