

Camillus Ridge Terrace

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfst	Waffles 2 Sausage Patty 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Over Easy Eggs 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Egg Benedict Quiche 4oz Toast 1 Fruit 1/2c Juice 4oz	Fresh Baked Danish 1 Scrambled Eggs 2 Toast 1 Fruit 1/2c Juice 4oz	Hot / Cold Cereal 1/2c Fried Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz	Chef Choice Omelet 4oz Toast 2 Juice 4oz Fruit 1/2c	Oatmeal 1/2c Over Easy Eggs 2 English Muffin 1 Fruit 1/2c Juice 4oz
Lunch	Spaghetti & Meatballs 6oz Spinach 1/2c Garlic Knot 1 Lemon Meringue Pie 1 NCS Pie 1	Broccoli & Cheddar Chicken Bake 4oz White Rice 1/2c Roll 1 Carmel Apple Bake 1/2 NCS Apple Bake 1/2c	HOME MADE Mac & Cheese 6oz Stewed Tomatoes 1/2c Bread Stick 1 Fruited Jello Parfaits 1/2c NCS Fruited Jello Parf 1/2c	Hearty Beef Stew 6oz Biscuit 1 Carrots 1/2c Cheese Cake W/ Fruit 1 NCS Cheese Cake 1	Fresh Roasted Turkey Club 5oz Let & Tom 2oz Sun Chips 1/2c Pecan Cupcake 1 NCS Cupcake 1	Lemon Pepper Haddock 3oz Parsley Potatoes 1/2c Coleslaw 1/2c Wheat Roll 1 Ice Cream Sundae 1/2c SF Ice Cream 1/2c	Home Made Chicken Noodle Soup 6 oz Grilled Cheese Sandwich 4 oz Fruit w/ Ban & Cherry 1/2c
Dinner	Open Face Hot Beef Sandwich 4oz Mixed Vegetables 1/2c Ice Cream Novelty 1 NCS Ice Cream Novelty 1	Ham & Cheese Melt 5oz Veggies Fries 1/2c Beets 1/2 cup Chocolate Mousse 1/2c NCS Mousse 1/2c	Tuna & Cheese Sand 4 oz Let & Tom 2oz 3-Bean Salad 1/2c Brownie 1 NCS Brownie 1	Chef Choice Pizza 1 Side Salad 1/2c Cookies 2 NCS Cookies 2	Pot Stickers 3 White Rice 1/2c Capri Veg 1/2c Sweet & Sour Sauce 2oz Peaches & Cream 1/2c	Home Made Baked Ziti W/ Cheese 6 oz Peas 1/2c Cherry Cobbler 1/2c NCS Cobbler 1/2c	Sloppy Joes on a Roll 5oz French Fries 1/2c Corn 1/2c Chef Choice 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.