

Angel Food Services - 2020 Spring & Summer Menu - Week 1

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A	REGULAR/ DIABETIC	Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Banana or Watermelon	Cream of Wheat Poached Egg Raisin Toast Orange or Banana	Oatmeal Boiled Egg Whole Wheat Toast Cantaloupe or Banana or Cantaloupe	Cream of Wheat Scrambled Egg Raisin 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 Pancake/ Syrup Cantaloupe or Banana
	ALTERNATE	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR/ DIABETIC	Mulligatawny Soup Lentil Penne Pasta Mushroom Cream Sauce Green Salad Ice Cream	Cumin Lentil Soup Chicken Strips With Dipping Sauces Golden Fries Coleslaw Jellied Fruit	Tomato & Basil Soup Pastrami on Rye Pickled Beets Apple Crumble with Vanilla Custard	Clam Chowder Beef Hot Dog Potato Salad Strawberry Cream Pie	Bean & Bacon Soup Cottage Cheese Corn Bread Fresh Fruit Salad Cherry Tart	Sweet Potato & Green Cardamom Soup Chicken Salad Sandwich Garden Salad Mini Donuts	Won Ton Soup Teriyaki Chicken Jasmine Rice Oriental Vegetables Summer Fruit Parfait
	ALTERNATE	Beef Meatballs	Roast Pork	Fish	Meatballs	Ham	Meatballs	Fish
D I N N E R	REGULAR/ DIABETIC	Roast Pork Loin Mini Roasted Potatoes Corn with Red Peppers Fruit Cobbler	Baked Salmon Dijon Mustard Cream Sauce Rice Pilaf Vegetable Medley Homemade Carrot Cake	Homemade Vegetable Lasagna Garlic Bread Caesar Salad Fresh Fruit	Chicken Cordon Bleu Whipped Potato Oven Roasted Beets Banana Cake	Classic Beef Stew With Carrots, Peas & Pearl Onions Roasted Mushrooms Dinner Roll Ice Cream Sandwich	Honey Mustard & Pretzel Crusted Fish Tartar Sauce Country Potatoes Green Beans Lemon Mousse	Glazed Ham with Pineapple Scalloped Potatoes Broccoli Cupcakes
	ALTERNATE	Fish	Chicken	Ham	Fish	Chicken	Pork Sausage	Chicken

Diabetic diet: Offer sweeteners vs. sugars; fruit instead of cookies at snacks, water instead of juices at meals

Modified Texture Diets: Soft Bite Sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu

Snacks: See Snacks Menu.

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

Unsalted Crackers are served with Soup at Lunch

Angel Food Services – 2020 Spring & Summer Menu - Week 2

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REGULAR/ DIABETIC	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 Blueberry 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
ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
REGULAR/ DIABETIC	Tuscan Tortellini Soup French Toast Berry Sauce Maple Pork Sausage Diced Melon Ice Cream	Carrot Coconut Soup Turkey with Cranberry Mayonnaise Sandwich Pickled Beets Tapioca Pudding	Cream of Mushroom Soup KFC Chicken Potato Salad Coleslaw Jellied Fruit	Chicken & Corn Chowder Soup Spinach Quiche Italian Tomato Salad Carrot Cake	Beef Vegetable Soup Veggie Burger Golden French Fries Lettuce/Tomato And Pickles Butterscotch Pudding	Minestrone Soup Egg Salad Sandwich Quinoa & Kale Salad Ice Cream	Roasted Carrot Soup Cheddar Cheese Scallion Muffin Fresh Fruit Salad Iced Banana Cake
ALTERNATE	Fish	Meatballs	Breaded Sole	Pork	Meatballs	Ham	Fish
REGULAR/ DIABETIC	Roast Beef Yorkshire Pudding Mashed Potato Peas & Carrots Apple Pie	Potato Crusted Fish With Lemon Herb Sauce Couscous Broccoli Cheesecake with Fruit Sauce	Pork Adobo Jasmine Rice Green Beans Egg Custard Tart	Spaghetti & Meatballs Garlic Bread Caesar Salad Strawberry Vanilla Cream Parfait	Sweet & Sour Pork Chops Fried Rice Oriental Vegetables Birds Nest Cookie	Baked Tilapia Melon & Mint Salsa Mashed Potato Vichy Carrot Fruit Crisp	Salisbury Steak Baked Potato Sour Cream Steamed Cauliflower with Dill Stewed Rhubarb & Custard
ALTERNATE	Chicken	Ham	Chicken	Fish	Chicken	Sausage	Chicken

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

Unsalted Crackers are served with Soup at Lunch

Angel Food Services - 2020 Spring & Summer Menu - Week 3

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MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REGULAR/ DIABETIC	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
ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
REGULAR/ DIABETIC	Barley Soup Chicken Teriyaki Vegetable Stir Fry Steamed Rice Coconut Cream Pie	Split Pea Salmon Pocket Pie Tossed Salad Pineapple Upside Down Cake	Chicken Gumbo Soup Baked Spinach & Ricotta Cheese Cannelloni With Tomato Sauce Garlic Bread Caesar Salad Vanilla Ice Cream	Seafood Chowder Shepherd's Pie Green Salad Rhubarb Crisp	Cream of Tomato Soup Cold Plate with Ham & Turkey Multigrain Bun Pasta Salad Jellied Fruit	Piquant Vegetable & Chickpea Soup Egg Salad Sandwich Garden Salad Vanilla Pudding	Potato Leek Soup Maple Sausages Buttermilk Pancake Berry Compote Tropical Fruit Parfait
ALTERNATE	Sausage	Chicken	Meatballs	Chicken	Pork	Meatballs	Fish
REGULAR/ DIABETIC	Classic Lasagna Garlic Bread Caesar Salad Apricots	Roasted Chicken Herbed Rice Pilaf Steamed Broccoli Danish Pastry	Breaded Fish Herbed Mashed Potatoes Vichy Carrots Raisin Bread Pudding	Honey Garlic Pork Jasmine Rice Stir Fried Vegetables Strawberry Mousse With a Lady Finger	Garden Chili Garlic Toast Tossed Salad Peach Pie	Baked Salmon Tomato & Basil Cream Sauce Egg Noodles Steamed Mix Vegetables Chocolate Marble Cake	Turkey Schnitzel Gravy Cranberry Sauce Mashed Potatoes Peas & Carrots Mini Donut
ALTERNATE	Fish	Meatballs	Ham	Fish	Chicken	Sausage	Chicken

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Snacks: See Snacks Menu.

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

Unsalted Crackers are served with Soup at Lunch

Angel Food Services – 2020 Spring & Summer Menu - Week 4

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MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REGULAR/ DIABETIC	Cream of Wheat Whole Wheat Toast Bacon Scrambled Egg Banana or Watermelon	Oatmeal Poached Egg Raisin Toast Banana or Oranges	Cream of Wheat- Boiled Egg Whole Wheat Toast Banana or Honeydew	Oatmeal Scrambled Egg Bran Muffin Banana or Cantaloupe	Cream of Wheat Boiled Egg Whole Wheat Toast Banana or Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana or Orange	Cream of Wheat Scrambled Egg Pancake/ Syrup Banana or Honeydew

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ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
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REGULAR/ DIABETIC	Borscht with Sour Cream Macaroni & Cheese Herb Tomato Salad Cupcakes	Goulash Soup Deli Meat Platter Deli Ham, Devilled Egg, Potato Roll, Sweet Pickle Pasta Salad Butterscotch Pudding	Cream of Broccoli Soup Crab Salad Croissant Caesar Salad Date Square	Carrot Ginger Soup Grilled Sausage O'Brien Potato Pan Fried Zucchini & Peppers Rice Pudding	Chicken Noodle Soup Baked Beans Garlic Toast Tossed Salad Lemon Tart	Vegetable Barley Soup Burger n Fries Tomato & Lettuce Ice Cream	Tomato Bisque Grilled Cheese Sandwich Pickles Coleslaw Fresh Fruit
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ALTERNATE	Turkey	Meatballs	Fish	Chicken	Pork	Chicken	Fish
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REGULAR/ DIABETIC	Meat Loaf Mushroom Gravy Roasted Potato Italian Mixed Vegetables Fresh Fruit	Baked Cod with Tomato Sauce Couscous Steamed Broccoli Brownies	Greek Night Chicken Souvlaki Tzatziki Herbed Rice Greek Salad Mandarin Oranges	BBQ Baked Chicken Thigh Baked Potato Sour Cream Baby Carrots Spiced Peach Cake	Beef Bourguignon Egg Noodle Mixed Vegetables Apple Crisp with Vanilla Custard	Breaded Sole with Parsley Lemon Sauce Garlic Mashed Potato Spaghetti Squash Mini Donuts	Chicken Parmigiana Orzo Pasta Green Beans Bread Pudding
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ALTERNATE	Ham	Chicken	Meatballs	Breaded Sole	Chicken	Sausage	Meatballs
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Snacks: See Snacks Menu.

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

Unsalted Crackers are served with Soup at Lunch