

Appendix RFP 2020

Appendix A Site Locations/Average Daily Meal Count/Delivery Windows

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Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Amesbury Council on Aging 68 Elm St. Amesbury, MA 01913	M – F	9:20am	80-Hot HDM 10-Cold Suppers	20
Billerica Council on Aging 25 Concord Rd. Billerica, MA 01821	M – F	9:30am	100-Hot HDM 30-Cold Suppers	15
Dracut Council on Aging 951 Mammoth Rd. Dracut, MA 01826	M-F	9:30-10:00am	110-Hot HDM 20-Cold Suppers	25
Georgetown Council on Aging 51 North St. Georgetown, MA 01833	M-Th HDM M-W Cong	10:30am	35- Hot HDM 10-Cold Suppers	15-M-T-W only
Haverhill Citizen Center 10 Welcome St. Haverhill, MA 01830	M – F	9:00am	230-Hot HDM 50-Cold Suppers	25

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Lawrence Senior Center 155 Haverhill St. Lawrence, MA 01840	M – F	9:15am	280-Hot HDM 50-Cold Suppers	60
Lowell City Council on Aging 276 Broadway St. Lowell, MA 01854	M – F	9-9:30a	365-Hot HDM 70-Cold Suppers	N/A
Methuen Council on Aging 77 Lowell St. Methuen, MA 01844	M-F	10:00am	160-Hot HDM 30-Cold Suppers	25
Newburyport Council on Aging 331 High St. Newburyport, MA 01950	M-F	10:15am	90-Hot HDM 25-Cold Suppers	15
North Andover Senior Center 120 R Main St. North Andover, MA 01845	M – F	8:30am	80-Hot HDM 15-Cold Suppers	15

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Salisbury Council on Aging 43 Lafayette Rd. Salisbury, MA 01952	M – F	9:50am	35-Hot HDM 5-Cold Suppers	5 M-Tu-W-TH only
Tewksbury Senior Center 175 Chandler St. Tewksbury, MA 01876	M – F	9:30am	100-Hot HDM 25-Cold Suppers	10
Tyngsboro Council on Aging 169 Westford Rd. Tyngsborough, MA 01879	M-F	10am	30-Hot HDM 5-Cold Suppers	5 M/Tu/Th only
West Newbury Council on Aging 381 Main St. West Newbury, MA 01985	M-Th HDM M/T/TH Cong	10:30am	20-Hot HDM 2-Cold Suppers	5 M/T/TH only
Westford Council on Aging 20 Pleasant St. Westford, MA 01886	M – F	10:30am	30-Hot HDM 4-Cold Suppers	N/A

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Amesbury Towers Apartments 180 Main St. Amesbury, MA 01913	M – F	9:30am	N/A	25
Heritage House Supportive Living 32 Low St. Newburyport, MA 01950	Variable	10:40am	N/A	30 2x a month
Archambault Towers 657 Merrimack St. Lowell, MA 01854	M/Tu/W only	10:30am	N/A	10
Father Norton Manor 117 High St. Lowell, MA 01852	Thursday only	9:00am	N/A	15
Mystic St. Apartments 22 Mystic St. Methuen, MA 01844	Tu/W/Th only	10:20am	N/A	15

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Rowley Council on Aging 39 Central St. Rowley, MA 01969	Monday only	10:30am	N/A	30 Monday only
Andover Council on Aging 36 Bartlett St. Andover, MA 01969	M-F	9-9:30a	16-Hot HDM	N/A
Chelmsford Council on Aging 75 Groton Rd. North Chelmsford, MA 01863	M-F	10-11a	20	15

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
Elder Services' Office – <i>Distribution site for Peabody HDMs/Central St Cong</i> 300 Rosewood Drive Danvers, MA 01923	M – F	8:30-9:00am	300	12
Danvers COA 25 Stone Street Danvers, MA 01923	M – F	9-9:30a	110	25
Marblehead COA – <i>Congregate Only</i> 10 Humphrey Street Marblehead, MA 01945	Tu,W,F	10-11a	n/a	15
Middleton COA 38 Maple Street Middleton, MA 01949	M – F HDM M,W,Th Cong	9:30-10a	30	15
Salem COA – <i>Distribution site for Salem & Marblehead HDMs, Charter St Cong</i> 401 Bridge Street Salem, MA 01970	M – F	9:15-9:45a HDMs 10-10:30a Cong	Salem 200 Mblhd 80	40 (SCOA) 14 (Charter)

Site Location/Address	Days of Operation	Delivery Window	HDM Avg daily (prepack)	Cong Avg. daily (bulk)
Truck #1				
Beverly 90 Colon Street Beverly, MA	M – F	8 – 8:15am	152 Hot 36 Cold	25
The Plains Manchester by the sea, MA 01944 HDM Only	M – F	9:00 – 9:15	69 Hot 15 Cold	N/A
Caroline Ave Apartments Whittier Manor Ipswich, MA 01938	M - F	9:15 – 10:00	69 Hot 10 Cold	7
Ipswich Senior Center Green Street Ipswich, MA 01938 Congregate only	2 x month Serves at noon	Before 11:15	N/A	35
Hamilton Senior Center 299 Bay Road, Hamilton, MA	M - F	10:10 –10:20 am	33 Hot 4 Cold	10
Essex Senior Center 17 Pickering Street Essex, MA 01929 Congregate only	Every Thursday Serves at noon	Before 11:15	N/A	14
Truck #2				
Rose Baker Center 6 Manuel Lewis Ave Gloucester, MA 01930	M - F	8:30 – 8:45	100 Hot 20 Cold	15
Rockport Senior Center 58 Broadway Rockport, MA 01966	M- F	9:00 – 9:15	50 Hot 5 Cold	9
PACE/Element Care Emerson Ave Gloucester, MA	M - F	9:15 – 9:30	N/A	30

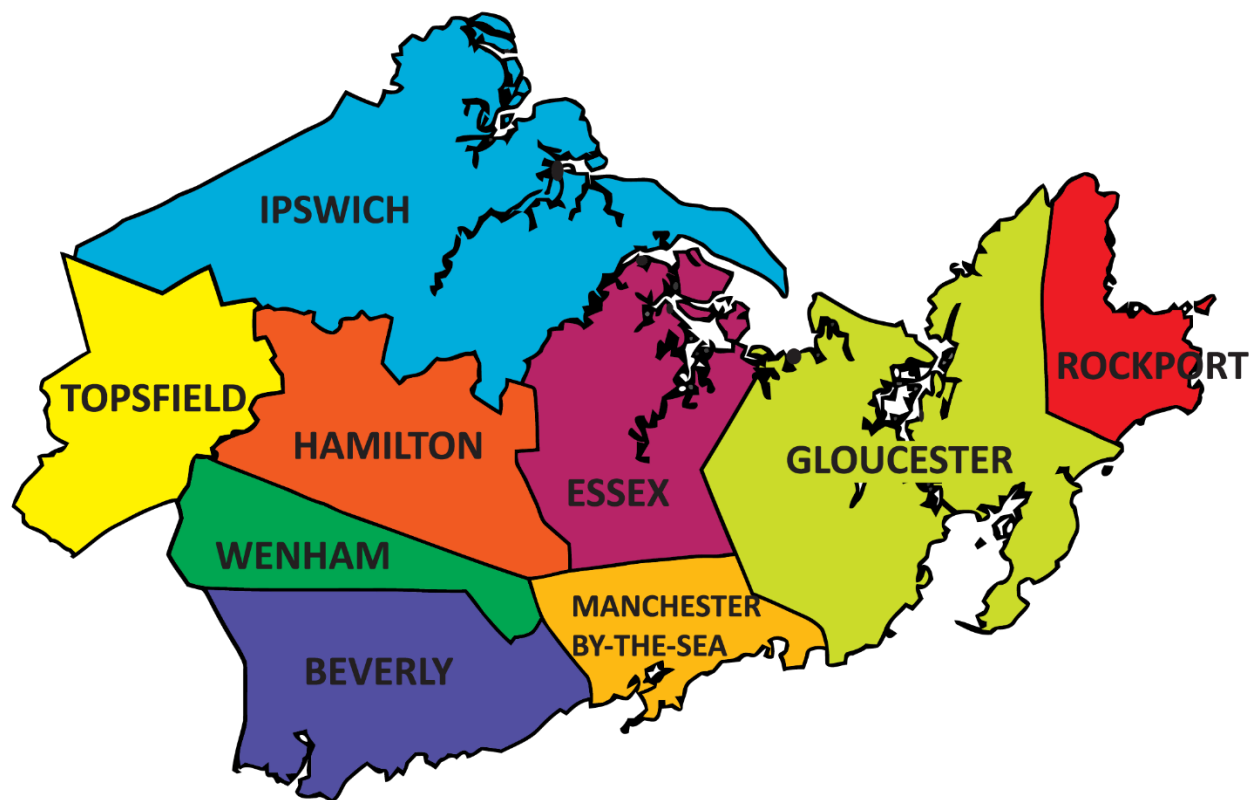
<i>Congregate Only</i>				
McPherson Park 31 Prospect Street Gloucester, MA 01930	M - F	9:30 – 10:30	10	10
Truck #3				
Topsfield COA Town Hall 8 West Common Street Topsfield, MA 01983	M – F Congrega te 1 x month	9:30 – 10:15	22 Hot 2 Cold	30
Nike Village Boston Road Topsfield, MA 01983 HDM Only	M- F	9:45 – 10:30	13 Hot 1 Cold	N/A

MERRIMACK VALLEY/NORTH SHORE SERVICE AREA

Elder Services of the Merrimack Valley, Inc.
Choices for a life-long journey

 NORTH SHORE
ELDER SERVICES





SCORE SHEET

CATERER'S NAME: _____

PERSON RATING: _____ DATE: _____

SELECTION CRITERIA	<u>RATING</u>	COMMENTS
<u>Type of Service Offered</u> Demonstrated ability to provide all services spelled out in RFP while maintaining food sanitation and handling requirements.		
<u>Experience and Reputation</u> Demonstrated experience with similar contracts Provides contact names for references		
<u>Financial Stability</u> Review of recent financial statement and annual report		
<u>Inspections</u> Past three years Board of Health inspection report and Nutrition Program inspection report		
<u>Degree of Staff Supervision</u> Organization chart should be provided. Include mgt staff with titles and location. List of number employees for prep, delivery, utility and clerical What is opening team and any local support		
<u>Location and Food Production Facility</u> Kitchen located within 60 miles distance to the furthest delivery stop. Should provide current production facility locations and proposed location for the bid. Provide recent inspection reports by local and state BOH. Proposed production facility should have a written kitchen audit by and independent qualified sanitarian validating kitchen capacity.		

SELECTION CRITERIA	RATING	COMMENTS
<u>Ability to Perform to State Nutrition Standards</u> Each meal must meet nutrition standards and policies Foods purchased meet nutrient guidelines Willingness to use State group purchasing food.		
<u>USDA Commodities</u> Willingness to use <i>all</i> donated commodities available and to credit the nutrition project full value		
<u>Ability to Perform to CMC Standards</u> Demonstrated ability to prepare fresh homemade recipes Provided a list of recipes and/or ingredients for all menu items Use of fresh herbs in recipes Quality of Soups and Stews		
<u>Price Comparison</u>		
<u>Hot Bulk and Home Delivered Meals</u> Price Value of ingredients for cost Type and quality of meal		
<u>Supper and Weekend Meals</u> Price Meals included in the meal cost matrix Type and quality of meal Willingness to use state approved frozen meal vendor		
<u>Therapeutic Meals</u> Price Demonstrated ability to meet nutrient specifications/standardized recipes Sufficient variety offered Meals included in the meal cost matrix		

Total points _____

Rating Scale: 4 - Excellent 3 - Good 2 - Fair 1 – Poor

Menu Cost Analysis

	<u>ITEM</u>	<u>Portion</u>	<u>Brand</u>	<u>Cost</u>
Week 1				
Monday	Baked Chicken Breast Quarter	1 each		
	Gravy	2 Tbsp		
	Cranberry Sauce	1 Tbsp		
	Sweet Potatoes	1/2 cup		
	Corn on cod	1 each		
	Oatmeal Roll	1 each		
	Banana Pudding	1/2 cup		
	Milk	8 ounces		
	Total			
Tuesday	Roast Pork	3 oz Pork		
	Gravy	2 Tbl		
	Brown Rice	1/2 cup		
	Broccoli	1/2 cup		
	Whole wheat bread	1 each		
	Peaches	1/2 cup		
	Milk	8 ounces		
	Total			
Wednesday	Breaded Chicken Breast Patty	3 ounces		
	Supreme sauce	2 Tbsp		
	Oven Brown Potatoes	1/2 cup		
	Carrots	1/2 cup		
	Whole Grain Bread	1 piece		
	Fruit Smoothie	1 each		
	Milk	8 ounces		
	Total			
Thursday	Split Pea Soup	1/2 cup		
	Crackers	1 pkg		
	Baked Meatloaf	4 ounces		
	Gravy	2 Tbsp		
	Onion Mashed Potatoes	1/2 cup		
	Dinner roll	1 piece		
	Pineapple	1/2 cup		
	Milk	8 ounces		
	Total			
Friday	Baked Fish	3 ounces		
	Tartar Sauce	1 Tbsp		
	Delmonico Potatoes	1/2 cup		
	Cole Slaw	1/2 cup		
	Multigrain Roll	1 piece		
	Lemon square	One each		
	Milk	8 ounces		
	Total			

