

Camillus Ridge Terrace

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

| WEEK 4 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|---|---|--|---|--|---|
| Breakfst | Vegetable Omelet 4oz Toast 2 Fruit 1/2c Juice 4oz | Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz | French Toast 2 Sausage Patty 1 Fruit 1/2c Juice 4oz | Warm Glazed Cinn Roll 1 Srambled Eggs 1/2c Toast 1 Fruit 1/2c Juice 4oz | Hot / Cold Cereal 1/2c Over Easy Egg 2 Raisin Toast 1 Fruit 1/2c Juice 4oz | Scrambled Eggs & Cheese 1/2c English Muffin 1 Fruit 1/2c Juice 4oz | Cream Of Wheat 1/2c Over Easy Egg 2 Toast 1 Fruit 1/2c Juice 4oz |
| Lunch | Roast Pork 3 oz Scalloped Potatoes 1/2c Carrots 1/2c Garlic Knot 1 Fruit Tart 1 NCS Tart 1 | Classic - Open Faced Hot Turkey Sand w/ Gravy 4oz Mashed Potatoes 1/2c Hubbard Squash 1/2c Chef Choice Fruit Pie 1 NCS Pie 1 | Home Made Stuffed Peppers 4oz Mixed Veg 1/2c Roll 1 Lemon Bar 1 NCS Lemon bar 1 | Fruit & Cheese Plate 4oz Roasted Tomato & Basil Soup 6oz Crackers 2 Breadstick 1 Pineapple Upside Down Cake 1 NCS Cake 1 | Chicken Cordon Bleu 4oz Buttered Noodles 1/2c Peas 1/2c Cannoli Cream Parfait 1 NCS Cannoli Cream 1 | Stuffed Cod 4 oz Parsley Potatoes 1/2c French Green Beans 1/2c Roll 1 Ice Cream Cake 1 NCS Ice Cream Cake 1 | Sweet & Sour Chicken 4 oz Over White Rice 1/2c Capri Veg 1/2c Roll 1 Brownie 1 NCS Brownie 1 |
| Dinner | Vegetable Soup 6oz Chicken Salad on Wheat 5oz Pickles 2 Fruit Cup w/ Topping 1/2c | Breaded Cod 3oz Rice Pilaf 1/2c Broccoli 1/2c Roll 1 Ice Cream Novelty 1 NCS Ice Cream Novelty 1 | Macaroni & Cheese 6oz Prince Edward Veg 1/2c Baked Apple Crumble 1 NCS Apple Crumble 1 | BBQ Riblet on Roll 5oz French Fries 1/2c Coleslaw 1/2c Fruited Jello 1/2c NCS Fruited Jello 1/2c | Ham Salad Sandwich 5oz Sun Chips 1/2c Pears 1/2c | French Onion Soup 6oz Toasted BLT 5 oz Fruit Cup and Topping 1/2 c | Cheeseburger on Roll 1 Wax Beans 1/2c Bread & Butter 1 Pudding 1/2c NCS Pudding 1/2c |