

Angel Food Services - 2024 Spring & Summer Menu - Week 1

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Scrambled Eggs Bacon Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Sliced Cheese Raisin Toast Seasonal Fresh Fruit	Cream of Wheat Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Yogurt Raisin Bran Muffin Seasonal Fresh Fruit	PB & Banana Oatmeal Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Cheese Omelet Whole Wheat Toast Seasonal Fresh Fruit	Cream of Wheat Scrambled Egg Pancakes/Syrup Seasonal Fresh Fruit
	ALTERNATE	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal, PB or Scrambled Egg	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	Italian Vegetable Soup Mushroom Ravioli Parmesan Cream Sauce Green Salad Blueberry Pie	Cream of Tomato Basil Soup Ruben Sandwich on Marble Rye Bread Pickled Beets Hawaiian Wedding Cake	Mulligatawny Soup Butter Chicken Basmati Rice Naan Bread Green Beans Jelly Donuts	Mexican Tortilla Soup Fish and Chips Tartar Sauce, Ketchup Coleslaw Creamy Mango Dessert	Country Bean Soup BBQ Ribs Baked Potato with Sour Cream Summer Corn Salad Cherry Tart	Lentil Soup Chicken Strips with Dipping Sauce Pom Pom Potatoes Tossed Salad Jellied Fruit	Won Ton Soup Teriyaki Beef Jasmine Rice Sesame Ginger Coleslaw Summer Fruit Parfait
	ALTERNATE	Meatballs	Fish	Pork	Beef	Chicken	Beef	Fish
D I N N E R	REGULAR	Crusted Baked Salmon Lemon Dill Rice Vegetable Medley Maple Crème Caramel	Bacon Wrapped Pork Medallions Dijon Sauce Mini Roasted Potatoes Steamed Broccoli Stewed Rhubarb with Yogurt	Homemade Vegetable Lasagna Garlic Toast Caesar Salad Fruit Cup	Chef & Residents Choice Assorted Desserts	Spring Roll Fried Rice Supreme With Stir Fried Vegetables Ice Cream	Baked Basa Tarragon Sauce Couscous Herbed Green Beans Lemon Cake	Glazed Ham with Pineapple Scalloped Potatoes Broccoli Cupcakes
	ALTERNATE	Chicken	Meatballs	Chicken	Fish	Pork	Chicken	Beef

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 – 2024 Spring & Summer Menu - Week 2

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Scrambled Egg Bacon Seasonal Fresh Fruit	Oatmeal Boiled Egg Raisin Toast Seasonal Fresh Fruit	Cream of Wheat Poached Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Yogurt Blueberry Bran Muffin Seasonal Fresh Fruit	PB and Banana Oatmeal Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Cheese & Vegetable Omelet Whole Wheat Toast Seasonal Fresh Fruit	Cream of Wheat French Toast With Berry Sauce Seasonal Fresh Fruit
	ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Scrambled Egg	Assorted Cold Cereal, PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Scrambled Egg
L U N C H	REGULAR	Cr of Spinach Soup Perogies with Golden Fried Onions Sour Cream Country Sausage Pickled Beets Ice Cream	Beef Vegetable Soup Veggie Burger With Cheese Sweet Potato Wedges Lettuce, Tomato And Pickles Tapioca Pudding	Cream of Mushroom Soup KFC Chicken Golden French Fries Coleslaw Jellied Fruit	Chicken & Corn Chowder Soup Grilled Pizza Sandwich Italian Tomato Salad Carrot Cake	Jamaican Carrot Soup Cajun Shrimp n Rice Grilled Zucchini & Peppers Ice Cream	Italian Vegetable & Bean Soup Chicken a la King Buttered Biscuit Peas Lemon Loaf	Tomato Soup Ham & Cheese Quiche Tossed Salad Iced Banana Cake
	ALTERNATE	Ham	Beef	Fish	Pork	Meatballs	Pork	Fish
D I N N E R	REGULAR	Pot Roast Red Wine Gravy Mashed Potato Mixed Vegetables Apple Pie	Stuffed Fish Fillet With Lemon Herb Butter Sauce Couscous Peas & Carrots Cheesecake with Fruit Sauce	Lemongrass Pork Chop Jasmine Rice Green Beans Egg Custard Tart	Classic Meatloaf, Gravy Cheddar Mashed Potatoes Garden Beets Fruit Cup	Sweet & Sour Pork Chow Mein Oriental Vegetables Birds Nest Cookie	Fish n Chips Tartar Sauce & Lemon Wedge Cucumber & Radish Salad Fruit Crisp with Vanilla Yogurt	Salisbury Steak Mashed Potato Roasted Mushrooms, Peppers & Onions Stewed Rhubarb & Custard
	ALTERNATE	Sausage	Chicken	Chicken	Fish	Chicken	Beef	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 - 2024 Spring & Summer Menu - Week 3