Week 2	<u>Item</u>	<u>Portion</u>	<u>Brand</u>	<u>Cost</u>
Monday	Chicken Stew	6 oz portion total		
	Diced Chicken	3 ounces meat		
	Peas & Carrots	½ cup		
	Red Bliss Potatoes	½ cup		
	Biscuit	1 each		
	Mixed Citrus Fruit Cup	½ cup		
	Milk	8 ounces		
	Margarine	1 pat		
	Total			
Tuesday	Tomato Vegetable Soup & Crax	1 cup & 1 pkt		
	Pot Roast	3 ounces		
	Gravy	3 Tbsp		
	Italian Green Beans	½ cup		
	Mashed Potatoes	½ cup		
	Multigrain Bread	1 slice		
	Fresh Strawberries w/ Topping	½ cup		
	Milk	8 ounces		
	Margarine	1 pat		
	Total			
Wednesday	Baked Sliced Low Sodium Ham	3 ounces		
	Raisin Sauce	3 Tbsp		
	Au Gratin Potatoes	½ cup		
	Carrots	½ cup		
	Multi-Grain Dinner Roll	1 each		
	Frosted Birthday Cake	1 each		
	Milk	8 ounces		
	Margarine	1 pat		
	Total			
Thursday	Swedish Meatballs w/ Sauce	3 ounces meat		
	Mashed Potatoes	½ cup		
	Tossed Salad	½ cup		
	Light Salad Dressing/Packet	.75 ounce		
	Dinner Roll	1 each		
	Peach Crisp with Topping	½ cup		
	Milk	8 ounces		
	Margarine	1 pat		
	Total			
FRIDAY	Boneless Chicken Breast	3 ounces meat		
	Supreme Sauce	3 Tbsp		
	Cranberry Sauce	1 Tbsp		
	Rice Pilaf	½ cup		
	Fresh Steamed Zucchini	½ cup		
	Whole Wheat Bread	1 slice		
	Oatmeal Raisin Cookies	1 each (large)		
	Milk	8 ounces		
	Margarine	1 pat		
	Total			

	Item	Portion	Brand	Cost
Week 3 Monday	Meat Sauce	4 oz		
	Ziti	1/2 cup		
	Parmesan Cheese	1 Tbsp/.5 oz		
	Tuscany Blend Vegetables	1/2 cup		
	Scali Bread	1slice		
	Fruit Compote	1 each		
	Milk	8 ounces		
	Total			
Tuesday	Boneless grill chicken breast	1 each		
	Marsala sauce	2 Tbsp		
	Parsley noodles	½ cup		
	Orange glazed carrots	½ cup		
	Light Rye Roll	1 each		
	Fresh fruit	One each		
	Milk	8 ounces		
	Total			
Wednesday	Juice	4 ounces		
	Broccoli Cheese Bake	8 oz wt		
	Brown Rice	1/2 cup		
	Whole Grain Bread	1 slice		
	Butterscotch Pudding	1/2 cup		
	Whipped Topping	1 Tbsp		
	Milk	8 ounces		
	Total			
Thursday	Roasted Sliced Turkey	3 ounces		
	Gravy	2 Tbsp		
	Cranberry Sauce	2 ounces		
	Mashed Potatoes	1/2 cup		
	Butternut Squash	1/2 cup		
	Blueberry Muffin	1 each		
	Apple	1 each		
	Milk	8 ounces		
	Total			
Friday	Cream of Spinach Soup	1/2 cup		
	Baked Salmon	3 ounces		
	Cucumber	1/8		
	Baked Potato	1 each		
	Multigrain Roll	1 each		
	Lemon Square	1/2 cup		
	Milk	8 ounces		
	Total			

	Item	Portion	Brand	Cost
Week 4				
Monday	RibBQ	2.5 - 3ounces		
	BBQ Sauce	2 Tbsp		
	Potato puffs	1/2 cup		
	California Style Vegetables	1/2 cup		
	Stone Ground Bread	1 slice		
	Applesauce	1/2 cup		
	Milk	8 ounces		
	Total			
Tuesday	Shepherd's Pie	10 oz wt.		
	Ground Beef /	3 oz		
	Mashed Potatoes	4 oz		
	Chuck Wagon Corn	1/2 cup		
	Dark Rye Bread	1 slice		
	Oatmeal Cookie	1 each		
	Milk	8 ounces		
	Total			
Wednesday	Sweet sour soup	1/2 cup		
	Dry Chinese noodles	few		
	Stir fried chicken	3 oz chicken		
	Oriental mix	1/2 cup		
	Fried rice	½ cup		
	Dinner roll	1 square		
	Pineapple	1 each		
	Milk	8 ounces		
	Total			
Thursday	Pot Roast (Roast Beef)	3 ounces		
	Gravy	2 Tbsp		
	Mashed Potatoes	1/2 cup		
	Peas & onions	1/2 cup		
	Whole Wheat Bread	1 slice		
	Fresh fruit	1/2 cup		
	Milk	8 ounces		
	Total			
Friday	Vegetable Lasagna	8 oz (wt)		
	Zucchini/Stew Tomatoes	1/2 cup		
	Multigrain Roll	1 each		
	Cheese cake	2x2 sq		
	Milk	8 ounces		
	Total			

ESMV/Senior Care

Regular Bulk Meal Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Disposables					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

ESMV/Senior Care

Regular Home-Delivered Meal Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub-Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
Disposables (include cost of tray,lid, and cold pack disposable)					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

Yearly Maximum Price Increase 3%

ESMV/Senior Care

Frozen Meal Cost Analysis

Total Number of Meals	0-2000	2001-2100	2101-2200	2201-2300	2301 +
Raw Food*					
Commissary Labor					
Administration					
Transportation					
Profit					
Subtotal					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

*Includes Bread and milk
Items include entrée, starch, vegetable
Includes Home Delivery Tray

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

ESMV/Senior Care

Regular Cold Pack Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Transportation					
Profit					
Sub-Total Bulk	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
Disposables					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Items include milk, dessert, bread, and condiment(s)

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

ESMV/Senior Care

Therapeutic* Meal Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub-Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
HDM Packing Labor					
Disposables paper goods including cold pack					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

*Does not include modified diet meals

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

ESMV/Senior Care

Chinese Meal Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub-Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
HDM packing labor					
Disposables (includes cold pack, tray and lid)					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

ESMV/Senior Care

Latino Meal Cost Analysis

Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub-Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000
HDM packing labor					
Disposables (includes cold pack, tray and lid)					
Total	\$0.000	\$0.000	\$0.000	\$0.000	\$0.000

Price Range is the average daily TOTAL OF ALL MEAL TYPES ordered that week

Cycle Menu Regular

Served with 1% milk unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 5oz Mashed Potatoes ½ cup Broccoli ½ cup Oat Bread 1pc Fresh Fruit ½ cup	Meatballs 3pc Sweet n'Sour Sauce 2oz White Rice ½ cup Asian Blend Veggies ½ cup Dinner Roll 1pc Pineapple ½ cup	Frittata 1pc Baked Beans ½ cup Warm Peaches 1pc Muffin 1pc Juice 1pc (no milk) Yogurt 1pc	Beef, peppers & onions 5oz Warm Corn & Tomato Salad ½c Green Beans ½ cup Tortilla ½ cup Sour Cream 1pc Baked Good/Modified 1pc	Roasted Pork 3oz w/gravy 2oz Sweet Potatoes ½ cup Creamed Spinach ½ cup Italian Bread 1[c Applesauce ½ cup
LS Hot Dog 1pc Baked Beans ½ cup Potato Chips 1pc Hot Dog Bun 1pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1pc	Lasagna 1pc Meatless Marinara ½ cup Cauliflower ½ cup Garlic Dinner Roll (3 rd compartment) 1pc Pears ½ cup	Cold Meal: Chicken Salad 3oz Three Bean Salad ½ cup Pasta Salad ½ cup Pita Bread ½ pc Fresh Fruit 1pc	Breaded Fish 1pc Vegetable Rice Pilaf ½ cup Brussels Sprouts ½ cup Tartar Sauce 1pc Burger Bun 1pc Chef's Dessert ½ cup	Sheppard's Pie 1pc Beets ½ cup WW Bread 1pc Baked Good/Modified 1pc
Chicken Picatta 1pc Rice Pilaf ½ c Zucchini & Tomatoes ½ c Italian Bread 1pc Mixed Fruit ½ cup	Teriyaki Pork Stir-Fry White Rice ½ cup Broccoli ½ cup Wheat Dinner Roll 1pc Diet Gelatin ½ cup	Cheeseburger 1pc Roasted Potatoes ½ cup Garden Salad ½ cup Burger Bun 1pc Fresh Fruit 1pc Ketchup 1pc Salad Dressing 1pc	Turkey 3oz Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Bread 1pc Cranberry Sauce 1pc Pound Cake 1pc/Modified	Macaroni & Cheese 6oz Crumb topping 2oz Peas ½ cup Mandarin Oranges ½ cup Oat Bread ½ cup
Meatloaf 1pc Gravy 2oz Mashed Potatoes ½ c (baked potato congregate) 1pc Carrots ½ cup MG Bread 1pc Pudding ½ cup/Modified Sour Cream (cong only) 1pc	BBQ Chicken (Drums for Congregate) 1pc Corn (Cob for congregate) ½ c Butternut Squash ½ cup Biscuit 1pc Brownie Cookie 1pc/Modified	Seafood Newburg 5oz Lemon Rice ½ cup Broccoli ½ cup WW Bread 1pc Fresh Fruit 1pc	Stuffed Shells 2pc Meat Sauce 4oz Creamed Spinach ½ cup Garlic Roll 1pc Parm Cheese 1pc Peaches ½ cup	Cold: Egg Salad 3oz Potato Salad ½ c Marinated Beet Salad ½ cup Rye Bread 1pc Yogurt 1pc Juice 1pc (No Milk)

Cycle Menu Regular Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Chop Suey 8oz (3oz beef, 4 oz pasta, sauce) Cauliflower ½ cup Italian Bread 1pc Parm Cheese 1pc Peaches ½ cup	Orange Chicken 1pc White Rice ½ cup Asian Blend Veggies ½ cup WW Dinner Roll 1pc Pineapple ½ cup	Pork w/Apples 1pc Sweet Potatoes ½ cup Bread Pudding ½ cup Garden Salad ½ cup Salad Dressing 1pc Oat Bread 1pc	Egg n cheese 1pc Pork Sausage Patty 1pc Roasted Potatoes ½ cup Muffin 1pc Yogurt (no milk) Ketchup 1pc	Open Turkey Sandwich Turkey 3oz, White Bread 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Applesauce 1pc Cranberry Sauce 1pc
Breaded Chicken 1pc Vegetable Rice ½ cup Broccoli ½ cup MG Bread 1pc Honey Mustard 1pc Fresh Fruit 1 pc	Eggplant Parm 1pc Pasta w/marinara 4oz Zucchini & S.Squash ½ cup Garlic Dinner Roll 1pc Parm Cheese ½ cup Pears ½ cup	Beef Strogonoff 5oz 3oz beef 2 oz sauce Peas & Onions ½ cup Mashed Potatoes ½ cup WW Bread 1pc Baked Good 1pc/Modified	Cold: Seafood Salad 3oz Coleslaw ½ cup Orzo Salad ½ cup Oatmeal Bread 1pc Pudding ½ cup/Modified	BBQ Pork Sandwich 1pc Mac n' Cheese ½ cup Capri Veggies ½ cup Burger Bun 1pc Mixed Fruit 1pc

Cycle Menu Cardiac/Modified

Served with skim milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 5oz Mashed Potatoes ½ cup Broccoli ½ cup Oatmeal Bread 1pc Fresh Fruit ½ cup	Meatballs 3pc Sweet n'Sour Sauce 2oz Brown Rice ½ cup Asian Blend Veggies ½ cup Dinner Roll 1pc Pineapple ½ cup	Frittata 1pc Roasted Potatoes ½ cup Warm Peaches 1pc Muffin 1pc Yogurt 1pc	Beef, peppers & onions 5oz Warm Corn & Tomato Salad ½c Green Beans ½ cup Tortilla ½ cup Sour Cream 1pc Pears 1pc	Roasted Pork 3oz w/gravy 2oz Sweet Potatoes ½ cup Peas ½ cup WW Bread 1pc Applesauce ½ cup
LS Hot Dog 1pc Vegetarian Baked Beans ½ c Carrots 1pc Hot Dog Bun 1pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1pc	Lasagna 1pc Meatless Marinara ½ cup Cauliflower ½ cup WW Garlic Dinner Roll (3 rd compartment) 1pc Pears ½ cup	Cold Meal: Chicken Salad 3oz Garden Salad ½ cup Pasta Salad ½ cup Pita Bread ½ pc Fresh Fruit 1pc	Breaded Fish 1pc Vegetable Rice Pilaf ½ cup Brussels Sprouts ½ cup Tartar Sauce 1pc Burger Bun 1pc Chef's Dessert ½ cup	Sheppard's Pie 1pc Beets ½ cup WW Bread 1pc Lorna Doones 1pc
Chicken Picatta 1pc Rice Pilaf ½ c Zucchini ½ c Italian Bread 1pc Mixed Fruit ½ cup	Hoisin Pork 5oz Brown Rice ½ cup Broccoli ½ cup Wheat Dinner Roll 1pc Diet Gelatin ½ cup	Hamburger 1pc Roasted Potatoes ½ cup Garden Salad ½ cup Burger Bun 1pc Fresh Fruit 1pc Ketchup 1pc Salad Dressing 1pc	Turkey 3oz Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Bread 1pc Cranberry Sauce 1pc Applesauce ½ cup	Macaroni & Cheese 6oz NO Crumb topping 2oz Peas ½ cup Mandarin Oranges ½ cup Oat Bread ½ cup
Meatloaf 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup MG Bread 1pc Pudding ½ cup	Chicken w/Gravy 1pc Corn ½ c Butternut Squash ½ cup MG Bread 1pc Graham Crackers 1pc	Seafood Newburg 5oz Lemon Rice ½ cup Broccoli ½ cup WW Bread 1pc Fresh Fruit 1pc	Stuffed Shells 2pc Meat Sauce 4oz Green Beans ½ cup WW Garlic Roll 1pc Parm Cheese 1pc Peaches ½ cup	Cold: Egg Salad 3oz Quinoa Salad ½ c Cucumber Salad ½ cup Oat Bread 1pc Yogurt 1pc

Cycle Menu Cardiac/Modified Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Chop Suey 8oz (3oz beef, 4 oz WW pasta, sauce) Cauliflower ½ cup Italian Bread 1pc Parm Cheese 1pc Peaches ½ cup	Orange Chicken 1pc Brown Rice ½ cup Asian Blend Veggies ½ cup WW Dinner Roll 1pc Pineapple ½ cup	Pork w/Apples 1pc Sweet Potatoes ½ cup Bread Pudding ½ cup Garden Salad ½ cup Salad Dressing 1pc Oat Bread 1pc	Egg n cheese 1pc Warm Pears ½ cup Roasted Potatoes ½ cup Muffin 1pc Ketchup 1pc	Open Turkey Sandwich Turkey 3oz, WW Bread 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Applesauce 1pc Cranberry Sauce 1pc
Aloha chicken (unbreaded) 1pc Vegetable Rice ½ cup Broccoli ½ cup MG Bread 1pc Fresh Fruit 1 pc	Ravioli 7pc Marinara Sauce 4oz Zucchini & S.Squash ½ cup Garlic Dinner Roll 1pc Parm Cheese ½ cup Pears ½ cup	Beef Strogonoff 5oz 3oz beef 2 oz sauce Peas & Onions ½ cup Mashed Potatoes ½ cup WW Bread 1pc Lorna Doones 1pc	Cold: Tuna Salad 3oz Coleslaw ½ cup Orzo Salad ½ cup Oatmeal Bread 1pc M.Oranges ½ cup	BBQ Pork Sandwich 1pc Corn ½ cup Capri Veggies ½ cup Burger Bun 1pc Mixed Fruit 1pc

Cycle Menu Cold Supper - All meals served with 4oz juice/ or 1 %milk

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Chicken (whole) 1pc Pasta Salad (Mayo) ½ cup Beet Salad ½ cup Burger Bun 1pc Cookie 1pc Honey Mustard 1pc	Tuna salad 3oz Pea Salad ½ cup Cucumber Salad ½c Daily Bread (2 slices) Applesauce 1pc Juice 1pc	Sliced Turkey 2oz & Cheese 1oz Corn Salad ½ cup Coleslaw ½ cup Daily Bread (2 slices) Fresh Fruit 1pc Mustard & Mayo 1pc Juice 1pc	Ham Salad 3oz Pasta Salad (vinaigrette) ½ c Marinated Green Beans 1/2c Wheat Bread (2 slices) Yogurt 1pc Juice 1pc	Chicken Salad 4oz Orzo Salad ½ cup Zucchini Tomato Salad ½ c Burger Bun 1pc Juice 1pc Applesauce 1pc
Diced Chicken 3oz Garden Salad ½ cup Pea Salad ½ c Daily Bread (1 slice) Cookie 1pc Juice 1pc Dressing 1pc	Egg Salad 4oz Pea Salad ½ c Vinaigrette Pasta Salad ½ c Lorna Doones 1pc Daily Bread (2 slices) Juice 1pc	Seafood Salad 3oz Potato Salad 1/2cup Marinated Vegetable Salad ½ cup Fruit 1pc Daily Bread (2 slices) Juice 1pc	Cottage Cheese 3oz Three Bean Salad ½ cup Fruit Salad ½ cup Daily Bread (1 slice) Yogurt 1pc Juice 1pc	Chef's Salad (Turkey, cheese, HB egg) with garden salad 7oz Pasta Salad ½ cup Pita Bread ½ pc Applesauce 1pc Lorna Doones 1pc
Sliced Ham 2oz Cheese 1oz Cuke Dill Salad (no mayo) Potato Salad ½ cup Yogurt 1pc Daily Bread (2 slices) Mustard & Mayo 1pc Juice 1pc	Chicken Salad 4oz Orzo Salad ½ cup Zucchini Tomato Salad ½ c Burger Bun 1pc Juice 1pc Applesauce 1pc	Sliced Turkey 2oz Cheese 1pc Carrot Slaw ½ c Lentil Salad ½ cup Fruit 1pc Daily Bread (2 slices) Mustard/Mayo 1pc Juice 1pc	Chickpea Pasta Salad 8oz Broccoli Salad ½ cup Yogurt 1pc Juice 1pc Dinner Roll 1pc	Tuna Salad 4oz Corn Salad ½ cup Garden Salad ½ cup Cookie 1pc Burger Bun 1pc Juice 1pc Salad Dressing 1pc
Turkey Salad 4oz Pasta Salad (vinaigrette) ½ c Carrot Salad w/raisins ½ c Daily Bread (2 slices) Juice 1pc Lorna Doones 1pc	Cottage Cheese 3oz Three Bean Salad ½ cup Fruit Salad ½ cup Daily Bread (1 slice) Yogurt 1pc Juice 1pc	Ham Salad 3oz Potato Salad ½ c Marinated Green Beans 1/2c Wheat Bread (2 slices) Applesauce ½ cup Juice 1pc	Diced Chicken 3oz Garden Salad ½ cup Pea Salad ½ c Daily Bread (1 slice) Cookie 1pc Juice 1pc Dressing 1pc	Seafood Salad 3oz Marinated Vegetable Salad ½ cup Orzo Salad ½ cup Fresh Fruit ½ cup Burger Bun 1pc Juice 1pc

Cycle Menu Cold Supper Continued

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Salad 4oz Potato Salad ½ cup Zucchini Tomato Salad ½ c Burger Bun 1pc Juice 1pc Fresh Fruit 1pc	Egg Salad 4oz Lentil Salad ½ cup Garden Salad ½ cup Applesauce ½ cup Daily Bread (2 slices) Dressing 1pc	Chickpea Pasta Salad 8oz Broccoli Salad ½ cup Yogurt 1pc Juice 1pc Dinner Roll 1pc	Sliced Turkey 2oz Cheese 1pc Carrot Slaw ½ c Lentil Salad ½ cup Fruit 1pc Daily Bread (2 slices) Mustard/Mayo 1pc Juice 1pc	Tuna Salad 4oz Corn Salad ½ cup Garden Salad ½ cup Cookie 1pc Burger Bun 1pc Juice 1pc Salad Dressing 1pc
Sliced Ham 2oz Cheese 1oz Cuke Dill Salad (no mayo) Potato Salad ½ cup Yogurt 1pc Daily Bread (2 slices) Mustard & Mayo 1pc Juice 1pc	Grilled Chicken (whole) 1pc Pasta Salad (Mayo) ½ cup Beet Salad ½ cup Burger Bun 1pc Cookie 1pc Honey Mustard 1pc	Cottage Cheese 3oz Three Bean Salad ½ cup Fruit Salad ½ cup Daily Bread (1 slice) Yogurt 1pc Juice 1pc	Chef's Salad (Turkey, cheese, HB egg) with garden salad 7oz Pasta Salad ½ cup Pita Bread ½ pc Applesauce 1pc Lorna Doones 1pc	Seafood Salad 3oz Potato Salad 1/2cup Marinated Vegetable Salad ½ cup Fruit 1pc Daily Bread (2 slices) Juice 1pc

Cycle Menu Chinese

Served with 1% milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Five Spice Chicken 1pc White Rice ½ cup Steamed Vegetables ½ cup Dinner Roll 1pc Fruit 1pc	Meatballs 3pc Sweet n'sour Sauce 2oz Coconut Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Fried Rice w/Tofu & Egg 7oz Steamed Vegetables ½ cup Dinner Roll 1pc Fruit 1pc	Oriental Beef, peppers & onions 5oz White Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Roasted Pork w/Tomatoes 5oz White Rice ½ cup Green Beans ½ cup Dinner Roll 1pc Fruit 1pc
Chicken w/Mushrooms 1pc Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Pork w/sesame sauce 5oz Noodles ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Satay Chicken Wings 3pc Chef's Rice ½ cup Garden Salad ½ cup Dinner Roll 1pc Fruit 1pc Salad Dressing 1pc	Coconut Fish 1pc Vegetable Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Ground Beef w/Broccoli 5oz White Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc
Chicken Lo-Mein 8oz Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Teriyaki Pork Stir-Fry 5oz White Rice ½ cup Broccoli ½ cup Dinner Roll 1pc Fruit 1pc	Beef w/Peapods 5oz White Rice ½ cup Garden Salad ½ cup Dinner Roll 1pc Fruit 1pc Salad Dressing 1pc	Tofu Stir Fry 5oz Steamed Veggies ½ cup White Rice ½ cup Dinner Roll 1pc Fruit 1pc	Szechwan Shrimp 5pz Coconut Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc
Asian Meatloaf 1pc White Rice ½ cup Chef's Vegetables ½ cup Dinner Roll 1pc Fruit 1pc	Honey Soy Chicken 1pc White Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Ginger Scallion Fish 1pc White Rice ½ cup Broccoli ½ cup Dinner Roll 1pc Fruit 1pc	Beef w/Basil 5oz White Rice ½ cup Green Beans w/yucca ½ cup Dinner Roll 1pc Fruit 1pc	Ham w/Chinese Cabbage 5oz White Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc

Cycle Menu Chinese Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mongolian Beef 5oz White Rice 1/ 2 cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Jamaican Jerk Chicken 1pc Coconut Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Honey Garlic Pork w/Scallions 5oz White Rice ½ cup Garden Salad ½ cup Dinner Roll 1pc Fruit 1pc Salad Dressing 1pc	Sweet n'Sour Shrimp Stir-Fry 5oz Noodles ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Tofu Teriyaki 5oz White Rice ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc
Chicken Dumplings 3pc White Rice ½ cup Steamed Veggies Dinner Roll 1pc Fruit 1pc	Chef's Fried Rice 8oz Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Sesame Ginger Beef 5oz Mashed Yucca ½ cup Steamed Veggies ½ cup Dinner Roll 1pc Fruit 1pc	Fish Cake 1pc Steamed Vegetable ½ cup Chef's Rice ½ cup Dinner Roll 1pc Fruit 1pc	Orange Rib 1pc White Rice ½ cup Chef's Veggies ½ cup Dinner Roll 1pc Fruit 1pc

Cycle Menu Latino

Served with 1% milk unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken 1pc w/Sauce 2oz Yellow Rice ½ cup Herbed Peas ½ cup Oatmeal Bread 1pc Fruit Ambrosia ½ cup	Meatballs 3pc Sweet n Sour Sauce 2oz Coconut Rice ½ cup Chef's Veg ½ cup Dinner Roll 1pc Pineapple ½ cup	Frittata 1pc Spanish Rice ½ cup Beans ½ cup Muffin 1pc Juice 1pc (no milk) Fresh Fruit 1pc	Beef, peppers & onions 5oz Warm Corn Salad ½ cup Beans ½ cup Tortilla 1pc Sour Cream 1pc Baked Good 1pc	Roasted Pork 3oz w/Tomatoes 2oz Rice ½ cup Garlic Green Beans w/Plantains ½ cup Italian Bread 1pc Applesauce ½ cup
Charro Beans ½ cup w/Hot Dog 1pc Rice ½ cup Carrots ½ cup Hot Dog Bun 1pc Mandarin Oranges ½ cup	Bean Enchilada w/ tortilla 1pc Rice ½ cup Peas ½ cup Pears ½ cup	Cold Meal: Ensalada de Pollo* 5oz Three Bean Salad ½ cup Pasta Salad ½ cup Pita Bread ½ round Fresh Fruit 1pc	Coconut Fish 3pc Yellow Rice ½ cup Capri Veggies ½ cup Chef's Dessert ½ cup Dinner Roll 1pc	Stuffed Peppers 1pc Mashed Yucca ½ cup Beets ½ cup WW Bread 1pc Baked Good 1pc
Chicken w/onions and capers 1pc Yellow Rice ½ c Roasted Eggplant w/ Tomatoes ½ c Italian Bread 1pc Mixed Fruit ½ cup	Pork w/red chili sauce 5oz White Rice ½ cup Green Beans ½ cup Tortilla 1pc Diet Gelatin ½ cup	Pastelon 1pc Garden Salad ½ cup WW Bread 1pc Fresh Fruit 1pc Salad Dressing 1pc	Birthday: Turkey 3oz Rice & Beans ½ cup Carrots & Plantains ½ cup WW Dinner Roll 1pc Pound Cake 1pc	Lentil Stew 5oz Coconut Rice ½ cup Peas ½ cup Mandarin Oranges ½ cup Oat Bread ½ cup
Meatloaf 1pc Sauce 2oz Rice & Beans ½ cup Carrots ½ cup MG Bread 1pc Pudding ½ cup/Modified	Honey Soy Chicken 1pc Corn ½ cup Rice & Beans ½ cup Italian Bread 1pc Brownie Cookie 1pc	Fiesta Fish 5oz Coconut Rice ½ cup Broccoli ½ cup WW Bread 1pc Fresh Fruit 1pc	Picadillo 5oz Green Beans w/Yucca ½ cup Spanish Rice ½ cup Dinner Roll 1pc Peaches ½ cup	Cold: Egg Salad w/Ham 4oz Potato Salad ½ c Marinated Beet Salad ½ cup Oat Bread 1pc Yogurt 1pc Juice 1pc (No Milk)

Cycle Menu Latino Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef & Rice Casserole 8oz Green Beans ½ cup Italian Bread 1pc Peaches ½ cup	Jamaican Jerk Chicken 1pc Coconut Rice ½ cup Corn ½ cup WW Dinner Roll 1pc Pineapple ½ cup	Pork 1pc w/Mojo Sauce 2oz Yellow Rice ½ cup Garden Salad ½ cup Salad Dressing 1pc Oat Bread 1pc Baked Good 1pc	Egg n cheese 1pc Pork Sausage Patty 1pc Spanish Rice & Beans ½ cup Muffin 1pc Yogurt (no juice) Ketchup 1pc	Turkey 3oz Yucatan Sauce 2oz White Rice ½ cup Carrots w/plantains ½ cup Applesauce 1pc White Bread 1pc
Breaded Chicken 1pc Vegetable Rice ½ cup Green Beans ½ cup MG Bread 1pc Honey Mustard 1pc Fresh Fruit 1/2 cup	Spanish Chickpeas w/rice 8oz Corn ½ cup Dinner Roll 1pc Pears ½ cup	Braised Beef (Res Guisada) 5oz Peas & Yucca ½ cup Coconut Rice ½ cup WW Bread 1pc Baked Good 1pc	Cold: Ceviche Salad 3oz Latin Slaw ½ cup Macaroni Salad ½ cup Oatmeal Bread 1pc Pudding ½ cup	BBQ Pork Sandwich 1pc Rice & Beans ½ cup Mixed Veggies ½ cup Burger Bun 1pc Applesauce 1pc

