

**Angel Food Services - Spring & Summer Menu - Week 1**

MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>B R E A K F A S T</b>	<b>REGULAR/ DIABETIC</b>	<b>Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Banana or Watermelon</b>	<b>Cream of Wheat Poached Egg Raisin Toast Orange or Banana</b>	<b>Oatmeal Boiled Egg Whole Wheat Toast Cantaloupe or Banana</b>	<b>Cream of Wheat Scrambled Egg Zucchini Muffin Watermelon or Banana</b>	<b>Oatmeal Boiled Egg Whole Wheat Toast Orange or Banana</b>	<b>Cream of Wheat Cheese Omelet Whole Wheat Toast Honeydew or Banana</b>	<b>Oatmeal Scrambled Egg Pancake/ Syrup Cantaloupe or Banana</b>
	<b>ALTERNATE</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>	<b>Assorted Cold Cereal</b>
<b>L U N C H</b>	<b>REGULAR/ DIABETIC</b>	<b>Crackers Mulligatawny Soup Penne Pasta / Mushroom Cream Sauce Green Salad Ice Cream</b>	<b>Crackers Cumin Lentil Soup Roasted Chicken Thigh Rice Roast Cauliflower Jellied Fruit</b>	<b>Crackers Tomato and Basil Soup Pastrami on Rye Coleslaw Apple Crumble/ Vanilla Custard</b>	<b>Crackers Chicken Creole Soup Beef Hot Dog / Bun Potato Salad Rice Pudding</b>	<b>Crackers Cream of Squash Soup Cottage Cheese/ Corn Bread Fresh Fruit Salad Cherry Tart</b>	<b>Crackers Sweet Potato &amp; Green Cardamom Soup Chicken Salad Sandwich Garden Salad Coffee Cake</b>	<b>Crackers Split Pea Soup Cabbage Roll Pierogis /Sour Cream Blueberry Cake</b>
	<b>ALTERNATE</b>	<b>Beef Meatballs</b>	<b>Roast Pork</b>	<b>Breaded Sole Fish</b>	<b>Meatballs</b>	<b>Ham</b>	<b>Meatballs</b>	<b>Fish</b>
<b>D I N N E R</b>	<b>REGULAR/ DIABETIC</b>	<b>Roast Pork Loin Baked Potato/ Sour Cream Sweet Corn Fruit Cobbler</b>	<b>Baked Salmon Dijon Mustard Cream Sauce Mashed Potato Vegetable Medley Carrot Cake</b>	<b>Vegetable Lasagna / Garlic Bread Caesar Salad Fresh Fruit</b>	<b>Chicken Cordon Blue Whipped Potato Steamed Broccoli Banana Cake</b>	<b>Classical Beef Stew Carrots, Peas &amp; Pearl Onions / Herbed Butter Multigrain Bun Ice Cream Sandwich</b>	<b>Poached Fish Fillet Fish / Onion / Tomato &amp; Mushroom Cream Sauce Rice Pilaf Baby Carrots Strawberry Shortcake</b>	<b>Baked Ham with Mustard &amp; Brown Sugar Glaze Scalloped Potatoes Green Beans Lemon Poppy Seed Loaf</b>
	<b>ALTERNATE</b>	<b>Fish</b>	<b>Chicken</b>	<b>Ham</b>	<b>Fish</b>	<b>Chicken</b>	<b>Pork Sausage</b>	<b>Chicken</b>

Diabetic diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks  
 Modified Texture Diet: Cut Up, Mince & Pureed are same as regular  
 Snacks: See Snacks Menu. PM & HS Snacks – Puree Bread  
 Note: 125ml water, 125ml Milk, 180ml Coffee/Tea offered at each meal.

## Angel Food Services -Spring & Summer Menu - Week 2

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>	<b>REGULAR/ DIABETIC</b>	Cream of Wheat Whole Wheat Toast Scrambled Egg Bacon Orange or Banana	Oatmeal Poached Egg Raisin Toast Watermelon or Banana	Cream of Wheat Boiled Egg Whole Wheat Toast Cantaloupe or Banana	Oatmeal Scrambled Egg Bran Muffin Honeydew or Banana	Cream of Wheat- Boiled Egg Whole Wheat Toast Banana or Orange	Oatmeal Cheese Omelet Whole Wheat Toast Watermelon or Banana	Cream of Wheat Scrambled Egg Whole Wheat Toast Honeydew or Banana
	<b>ALTERNATE</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>L U N C H</b>	<b>REGULAR/ DIABETIC</b>	Crackers Tuscan Tortellini Soup French Toast / Berry Sauce Maple Pork Sausage Diced Melon Ice Cream	Crackers Carrot coconut Soup Turkey Cranberry Sandwich Waldorf Salad Tapioca Pudding	Crackers Cream of Mushroom Soup KFC Chicken Coleslaw Potato Wedges Mini Cupcake	Crackers Corn Chowder Soup Spinach Quiche Orzo Salad Slice Tomato Carrot Cake	Crackers Red Lentil Soup Chicken a la king Egg Noodles Green Salad Butterscotch Pudding	Crackers Minestrone Soup Egg Salad Sandwich Quinoa and Kale Salad Sorbet	Crackers Roasted Root - Vegetable Soup Cheddar Cheese and Scallion Muffin Fresh Fruit Salad Pumpkin Tart / Spiced Whipped Cream
	<b>ALTERNATE</b>	Fish	Meatballs	Breaded Sole	Pork	Meatballs	Ham	Fish
<b>D I N N E R</b>	<b>REGULAR/ DIABETIC</b>	Roast Beef Yorkshire Pudding Mashed Potato Corn & Peas Apple Pie	Almond Crusted Sole Couscous Tomato & Cucumber Salad Jellied Fruit Cocktail	Pork Adobo Rice Green Beans Egg Custard Tart	Spaghetti Meatballs in Marinara Sauce Garlic Bread Caesar Salad Strawberry Vanilla Cream Parfait	Sweet & Sour Pork Rice Marinated Cucumber Salad Chocolate Fudge Cake	Baked Tilapia / Melon and Mint Salsa Mashed Potato Vichy Carrot Swiss Style Muesli	Salisbury Steak Baked Potato Sour Cream Steamed Cauliflower Banana Loaf
	<b>ALTERNATE</b>	Chicken	Ham	Chicken	Fish	Chicken	Sausage	Chicken

Diabetic diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks  
 Modified Texture Diet: Cut Up, Mince & Pureed are same as regular  
 Snacks: See Snacks Menu: PM & HS Snacks –Pureed Bread  
 Note: 125ml water, 125ml Milk, 180ml Coffee/Tea offered at each meal.

### Angel Food Services - Spring & Summer Menu - Week 3

MEAL		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	<b>REGULAR/ DIABETIC</b>	Oatmeal Whole Wheat Toast Bacon- Scrambled Egg Banana or Watermelon	Cream of Wheat Poached Egg Raisin Toast Orange or Banana	Oatmeal Boiled Egg Whole Wheat Toast Cantaloupe or Banana	Cream of Wheat- Scrambled Egg Bran Muffin Watermelon or Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange or Banana	Cream of Wheat Cheese Omelet Whole Wheat Toast Honeydew or Banana	Oatmeal Scrambled Egg Whole Wheat Toast Banana or Orange
	<b>ALTERNATE</b>	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
L U N C H	<b>REGULAR/ DIABETIC</b>	Crackers Barley Soup Teriyaki Tofu Vegetable Stir Fry Steamed Rice Coconut Cream Pie	Crackers Split Pea Pulled Pork on Bun Hawaiian Style Coleslaw Fruit Cake	Crackers Chicken Gumbo Soup Baked Spinach & Ricotta Cheese Cannelloni/Tomato Sauce Garlic Bread Vanilla Ice Cream	Crackers Cream of Squash Shepherd's Pie Green Salad Rhubarb Crisp	Crackers Cream of Tomato Soup Cold Plate/Ham Turkey/Multigrain Bun/ Pasta Salad Jellied Fruit	Crackers Piquant Vegetable / Chickpea Soup Fettuccine with Bolognese Sauce Garlic Bread Garden Salad Vanilla Pudding	Crackers Potato Leek Soup Maple Link Sausage Buttermilk Pancake /Berry Compote Tropical Fruit Parfait
	<b>ALTERNATE</b>	Sausage	Chicken	Meatballs	Chicken	Pork	Meatballs	Fish
D I N N E R	<b>REGULAR/ DIABETIC</b>	Meat Lasagna Garlic Bread Caesar Salad Apricot	Chicken Cacciatore Herbed Rice pilaf Steam Broccoli Danish Roll	Breaded Sole Baked Potato/Sour Cream Roast Vegetables Bread Pudding	Honey Garlic Pork Jasmine Rice Stir Fry Vegetable Strawberry Mouse /Lady Finger	Canadian Style Pot Roast Beef Roast Nugget Potatoes Cauliflower Gratin Apple Pie	Baked Salmon Tomato & Basil Cream Sauce Scalloped Potatoes Steamed Mix Vegetables German Chocolate Cake	Roast Turkey / Pan Roast Gravy & Cranberry Sauce Mashed Potatoes Peas & Carrots Mini Donut
	<b>ALTERNATE</b>	Fish	Meatballs	Ham	Fish	Chicken	Sausage	Chicken

Diabetic diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks

Modified Texture Diet: Cut Up, Mince & Pureed are same as regular

Snacks: See Snacks Menu: PM & HS Snacks – Pureed Bread

Note: 125ml water, 125ml Milk, 180ml Coffee/Tea offered at each meal.

### Angel Food Services - Spring & Summer Menu - Week 4

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>B R E A K F A S T</b>	<b>REGULAR/ DIABETIC</b>		Cream of Wheat Whole Wheat Toast Bacon Scrambled Egg Fresh Fruit	Oatmeal Poached Egg Raisin Toast Fresh Fruit	Cream of Wheat- Boiled Egg Whole Wheat Toast Fresh Fruit	Oatmeal Scrambled Egg Bran Muffin Fresh Fruit	Cream of Wheat Boiled Egg Whole Wheat Toast Fresh Fruit	Oatmeal Cheese Omelet Whole Wheat Toast Fresh Fruit	Cream of Wheat Scrambled Egg Pancake/ Syrup Fresh Fruit
	<b>ALTERNATE</b>		Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
<b>L U N C H</b>	<b>REGULAR/ DIABETIC</b>		Crackers Borscht Soup/Sour Cream Mac & Cheese Herb Tomato Salad Mini Cup Cake	Crackers Goulash Soup Grill Cheese Sandwich/Sweet Pickle/ Pasta Salad Butterscotch Pudding	Crackers Chicken Noodle Soup Spanish Omelet Multi grain Bun Strawberry Shortcake	Crackers Pureed Roasted Carrots & Ginger Soup Italian Sausage Garlic Bread O'Brien Potato Diced Pears	Crackers Tomato Rice Soup Crab Salad Croissant Tossed Salad Lemon Tart	Crackers Vegetable Barley Soup Burger/Bun Tomato Slice French Fries Ice Cream	Crackers Cream of Cauliflower Sausage Patty English Muffin Hash Brown Watermelon
	<b>ALTERNATE</b>		Turkey	Meatballs	Fish	Lamb	Pork	Chicken	Fish
<b>D I N N E R</b>	<b>REGULAR/ DIABETIC</b>		Meat Loaf Roasted potato Italian Vegetable Mix Eclair	Baked Cod Tail / Tomato Sauce Couscous Steam Broccoli Chocolate Cake & Vanilla Whipped Cream	Roast Lamb Basmati Rice Corn Mandarin Orange	Baked Chicken Thigh Baked Potato/Sour Cream Baby Carrots Fruit Cake	Beef Bourguignon Egg Noodle Spring Green Salad Apple Crisp/ Vanilla Custard	Breaded Sole Honey Mustard Dip Delmonico Potato Spaghetti Squash Mini Donuts	Chicken Parmigiana Orzo Pasta Wax Beans Bread Pudding
	<b>ALTERNATE</b>		Ham	Chicken	Meatballs	Breaded Sole	Chicken	Sausage	Meatballs

Diabetic diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks

Modified Texture Diet: Cut Up, Mince & Pureed are same as regular

Snacks: See Snacks Menu PM & HS Snacks -Pureed Bread

Note: 125ml water, 125ml Milk, 180ml Coffee/Tea offered at each meal.

