

## Fall Winter Seasonal MENU 2024 - 2025 – DUPLEXES

Regular Menu: Week 1 at a glance: Nov 11 - 17, Dec 2 - 8, Dec23 - 29, Jan 13 - 19, Feb 3 - 9, Feb 24 - March 2, March 17 - 23, April 7 - 13, April 28 - May 4, May 19 – 25 \* MENU SUJECT TO CHANGE

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
<b>LUNCH</b>							
SOUP SALAD  MAIN ENTRÉE STARCH VEGETABLE  DESSERT	Beef Barley Soup  Cucumber Salad  Tuna Melt Or Chicken Salad Sandwich  Fruit Cocktail	Apple Cranberry Coleslaw  Home Style Chili with Shredded Cheese and Toast  Cookie ( Home Made)	Assorted Veg. Platter  Chicken Burger with lettuce, tomato , red onion and Mayo  Tropical Fruit Salad	Spinach Salad  Toasted Bacon, Cheese, Lettuce & Tomato Sandwiches with Mayonnaise  Pudding	French Toast With Syrup &  Country Sausages  Strawberry Sauce Whipped Topping  Mango Slices	Soft Tacos: ground beef, soft taco shell, or chips shredded cheese, sour cream & salsa  Shredded Lettuce & Diced Tomatoes  Seasonal Fresh Fruit	Denver Omelet Toast    Diced Peaches
<b>SUPPER</b>							
MAIN ENTRÉE   STARCH   VEGETABLE  DESSERT	Stuffed Chicken Breast (Cordon Blue)  Garlic Mashed Potatoes  Diced Carrots  Brownies (Purchased item)	Maple Ginger Chicken Thighs  Fried Rice  Green Beans  Diced Peaches	Spaghetti & Meat Sauce  Garlic Toast  Caesar Salad  Caramel Swirl Cake (Purchased item)	Roasted Chicken Thighs  Mashed Potatoes  Peas  Seasonal Fresh Fruit	Battered Cod Fillet or Chicken Strips  French Fries  California Mixed Veg  Chocolate Fudge Cake (Purchased item)	Sweet and Sour Pork  Steamed Rice  Bistro Blend Vegetables  Jello with Whipped Topping	Beef Hamburger with Lettuce & Tomato Slice  French Fries  Asian Coleslaw  Home Baked Dessert
Continental Breakfast served daily. Assorted Sandwiches available at Lunch and Supper							

## Fall Winter Seasonal MENU 2024 - 2025 – DUPLEXES

Regular Menu: Week 2 at a glance: June 24 – 30, July 15 -21, Aug 5 – 11, Aug 26 – Sept 1, Sept 16 – 22, Oct 7 – 13, Oct 28 – Nov 3

\*MENU SUBJECT TO CHANGE

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
<b>LUNCH</b>							
SOUP							
SALAD	<b>Tossed Salad</b>	<b>Creamy Coleslaw</b>	<b>Cucumber Salad</b>	<b>Open Faced Hot Turkey Sandwich</b> (Sliced Turkey on bread topped with gravy)	<b>Tossed Salad</b>	<b>Tomato Soup</b>	<b>Eggs &amp; Pork Sausages</b>
MAIN ENTRÉE	<b>Tortellini in Tomato Sauce Or Tuna Melt</b>	<b>Grilled Chicken Breast</b>	<b>Hot Dog on a Bun</b>		<b>Lasagna</b>	<b>Grilled Ham and Cheese Sandwich with sliced Pickles</b>	<b>Pancakes &amp; Syrup</b>
STARCH		<b>Onion Rings</b>	<b>Sweet Potato Fries</b>	<b>Green Beans</b>	<b>Garlic Toast</b>		<b>Strawberries with Whipped Topping</b>
VEGETABLE						<b>Peas</b>	
DESSERT	<b>Mixed Berries with Vanilla Yogurt</b>	<b>Pudding</b>	<b>Fresh Fruit Cup (Pail)</b>	<b>Diced Peaches</b>	<b>Rice Krispy Square</b>	<b>Diced Pears</b>	<b>Yogurt</b>
<b>SUPPER</b>							
MAIN ENTRÉE	<b>Stir Fried Beef and Broccoli</b>	<b>Breaded Pork Cutlet with Gravy</b>	<b>Pasta Alfredo with Chicken or Crab</b>	<b>Meatloaf (Order from CCD)</b>	<b>Garlic Sausage</b>	<b>Philly Cheese Steak On a bun</b>	<b>Baked Ham</b>
STARCH	<b>Steamed Rice</b>	<b>Oven Roasted Potatoes</b>		<b>Mashed Potatoes</b>	<b>Perogies / Sour Cream Cabbage Rolls</b>	<b>French Fries</b>	<b>Scalloped Potatoes</b>
VEGETABLE	<b>Oriental Vegetables</b>	<b>Mixed Vegetables</b>	<b>California Mixed Vegetables</b>	<b>Diced Carrots</b>	<b>Harvard Beets</b>	<b>Cranberry Coleslaw</b>	<b>Kernal Corn</b>
DESSERT	<b>Mini Donuts (Purchased Item)</b>	<b>Strawberries &amp; Rhubarb</b>	<b>Fruit Crisp (Home Made)</b>	<b>Macaroon Bar (Purchased item)</b>	<b>Fruit Cocktail</b>	<b>Lemon Streusel Cake (Purchased item)</b>	<b>Fruit Pie and ice Cream</b>