Cycle Menu Renal

Served with 4oz Juice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 5oz Rice ½ cup Broccoli ½ cup Oatmeal Bread 1pc Fresh Fruit ½ cup	Meatballs 3pc Sweet n'Sour Sauce 2oz White Rice ½ cup Asian Blend Veggies ½ cup Dinner Roll 1pc Pineapple ½ cup	Frittata 1pc Polenta ½ cup Warm Peaches 1pc Muffin 1pc Juice 1pc (no milk) Yogurt 1pc	Beef, peppers & onions 5oz Corn ½ cup Green Beans ½ cup Tortilla ½ cup Sour Cream 1pc Pears 1pc	Roasted Pork 3oz w/gravy 2oz Rice ½ cup Peas ½ cup Italian Bread 1[c Applesauce ½ cup
LS Hot Dog 1pc Corn ½ c Carrots 1pc Hot Dog Bun 1pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1pc	Pasta ½ cup Alfredo Sauce ½ cup Peas ½ cup Garlic Dinner Roll (3 rd compartment) 1pc Pears ½ cup	Cold Meal: Chicken Salad 3oz Garden Salad ½ cup Pasta Salad ½ cup Pita Bread ½ pc Fresh Fruit 1pc	Breaded Fish 1pc Vegetable Rice Pilaf ½ cup Capri Veggies ½ cup Tartar Sauce 1pc Burger Bun 1pc Chef's Dessert ½ cup	Stuffed Peppers 1pc Beets ½ cup Bread 1pc Modified Baked Good 1pc
Chicken Picatta 1pc Rice Pilaf ½ c Zucchini ½ c Italian Bread 1pc Mixed Fruit ½ cup	Hoisin Pork 5oz White Rice ½ cup Green Beans ½ cup Wheat Dinner Roll 1pc Diet Gelatin ½ cup	Hamburger 1pc Rice ½ cup Garden Salad ½ cup Burger Bun 1pc Fresh Fruit 1pc Ketchup 1pc Salad Dressing 1pc	Turkey 3oz Gravy 2oz Rice ½ cup Carrots ½ cup Bread 1pc Cranberry Sauce 1pc Applesauce ½ cup	Macaroni & Cheese 6oz NO Crumb topping 2oz Peas ½ cup Mandarin Oranges ½ cup Oat Bread ½ cup
Meatloaf 1pc Gravy 2oz Rice ½ cup Carrots ½ cup MG Bread 1pc Peaches ½ cup	Chicken w/Gravy 1pc Corn ½ c Butternut Squash ½ cup MG Bread 1pc Modified Baked Good 1pc	Seafood Newburg 5oz Lemon Rice ½ cup Broccoli ½ cup Bread 1pc Fresh Fruit 1pc	Stuffed Shells 2pc w/Red Pepper Cream Sauce ½cup Green Beans ½ cup Garlic Roll 1pc Peaches ½ cup	Cold: Egg Salad 3oz Pasta Salad ½c Cucumber Salad ½ cup Bread 1pc Yogurt 1pc Juice 1pc (No Milk)

Cycle Menu Renal Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta & Ground Beef w/Peppers 5oz Cauliflower ½ cup Italian Bread 1pc Parm Cheese 1pc Peaches ½ cup	Orange Chicken 1pc White Rice ½ cup Asian Blend Veggies ½ cup WW Dinner Roll 1pc Pineapple ½ cup	Pork w/Apples 1pc Green Beans ½ cup Bread Pudding ½ cup Garden Salad ½ cup Salad Dressing 1pc Oat Bread 1pc	Egg n cheese 1pc Warm Pears ½ cup Polenta ½ cup Muffin 1pc Yogurt (no milk) Ketchup 1pc	Open Turkey Sandwich Turkey 3oz, White Bread 1pc Gravy 2oz Rice ½ cup Carrots ½ cup Applesauce 1pc Cranberry Sauce 1pc
Aloha chicken (unbreaded) 1pc Vegetable Rice ½ cup Green Beans ½ cup MG Bread 1pc Fresh Fruit 1pc	Ravioli 7pc w/Butter & Peas 2oz Zucchini & S.Squash ½ cup Garlic Dinner Roll 1pc Parm Cheese ½ cup Pears ½ cup	Beef Strogonoff 5oz 3oz beef 2 oz sauce Peas & Onions ½ cup Pasta ½ cup Bread 1pc Modified Baked Good 1pc	Cold: Tuna Salad 3oz Coleslaw ½ cup Orzo Salad ½ cup Oatmeal Bread 1pc M.Oranges ½ cup	BBQ Pork Sandwich 1pc Corn ½ cup Capri Veggies ½ cup Burger Bun 1pc Mixed Fruit 1pc

Cycle Menu Puree –

Served with a healthy shake & 1% milk unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 5oz Mashed Potatoes ½ cup Peas ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Meatballs 3pc w/Sweet n'Sour Sauce 2oz Chef's Veg ½ cup Mashed Potatoes ½ cup Pureed Pineapple ½ cup Healthy Shake 1pc	Frittata 1pc Polenta ½ cup Warm Peaches 1pc Juice 1pc (no milk) Yogurt 1pc Healthy Shake 1pc	Beef, peppers & onions 5oz Mashed Potatoes ½ cup Peas ½ cup Pudding ½ cup Healthy Shake 1pc	Roasted Pork 3oz w/gravy 2oz Sweet Potatoes ½ cup Creamed Spinach ½ cup Applesauce ½ cup Healthy Shake 1pc
LS Hot Dog 1pc Carrots ½ cup Mashed Potatoes ½ cup Pudding ½ cup Healthy Shake 1pc	Lasagna 1pc Meatless Marinara ½ cup Cauliflower ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Cold Meal: Chicken Salad 3oz Pureed Fruit (3 rd compartment) ½ cup Pasta Salad ½ cup Healthy Shake 1pc Yogurt 1pc	Breaded Fish 1pc Mashed Potatoes ½ cup Chef's Veggies ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Ground Beef w/Gravy 1pc Mashed Potatoes ½ cup Peas ½ cup Pureed Pears ½ cup Healthy Shake 1pc
Chicken Picatta 1pc Pasta ½ cup Peas ½ cup Mixed Fruit ½ cup Healthy Shake 1pc	Teriyaki Pork 1pc Mashed Potatoes ½ cup Carrots ½ cup Pudding ½ cup Healthy Shake 1pc	Ground Beef 3oz Sweet Potatoes ½ cup Chef's Veggies ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Turkey 3oz Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Healthy Shake 1pc Yogurt 1pc	Macaroni & Cheese 6oz Peas ½ cup Pureed Fruit ½ cup Healthy Shake 1pc
Meatloaf 1pc w/Gravy 2oz Mashed Potatoes ½ c Carrots ½ cup Pudding ½ cup Healthy Shake 1pc	BBQ Chicken 1pc Mashed Potatoes ½ cup Butternut Squash ½ cup Pudding ½ cup Healthy Shake 1pc	Seafood Newburg 5oz Pasta ½ cup Carrots ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Stuffed Shells 2pc Meat Sauce 4oz Creamed Spinach ½ cup Pureed Peaches ½ cup Healthy Shake 1pc	Cold: Egg Salad 3oz Potato Salad ½ c Marinated Beet Salad ½ cup Yogurt 1pc Juice 1pc (No Milk) Healthy Shake 1pc

