

## 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
<b>Breakfst</b>	Meat & Cheese 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	Frittatta w/Tom & Mozz 4oz Toast 1 Fruit 1/2c Juice 4oz	Fresh Baked Coffee Cake 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	Pancakes 2 Sausage Links 2 Juice 4oz Fruit 1/2c	Oatmeal w/ fruit 1/2c Yogurt 1/2c Toast 1 Fruit 1/2c Juice 4oz
<b>Lunch</b>	Pot Roast Dinner 3oz Boiled Potatoes 1/2c Baby Carrots 1/2c Gravy 2oz -- Roll 1  Coconut Cream Pie 1 NCS Pie 1	Chicken Alfredo over Egg Noodles 6oz Asparagus 1/2c Garlic Knot 1  Lemon-Blueberry Parfiat 1 NCS Parfait 1	Home Made Meatloaf w/ gravy 4oz Mashed Potatoes 1/2c Buttery Corn 1/2c Roll 1  Ice Cream 1/2 cup NCS Ice Cream 1/2 cup	Sticky Orange Chicken over White Rice 6 oz Stir Fry Veg 1/2c Veg Egg Roll 1  Warm Coconut Sweet Bun 1 NCS Coconut Bun 1	Home Made Butternut Squash Soup 6oz Fresh Sliced Turkey & Cheese on Wheat 4oz Let & Tom 2oz Pumpkin Cup Cake 1 NCS Pumpkin Cup Cake 1	Garlic Butter Scallops 3oz Rice Pilaf 1/2c CRT Coleslaw 1/2c Roll 1  Ice Cream Sundae 1/2c SF Ice Cream 1/2c	Perogies & Kielbasa 5oz Sour Cream 2oz French Green Beans 1/2c Roll 1  Upside Down Apple cake 1 NCS Apple cake 1
<b>Dinner</b>	Roasted Stuffed Tomato w/ Tuna & Mozz 1 Side Salad 1/2c Breadstick 1 Maple Pear Tarte Tatin 1 NCS Maple Pear Tarte 1	Split Pea Soup 6 oz Grilled Ham & Cheese 5 oz Crackers 2  Fruit Cocktail 1/2c	Fresh Turkey Salad On Wheat 5 oz 3-Bean Salad 1/2c  Peach Crumble 1 NCS Peach Crumble 1	Grilled Reuben on Rye 5oz Sun Chips 1/2c Fruit Cup 1/2c  Jello & Topping 1/2c NCS Jello & Topping 1/2c	Loaded Baked Potato 1 bacon/cheese 2oz-sour crm 2oz Broccoli 1/2c  Chef Choice Fruit Pie 1 NCS Fruit Pie 1	Pasta Fagioli Soup 6oz Egg & Olive Sandwich 3oz Let & Tom 2oz  Fruit with Topping 1/2c	Chicken Patty on Roll 5oz Let & Tom 2oz -- Mayo 2oz Tator Tots 1/2c  Peaches and Cream 1/2 c

**\*\*\*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.