



COMPLETECARE  
— LINWOOD —

# September

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 9/6/2020		Cream Of Wheat Cereal 6 Oz Scrambled Eggs 2 Oz Raisin Toast 1 Sl	Herbed Baked Chicken Quarter 4 Oz Sauteed Zucchini 4 Oz, Candied Yams 4 Oz Wheat Bread 1 Sl, Apple Pie 1 Sl		Tomato Florentine Soup 6 Oz , Grilled Cheese 1 Ea, Mixed Vegetables 4 Oz, Fruited Jello 4 Oz	
<b>Monday</b> 9/7/2020		Hot Oatmeal 6 Oz Hard Boiled Egg 1 Ea French Toast 2 Ea	Hamburger on a Bun 1 Ea, Corn on the Cob 1 Ea, Potato Salad 4 Oz, Watermelon Cup ½ Cup		Hearty Vegetable Soup 6 Oz, Three Cheese Baked Ziti w/ Meat Sauce 8 Oz, Tossed Salad w/ Dressing 4 Oz, Italian bread 1 Sl, Fruit Mix 4 Oz	
<b>Tuesday</b> 9/8/2020		Grits 6 Oz Cheddar Scrambled Eggs 2 Oz Wheat Toast 1 Sl	Oven Roasted Turkey 3 Oz, Steamed Green Beans 4 Oz, Cornbread Stuffing 4 Oz, Dinner Roll 1 Ea, Banana Cake 1 Sl		Cream of Mushroom, Soup 6 Oz, Ham and Swiss Wrap 1 Ea, Cucumber Onion Salad 4 Oz, Tropical Fruit 4 Oz	
<b>Wednesday</b> 9/9/2020		Cream Of Wheat Cereal 6 Oz Baked Egg Omelet 3 Oz Bagel 1 Ea	Homestyle Meatloaf 3 Oz, Harvard Beets 4 Oz, Mashed Potatoes 4 Oz, Dinner Roll 1 Ea, Chilled Pears 4 Oz		Vegetable Barley Soup 6 Oz, Breaded Fish On a Bun 1 Ea, Sauteed Spinach & Onions 4 Oz, Pound Cake 1 Sl	
<b>Thursday</b> 9/10/2020		Hot Oatmeal 6 Oz Scrambled Eggs 2 Oz White Toast 1 Sl	Chicken Parmesan with Marinara sauce 4 Oz, Broccoli w/ Garlic 4 Oz, Spaghetti 4 Oz, Garlic Bread 1 Sl, Fresh Fruit Cup 4 Oz		Chicken Noodle Soup 6 Oz, Turkey Burger on a Bun 1 Ea, Creamy Coleslaw 4 Oz, Battered Onion Rings 4 Oz, Chocolate Chip, Cookies 2 Ea	
<b>Friday</b> 9/11/2020		Cream Of Wheat Cereal 6 Oz Breakfast Sausage 2 Oz Pancakes 2 Ea	Seafood Newburg 6 Oz, Capri Blend Vegetables 4 Oz, Steamed Rice 4 Oz, White Bread 1 Sl, Tropical Fruit 4 Oz		Split Pea Soup 6 Oz, Cheese Pizza 1 Ea, Steamed Carrots 4 Oz, Ice Cream - Vanilla 4 Oz	
<b>Saturday</b> 9/12/2020		Cream Of Rice Cereal 6 Oz Hard Boiled Egg 1 Ea English Muffin 1 Ea	Salisbury Steak. 3 Oz, Corn Niblets 4 Oz, Cheesy Mashed Potatoes 4 Oz, Wheat Bread 1 Sl, Pineapple Tidbits 4 Oz		Beef Rice Soup 6 Oz, Tuna Salad On Lettuce Leaf 3 Oz, Three Bean Salad 4 Oz, Dinner Roll 1 Ea, Rice Pudding 4 Oz	

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 9/13/2020		Cream Of Wheat Cereal 6 Oz Crispy Bacon 2 Ea Waffles 2 Ea	LS Glazed Ham 3 Oz, Broccoli Florets 4 Oz, Baked Potato 1 Ea, Dinner Roll 1 Ea, Iced Vanilla Sheet, Cake 1 Pc		Minestrone Soup 6 Oz, Egg Salad on Rye 1 Ea, Pickled Beets 4 Oz, Sliced Peaches 4 Oz	
<b>Monday</b> 9/14/2020		Hot Oatmeal 6 Oz Hard Boiled Egg 1 Ea Wheat Toast 1 Sl	Chicken Stir Fry 8 Oz, Steamed Rice 4 Oz, Wheat Bread 1 Sl, Fortune Cookie 1 Ea, Mandarin Oranges 4 Oz		Chicken Vegetable Soup 6 Oz, Mushroom Spinach Quiche 1 Ea, Home Fried Potatoes 4 Oz, Dinner Roll 1 Ea, Sherbet 1 Ea	
<b>Tuesday</b> 9/15/2020		Grits 6 Oz, Cheddar Scrambled Eggs 2 Oz, White Toast 1 Sl	Pasta Bolognese 8 Oz, Italian Blend Vegetables 4 Oz, Jello Parfait 4 Oz		Cream Of Broccoli, Soup 6 Oz, Italian Sub Sandwich 1Ea, Potato Chips 1 Ea, Fruit Cocktail 4 Oz	
<b>Wednesday</b> 9/16/2020		Cream Of Rice Cereal 6 Oz Breakfast Sausage Links 2 Ea French Toast 2 Ea	Chicken Piccata 3 Oz, Mixed Vegetables 4 Oz, Herb Buttered Rice 4 Oz, White Bread 1 Sl, Sliced Pears 4 Oz		Beef Noodle Soup 6 Oz, White Pizza 1 Ea, Tossed Salad w/ Dressing 4 Oz, Oatmeal Raisin Cookies 2 Ea	
<b>Thursday</b> 9/17/2020		Hot Oatmeal 6 Oz, Scrambled Eggs 2 Oz, Rye Toast 1 Srv	Pork Loin 3 Oz, Sweet Sour Red Cabbage 4 Oz, Garlic Mashed Potatoes 4 Oz, Melon 4 Oz		Lentil Soup 6 Oz, Caesar Salad w/ Grilled Chicken 1 Ea, Biscuit 1 Ea, Butterscotch Pudding 4 Oz	
<b>Friday</b> 9/18/2020		Cream Of Wheat Cereal 6 Oz Breakfast Ham 2 Oz Pancakes 2 Ea	Breaded Tilapia 3 Oz, Steamed Carrots 4 Oz, Steak Fries 4 Oz, White Bread 1 Sl, Fruit Ambrosia 4 Oz		Chicken OrzoSoup 6 Oz, Open Face Hot Turkey 3 Oz, Corn Niblets 4 Oz, Donut 1 Ea	
<b>Saturday</b> 9/19/2020		Hot Oatmeal 6 Oz Cheese Omelet 1 Ea Corn Muffin 1 Ea	Meatballs w/ Mushroom Gravy 3 Ea, California Blend Vegetables 4 Oz, Egg Noodles 4 Oz, Dinner Roll 1 Ea, Banana Cream Pie 1 Sl		Cream Of Tomato, Soup 6 Oz, Tuna Salad on Wheat 1 Ea, Seasoned Spinach 4 Oz, Garden Pasta Salad 4 Oz, Grapes 4 Oz	

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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
<b>Sunday</b> 9/20/2020		Cream Of Wheat Cereal 6 Oz Scrambled Eggs 2 Oz Raisin Toast 1 Sl	Herbed Baked Chicken Quarter 4 Oz, Winter Blend Vegetables 4 Oz, Garlic Mashed Potatoes 4 Oz, Wheat Bread 1 Sl, Chocolate Cake w/ Frosting 1 Sl		French Onion Soup 6 Oz Three Cheese Macaroni 8 Oz Stewed Tomatoes 4 Oz White Bread 1 Sl Tropical Fruit 4 Oz	
<b>Monday</b> 9/21/2020		Hot Oatmeal 6 Oz Crispy Bacon 2 Ea French Toast 2 Ea	Homestyle Meatloaf 3 Oz, Sweet Green Peas 4 Oz, Baked Sweet Potato 4 Oz, Dinner Roll 1 Ea, Blushing Pears 4 Oz		Cream of Potato Soup 6 Oz Egg Salad Scoop 3 Oz Carrot Raisin Salad 4 Oz Macaroni Salad 4 Oz Sherbet 1 Ea	
<b>Tuesday</b> 9/22/2020		Grits 6 Oz Cheddar Scrambled Eggs 2 Oz Wheat Toast 1 Sl	Herb Rubbed Pork Loin 3 Oz, Capri Blend Vegetables 4 Oz, Buttered Egg Noodles 4 Oz, White Bread 1 Sl, Apple Crisp 4 Oz		Navy Bean Soup 6 Oz Beef Cheesesteak Club Roll 1 Sandwich Grilled Onions & Peppers 4 Oz Fresh Fruit In Season 4 Oz	
<b>Wednesday</b> 10/23/2020		Cream Of Wheat Cereal 6 Oz Baked Egg Omelet 3 Oz Bagel 1 Ea	Veal Marsala 3 Oz, Italian Blend Vegetables 4 Oz, Rice Pilaf 4 Oz, Dinner Roll 1 Ea, Fruit Mix 4 Oz		Chicken Noodle Soup 6 Oz Baked Chicken Tenders 2 Ea Seasoned Spinach 4 Oz Baked Tater Tots 4 Oz White Bread 1 Sl Jello w/ Topping 4 Oz	
<b>Thursday</b> 9/24/2020		Hot Oatmeal 6 Oz Scrambled Eggs 2 Oz White Toast 1 Sl	Italian Sausage & Peppers & Onions 3 Oz, Squash Medley 4 Oz, Bowtie Pasta w/ Garlic 4 Oz, Garlic Bread 1 Sl, Pound Cake 1 Sl		Vegetable Barley Soup 6 Oz Meatball w/ Tomato Sauce Sub roll 1 Ea Carrot Coins 4 Oz Sliced Peaches 4 Oz	
<b>Friday</b> 9/25/2020		Cream Of Wheat Cereal 6 Oz Breakfast Sausage Patty 1 Ea Pancakes 2 Ea	Potato Crusted Fish 4 Oz, Broccoli w/ Garlic 4 Oz, Rosemary Roasted, Potatoes 4 Oz, Dinner Roll 1 Ea, Pineapple Tidbits 4 Oz		Beef Orzo Soup 6 Oz Turkey on Rye 1 Ea Creamy Coleslaw 4 Oz Ice Cream 4 Oz	
<b>Saturday</b> 9/26/2020		Cream Of Rice Cereal 6 Oz Hard Boiled Egg 1 Ea English Muffin 1 Ea	Cheese Tortellini W/ Tomato Sauce 6 Oz, Tossed Salad w/ Dressing 4 Oz, Garlic Bread 1 Sl, Vanilla Pudding 4 Oz		Mushroom Lentil Soup 6 Oz Greek Salad w/ Grilled Chicken 1 Ea Pita Bread 1/2 Pc Cinnamon Applesauce 4 Oz	