Cycle Menu Puree Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Chop Suey 8oz (3oz beef, 4 oz pasta, sauce) Cauliflower ½ cup Pureed Peaches ½ cup Healthy Shake 1pc	Orange Chicken 1pc Mashed Potatoes ½ cup Chef's Veggies ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Pork w/Apples 1pc Sweet Potatoes ½ cup Peas ½ cup Pudding ½ cup Healthy Shake 1pc	Egg n cheese 1pc Warm Peaches (3 rd compartment) Polenta ½ cup Yogurt (no milk) Juice 1pc Healthy Shake 1pc	Turkey 3oz w/Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Applesauce 1pc Cranberry Sauce 1pc Healthy Shake 1pc
Aloha Chicken 1pc Mashed Potatoes ½ cup Carrots ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Eggplant Parm 1pc Pasta w/marinara 4oz Cauliflower ½ cup Pureed Fruit ½ cup Healthy Shake 1pc	Beef Strogonoff 5oz 3oz beef 2 oz sauce Peas ½ cup Mashed Potatoes ½ cup Yogurt 1pc Healthy Shake 1pc	Cold: Seafood Salad 3oz Pasta Salad ½ cup Pureed Fruit (3 rd compartment) Pudding ½ cup Healthy Shake 1pc	BBQ Pork 1pc Mac n' Cheese ½ cup Chef's Veggies ½ cup Pureed Fruit 1pc Healthy Shake 1pc

Cycle Menu Low Lactose – Served with Lactose Free Milk unless otherwise noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 5oz Mashed Potatoes ½ cup Broccoli ½ cup Oat Bread 1pc Fresh Fruit ½ cup	Meatballs 3pc Sweet n'Sour Sauce 2oz White Rice ½ cup Asian Blend Veggies ½ cup Dinner Roll 1pc Pineapple ½ cup	Plain Omelet 1pc Roasted Potatoes ½ cup Warm Peaches 1pc WW Bread 1pc Juice 1pc (no milk) Fruit 1pc	Beef, peppers & onions 5oz Warm Corn & Tomato Salad ½c Green Beans ½ cup Tortilla ½ cup NO Sour Cream Lorna Doones 1pc	Roasted Pork 3oz w/gravy 2oz Sweet Potatoes ½ cup Peas ½ cup Italian Bread 1c Applesauce ½ cup
Baked Herbed Chicken 1pc Baked Beans ½ cup Carrots 1pc Oatmeal Bread 1pc Mandarin Oranges ½ cup Ketchup, Mustard, Relish 1pc	Pasta ½ cup w/Marinara Sauce 4 oz Peas ½ cup Garlic Dinner Roll (3 rd compartment) 1pc Pears ½ cup	Cold Meal: Chicken Salad 3oz Three Bean Salad ½ cup Pasta Salad ½ cup Pita Bread 1pc Fresh Fruit 1pc	Unbreaded Fish w/lemon Butter 1pc Vegetable Rice Pilaf ½ cup Brussels Sprouts ½ cup Tartar Sauce 1pc MG Bread 1pc Mixed Fruit ½ cup	Sheppard's Pie 1pc Beets ½ cup WW Bread 1pc Lorna Doones 1pc
Chicken Picatta 1pc Rice Pilaf ½ c Zucchini & Tomatoes ½ c Italian Bread 1pc Mixed Fruit ½ cup	Teriyaki Pork Stir-Fry White Rice ½ cup Broccoli ½ cup Wheat Dinner Roll 1pc Diet Gelatin ½ cup	Hamburger 1pc Roasted Potatoes ½ cup Garden Salad ½ cup Burger Bun 1pc Fresh Fruit 1pc Ketchup 1pc Salad Dressing 1pc	Turkey 3oz Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup WW Bread 1pc Cranberry Sauce 1pc Gelatin 1pc	Lentil Stew 5oz Rice ½ cup Peas ½ cup Mandarin Oranges ½ cup Oat Bread ½ cup
Meatloaf 1pc Gravy 2oz Mashed Potatoes ½ c Carrots ½ cup MG Bread 1pc Gelatin ½ cup	BBQ Chicken 1pc Corn ½ c Butternut Squash ½ cup MG Bread 1pc Lorna Doones 1pc	Unbreaded Fiesta Fish 1pc Lemon Rice ½ cup Broccoli ½ cup WW Bread 1pc Fresh Fruit 1pc	Pasta ½ cup Meat Sauce 4oz Green Beans ½ cup Garlic Roll 1pc Peaches ½ cup	Cold: Egg Salad 3oz Potato Salad ½c Marinated Beet Salad ½ cup Rye Bread 1pc Gelatin ½ cup Juice 1pc (No Milk)

Cycle Menu Low Lactose Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Chop Suey 8oz (3oz beef, 4 oz pasta, sauce) Cauliflower ½ cup Italian Bread 1pc Peaches ½ cup	Orange Chicken 1pc White Rice ½ cup Asian Blend Veggies ½ cup WW Dinner Roll 1pc Pineapple ½ cup	Pork w/Apples 1pc Sweet Potatoes ½ cup Garden Salad ½ cup Salad Dressing 1pc Oat Bread 1pc Fresh Fruit 1pc	Plain Egg Omelet 1pc Pork Sausage Patty 1pc Roasted Potatoes ½ cup Muffin 1pc Ketchup 1pc Mixed Fruit ½ cup	Open Turkey Sandwich Turkey 3oz, White Bread 1pc Gravy 2oz Mashed Potatoes ½ cup Carrots ½ cup Applesauce 1pc Cranberry Sauce 1pc
Chicken Aloha 1pc Vegetable Rice ½ cup Broccoli ½ cup MG Bread 1pc Fresh Fruit 1 pc	Chef's Fried Rice 8oz Steamed Veggies ½ cup Dinner Roll 1pc Pears ½ cup	Beef Burgundy 5oz 3oz beef 2 oz sauce Peas & Onions ½ cup Mashed Potatoes ½ cup WW Bread 1pc Lorna Doones 1pc	Cold: Seafood Salad 3oz Coleslaw ½ cup Orzo Salad ½ cup Oatmeal Bread 1pc Gelatin ½ cup	BBQ Pork Sandwich 1pc Corn ½ cup Capri Veggies ½ cup Burger Bun 1pc Mixed Fruit 1pc