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Seasonal Fresh Fruit	Oatmeal Sliced Cheese Raisin Toast Seasonal Fresh Fruit	Cream of Wheat Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Yogurt Apple Bran Muffin Seasonal Fresh Fruit	PB & Banana Oatmeal Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Cheese Omelet Whole Wheat Toast Seasonal Fresh Fruit	Cream of Wheat Scrambled Egg Pancakes with Syrup Seasonal Fresh Fruit
	ALTERNATE	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Scrambled Egg	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Scrambled Egg	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese	Assorted Cold Cereal PB or Cheese
L U N C H	REGULAR	Vegetable Soup BBQ Chicken Thighs Baked Potato Mexican Corn Coconut Ambrosia	Chicken Gumbo Soup Fish Burger Tartar Sauce Sweet Potato Fries Lettuce/Tomato Orange Cake	French Onion Soup Peri Peri Chicken Roasted Potatoes Steamed Broccoli Ice Cream	Clam Chowder Shepherd's Pie Gravy French Green Beans Jellied Fruit	Spiced Yam Soup Roast Turkey Mashed Potatoes Peas & Carrots Lemon Meringue Pie	Italian Lemon Barley Soup Spaghetti & Meatballs Caesar Salad Mini Cream Puffs	Potato Leek Soup Pulled Pork on a Bun Pineapple Coleslaw Butterscotch Ripple Sundae
	ALTERNATE	Beef	Meatballs	Beef	Pork	Beef	Fish	Fish
D I N N E R	REGULAR	Classic Lasagna Garlic Bread Caesar Salad Assorted Desserts	Honey Garlic Pork Fried Rice Stir Fried Vegetables Eclair	Baked Manicotti With Tomato Sauce Homemade Bread Sticks Italian Mixed Salad Mandarins	Jambalaya Green Salad Raisin Bread Pudding with Vanilla Custard	Garden Chili with Sour Cream & Cheddar Cheese Garlic Toast Tossed Salad Fruit Parfait with Granola	Baked Salmon Hollandaise Sauce Herbed Couscous Steamed Vegetables Marble Cake	Mediterranean Vegetable Quiche Tomato Feta and Watermelon Salad Rice Pudding
	ALTERNATE	Chicken	Fish	Chicken	Meatballs	Chicken	Beef	Pork

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 – 2024 Spring & Summer Menu - Week 4

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T	REGULAR	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Seasonal Fresh Fruit	Oatmeal Poached Egg Raisin Toast Seasonal Fresh Fruit	Cream of Wheat- Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Yogurt Berry Bran Muffin Seasonal Fresh Fruit	PB & Banana Oatmeal Boiled Egg Whole Wheat Toast Seasonal Fresh Fruit	Oatmeal Western Omelet Whole Wheat Toast Seasonal Fresh Fruit	Cream of Wheat French Toast with Syrup Seasonal Fresh Fruit
	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 Scrambled Egg
L U N C H	REGULAR	Borscht with Sour Cream Pasta Primavera with White Wine Sauce Tossed Salad Cupcakes	Cr. of Broccoli Soup Roast Beef Gravy Yorkshire Pudding Mashed Potato Roasted Squash Lemon Cheesecake	Carrot Ginger Soup Grilled Banger Tomato Cobbler Pan Fried Zucchini & Peppers Chocolate Éclair Cake	Goulash Soup Crab Salad Croissant Caesar Salad Strawberry Cream Pie	Chicken Quinoa Soup Beef Bourguignon Egg Noodles Mixed Vegetables Apple Crisp with Vanilla Custard	Vegetable Barley Soup Burger n Fries Tomato & Lettuce Ice Cream	Tomato Bisque Grilled Ham & Cheese Sandwich Pickles Coleslaw Fruit Cup
	ALTERNATE	Turkey	Chicken	Fish	Chicken	Pork	Chicken	Fish
D I N N E R	REGULAR	Stuffed Chicken Breasts Roasted Potato Italian Mixed Vegetables Fruit Cup	Asian Style Fish Fillet Jasmine Rice Steamed Broccoli Brownies	Chicken Souvlaki Tzatziki, Pita Bread Couscous Greek Salad Mandarin Oranges	BBQ Pork Chop Baked Potato Sour Cream Seasoned Carrots Spice Cake	Tex Mex Lentil and Bean Casserole Salsa & Sour Cream Tossed Salad Lemon Tart	Breaded Fish with Parsley Lemon Sauce Garlic Mashed Potato Grilled Summer Squash Boston Cream Donut	Spring Roll with Plum Sauce Chicken & Vegetable Pancit Soft Dinner Roll Peach Cobbler
	ALTERNATE	Fish	Beef	Sausage	Fish	Beef	Pork	Meatballs

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