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<b>Sunday</b> 9/20/2020		Cream Of Wheat Cereal 6 Oz Crispy Bacon 2 Ea Waffles 2 Ea	BBQ Chicken Quarter 1 Ea Country Green Beans 4 Oz Cheesy Mashed Potatoes 4 Oz White Bread 1 Sl Lemon Meringue Pie 1Sl		Cream Of Tomato Soup 6 Oz Hamburger on a Bun 1 Ea Lettuce & Tomato 4 Oz French Fries 4 Oz Tropical Fruit 4 Oz	
<b>Monday</b> 9/21/2020		Hot Oatmeal 6 Oz Breakfast Ham 2 Oz Pancakes 2 Ea	Sweet & Sour Pork 4Oz Oriental Blend Vegetables 4 Oz Steamed Rice 4 Oz Wheat Bread 1 Sl Sugar Cookies 2 Ea		Hearty Vegetable Soup 6 Oz Tuna Salad on Rye 1 Ea Creamy Coleslaw 4 Oz Mandarin Oranges 4 Oz	
<b>Tuesday</b> 9/22/2020		Grits 6 Oz Cheddar Scrambled Eggs 2 Oz White Toast 1 Sl	Italian Meatballs 4 Oz Italian Blend Vegetables 4 Oz Spaghetti 4 Oz Italian bread 1 Sl Fresh Fruit In Season 4 Oz		Mushroom Lentil Soup 6 Oz Chicken Patty On a Bun 1 Ea Carrot Coins 4 Oz Ice Cream - Vanilla 4 Oz	
<b>Wednesday</b> 10/23/2020		Cream Of Rice Cereal 6 Oz Breakfast Sausage 2 Oz French Toast 2 Ea	Oven Roasted Turkey 3 Oz Mixed Vegetables 4 Oz Apple Sweet Potato Casserole 4 Oz White Bread 1 Sl Chocolate Pudding 4 Oz		Chicken OrzoSoup 6 Oz BBQ Pork on a Bun 1 Ea Cauliflower w/ Pimento 4 Oz Yellow Rice 4 Oz Fruit Mix 4 Oz	
<b>Thursday</b> 9/24/2020		Hot Oatmeal 6 Oz Scrambled Eggs 2 Oz Rye Toast 1 Srv	Hearty Beef Stew 8 Oz Tossed Salad w/ Dressing 4 Oz Wheat Bread 1 Sl Peach Cobbler 4 Oz		Cream of Potato Soup 6 Oz Hot Dog & Beans Casserole 6 Oz Sautéed Zucchini 4 Oz Gelatin w/ Whip Topping 4 Oz	
<b>Friday</b> 9/25/2020		Cream Of Wheat Cereal 6 Oz Breakfast Ham 2 Oz Pancakes 2 Ea	Fish Fillet w/ Lemon 4 Oz French Green Beans 4 Oz Rice Pilaf 4 Oz White Bread 1 Sl Pound Cake 1 Sl		Beef Rice Soup 6 Oz Quiche Lorraine 1 Sl Peas & Pearl Onions 4 Oz Baked Tator Tots 4 Oz Wheat Bread 1 Sl Chilled Pears 4 Oz	
<b>Saturday</b> 9/26/2020		Hot Oatmeal 6 Oz Cheese Omelet 1 Ea Corn Muffin 1 Ea	Italian Sausage & Broccoli 6 Oz Bowtie Pasta w/ Garlic 4 Oz Italian bread 1 Sl Sherbet 1 Ea		Minestrone Soup 6 Oz Egg Salad Scoop 3 Oz Carrot Raisin Salad 4 Oz Macaroni Salad 4 Oz Dinner Roll 1 Ea Pineapple Tidbits 4 Oz	