Continental Breakfast served daily.  
Assorted Sandwiches offered at Lunch and Supper

## Fall Winter Seasonal MENU 2024 - 2025 – DUPLEXES

Regular Menu: Week 3 at a glance: July 1 – 7, July 22 – 28, Aug 19 – 25, Sept 2 – 8, Sept 23 – 29, Oct 14 – 20, Nov 4 -10 \*MENU SUBJECT TO CHANGE

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
<b>LUNCH</b>							
SOUP	<b>Assorted Vegetable Platter</b>  <b>Beef Burger or Fish Burger</b>  <b>French Fries</b>  <b>Mandarin Orange</b> <small>(Canned or Fresh when Available)</small>	<b>Asian Coleslaw</b>  <b>Assorted Sandwiches</b>  <b>Home Baked Cookie</b>	<b>Crispy Chicken Drumsticks</b>  <b>Niblet Corn</b>  <b>Hash Brown Potatoes</b>  <b>Fruit Cocktail</b>	<b>Spinach Salad</b>  <b>Haddock Bites or Chicken Strips</b>  <b>Home Fried Potatoes</b>  <b>Mixed Berries with Vanilla Yogurt</b>	<b>Tossed Salad</b>  <b>Bacon, Cheese, Lettuce &amp; Tomato Pitas</b>  <b>Pound Cake with Strawberry Sauce</b>	<b>Taco Salad: ground beef, shredded cheese, shredded lettuce, diced tomatoes, sour cream, salsa &amp; Taco Chips</b>  <b>Diced Peaches</b>	<b>Eggs &amp; Bacon Toast</b>  <b>Hash Brown Potatoes</b>  <b>Fresh Fruit Cup</b>
SALAD							
MAIN ENTRÉE							
STARCH							
VEGETABLE							
DESSERT							
<b>SUPPER</b>							
MAIN ENTRÉE	<b>Chicken Fajitas</b>  <b>Tossed Salad</b>  <b>Boston Cream Cake</b>	<b>Mushroom Pork Cutlet</b>  <b>Mashed Potatoes</b>  <b>Diced Carrots</b>  <b>Diced Pears</b>	<b>Honey Garlic Beef Strips</b>  <b>Steamed Rice</b>  <b>Asian Mixed Vegetables</b>  <b>Ice Cream Sundae</b>	<b>Cheesy Macaroni and Beef Casserole</b>  <b>Mixed Vegetables</b>  <b>Pudding</b>	<b>Pizza (Pepperoni, Ham, Cheese, Green Peppers)</b>  <b>Caesar Salad</b>  <b>Fresh Fruit in Season</b>	<b>BBQ Chicken Breast or Battered Cod</b>  <b>Baked Potato and fixings ( green onions, bacon bits, sour cream)</b>  <b>Peas</b>  <b>Apple Turn Over</b>	<b>Roast Beef with Gravy</b>  <b>Mashed Potatoes Yorkshire Pudding</b>  <b>Green Beans</b>  <b>Carrot Cake</b>
STARCH							
VEGETABLE							
DESSERT							
DESSERT							
Continental Breakfast served daily. Assorted Sandwiches offered at Lunch and Supper							