

**Capital Care Adult Duplexes**  
**Fall \ Winter Menu 2020 - 2021**  
**Week 1**

Nov 2 – 8 , Nov23 – 29, Dec 14 – 20, Jan 4 – 10, Jan 25 – 31, Feb 15 – 21, Mar 8 – 14, March 29 – Apr 4, Apr 19 – 25, May 10 - 16

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>Continental Breakfast</b>						
L u n c h	<i>Entrée</i>	Pasta Alfredo with Crab or Chicken & Foccacia Bread	Cream of Potato & Leak Soup (packaged mix) Assorted Sandwiches	Cream of Tomato & Red Pepper Soup Grilled Ham & Cheese Sandwich & Pickle slice	French Toast with Syrup & Country Sausage	Cod Nuggets with Tartar sauce & Steak Fries	Chicken Burger on bun with Mayonaise & Pickle slice	Hamburger Soup with Home baked Croissant
	<i>Vegetable</i>	Caesar Salad	Tossed Salad	Spinach Salad	Mango Slices	Asian Coleslaw	Shredded Lettuce and diced tomatoes	Tossed Salad
	<i>Dessert</i>	Fruit Cocktail	Pudding	Diced Pears	Yogurt	Ice Cream Sundae	Mandarine Orange (Canned or Fresh when available)	Tropical Fruit Salad ( Canned)
S u p p e r	<i>Entrée</i>	Pork Chop in Mushroom Gravy with Boiled Potatoes	Honey Garlic Chicken Thighs with Fried Rice	Meatloaf with Gravy Scalloped Potato	Chicken Pot Pie (purchased) with Tea Biscuit	Spaghetti & Meat Sauce & Garlic Toast	Sweet and Sour Pork Bites with steamed rice	Roast Turkey with gravy & Mashed Potato
	<i>Vegetable</i>	Kernel Corn ( or Corn on the Cob)	Winter Mix (Broccoli & Cauliflower)	Whipped Turnips	Peas	California Mixed Veg	Oriental Vegetable	Julienne Carrots
	<i>Dessert</i>	Lemon Buttermilk Cake	Fresh Fruit (Cantaloup)	Cheese Cake with Fruit Topping	Home Made Dessert	Diced Peaches	Fuit Pie (purchased)	Chocolate Fudge Cake

*Alternate Options:*

*Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad, Crab Salad*

**Capital Care Adult Duplexes  
Fall \ Winter Menu 2020 - 2021**

**Week 2**

Nov 9-15, Nov 30 - Dec 6, Dec 21-27, Jan 11 - 17, Feb 1 - 7, Feb 22 - 28, Mar 1-21, Apr 5 - 11, Apr 26 - May 2, May 17 - 23

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>								
L u n c h	<i>Entrée</i>	Fish Burger or Beef Burger with Steak Fries	Home Style Chili with Shredded Cheese & Corn Bread	Pizza Buns ( Burger Buns, pasta sauce, ham, shredded Mozza cheese )	Cheese Tortellini with Tomato Sauce	Philly Steak Sandwich with Swiss Cheese (Use Shaved Roast Beef) on a Grilled Hot Dog Bun	Soft Tacos: ground beef, soft taco shell, shredded cheese,sour cream and salsa	Omelet with Salsa & Sour Cream & Hash Browns
	<i>Vegetable</i>	Coleslaw	Tossed Salad	Caesar Salad	Spinach Salad	Carrot and Celery Sticks	Shredded Lettuce and Tomatoes	Mixed Berries
	<i>Dessert</i>	Date Square (Purchased)	Pudding	Fruit Cocktail	Diced Peaches	Home Baked Cookie	Diced Pears	Yogurt
S u p p e r	<i>Entrée</i>	Broccoli Stuffed Chicken Breasts with Roasted Potatoes	Salisbury Steak with Gravy and Mashed Potatoes	Cranberry Chicken Thigh with Herbed Rice	Cod Nuggets or Breaded Chicken Tenders Home Fries & Tartar Sauce	Garlic Sausage with Perogies/ sour cream and Cabbage Rolls	Veal Cutlet with Gravy & Mashed Potatoes	Baked Ham with Scallop Potatoes
	<i>Vegetable</i>	Mixed Vegetables	Julienne Carrots	Green Beans	Mixed Vegetables	Cucumber Salad	Peas	Kernal Corn
	<i>Dessert</i>	Fruit Cocktail	Strawberries & Rhubarb	Ice Cream	Fruit Crisp	Fresh Fruit Cup (Pail)	Vanilla Bean Cake (purchased)	Pumpkin Pie

**Capital Care Adult Duplexes**  
**Fall \ Winter Menu 2020 - 2021**

*Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad*

**Capital Care Adult Duplexes  
Fall \ Winter Menu 2020 - 2021**

**Week 3**

Nov 16-22, Dec 7 - 13, Dec28-Jan 3, Jan 18 - 24, Feb 8-14, Mar 1 - 7, Mar 22 - 28, Apr 12-18, May 3 - 9, May 24 - 30

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Continental Breakfast</b>								
<b>L u n c h</b>	<i>Entrée</i>	Baked Beans & Weiners with Biscuit	Cream of Mushroom Soup w/ Assorted Sandwiches including Tuna or Crab on croissants	Crispy Chicken Drumsticks Hash Brown Potatoes	Italian Wedding Soup (Dry Mix) Macaroni & Cheese	Cream of Broccoli Soup (Dry Mix) Beef Burger on a Bun with Steak Fries.	Pizza Casserole (pasta, pepperoni, tomato sauce and cheese)	French Toast & Bacon
	<i>Vegetable</i>	Cucumber Salad	Asian Coleslaw	Niblet Corn or (Corn on the Cob)	Tossed Salad	Assorted Vegetable Platter	Garden Salad	Strawberries & Whipped Topping (Frozen)
	<i>Dessert</i>	Diced Peaches	Mango Slices	Rice Krispie Squares (Purchased)	Diced Pears	Fresh Fruit (Melon)	Fruit Cocktail	Yogurt
<b>S u p p e r</b>	<i>Entrée</i>	Beef Stoganoff with Egg Noodles	Sweet & Sour Meatballs on Rice	BBQ Pork Riblet with baked potato and fixings green onions, bacon bits, sour cream)	Beef Stew with Home Baked Vienna Bun	Roasted Salmon Fillet or Chicken Breast and Herbed Rice	Chicken Strips with Plum Sauce & Steak Fies	Roast Beef with Gravy and Mashed Potato & Yorkshire Pudding
	<i>Vegetable</i>	Peas	Julienne Carrots	Tossed Salad	Green Beans	California Mixed Vegetables	Italian Mixed Vegetables	Turnips
	<i>Dessert</i>	Home Baked Cookie	Pound Cake (purchased) with Strawberry Sauce	Mandarine Orange (Canned or fresh when available)	Home Made Baking	Sorbet	Caramel Vanilla Swirl Cake (Purchased)	Coconut Cream Pie

*Alternate Options:*

*Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad*