

## Camillus Ridge Terrace

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

<b>WEEK 2</b>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfst</b>	Chef Chioce Omelet 4oz Toast 2 Fruit 1/2c Juice 4oz	Hot /Cold Cereal 1/2c Raisin Toast 1 Over Easy Eggs 2 Fruit 1/2c Juice 4oz	Pancakes w/ Fruit 2 Sausage links 1 Fruit 1/2c Juice 4oz	Warm Fruit Muffin 1 Scrambled Eggs 2 Wheat Toast 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Egg and Cheese Frittatta 4oz English Muffin 1 Fruit 1/2c Juice 4oz	Cream Of Wheat 1/2c Choice of Egg 2 Rye Toast 1 Fruit 1/2c Juice 4oz
<b>Lunch</b>	Roast Turkey 3oz Mashed Potato 1/2c Gravy 2oz Roll 1 Hubbard Squash 1/2c  Chef Choice Pie 1 NCS Pie 1	German Sauerbraten 4oz Buttered Noodles 1/2c Purple Cabbage 1/2c  Churro Poppers 4 NCS Churro Poopers 4	Tortellini Carbonara 6oz Spinach 1/2c Garlic Knot 1  Éclair 1 NCS Éclair 1	HOME MADE Chicken & Biscuits 6oz Prince Edward Veg 1/2c  Baked Apple 1 NCS Baked Apple 1	Side Salad 1/2 cup Home Made Chili w/ Cheese 6oz Corn Muffin 1  Strawberry Glazed Banana 1 NCS Glaze Banana 1	New England Chowder 6oz Fresh Turkey Salad Wheat 5oz Let & Tom 2oz  Chef Choice Ice Cream Cake 1 NCS Ice Cream Cake 1	Spanish Rice 6oz Wax Beans 1/2c Wheat roll 1  Pudding 1/2c NCS Pudding 1/2c
<b>Dinner</b>	Quiche Cheese / Veggies 4oz Sliced tomatoes 1/2c Bread 1  Pineapple Dream 1/2c NCS Pineapple Dream 1/2c	Italain Mixed Meats on Italian Bread 5 oz Sliced Let & Tom 2oz Sun Chips 1/2c  Peach Bars 1 NCS Peach Bars 1	Philly Steaks on Roll W/ Cheese & Mushrooms 4oz Broccoli 1/2c French Fries 1/2c  Sherbet 1/2 cup	Toasted BLT 5oz Lays Chips 1/2c Fruit cup 1/2c  Chef Choice Cookies 2 NCS Chef Chioce Cookies 2	Grilled Cheese 4oz Classic Tom Soup 6oz Crackers 2  Apple Cider Loaf Cake 1 NCS Loaf Cake 1	Manicotti W Sauce 6oz French Green Beans 1/2c Bread & Butter 1  Cherry Crisp 1/2c NCS Cherry Crisp 1/2c	Chicken Nuggets 3oz French Fries 1/2c Apple Sauce 1/2c Roll 1  Fruited Jello w/ Topping 1/2c NCS Fr Jello w/ Topping 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.