

**BARUCH- BLISSFIELD PLACE**

**Copy of Senior Living S/S Midwest**

**Regular/NAS/Consistent CHO Week 1**

<b>Sunday</b> Apr-15, May-20, Jun-24, Jul-29, Sep-02	<b>Monday</b> Apr-16, May-21, Jun-25, Jul-30, Sep-03	<b>Tuesday</b> Apr-17, May-22, Jun-26, Jul-31, Sep-04	<b>Wednesday</b> Apr-18, May-23, Jun-27, Aug-01, Sep-05	<b>Thursday</b> Apr-19, May-24, Jun-28, Aug-02, Sep-06	<b>Friday</b> Apr-20, May-25, Jun-29, Aug-03, Sep-07	<b>Saturday</b> Apr-21, May-26, Jun-30, Aug-04, Sep-08
<b>Breakfast</b> Hot or Cold Cereal Choice of Eggs Orange Sticky Bun Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Breakfast Ham Slice Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Eggs Buttered Waffles Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Western Omelet Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Sausage Patty Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b> Pot Roast Mashed Potatoes Whole Baby Carrots Fresh Baked Roll Strawberry Shortcake Brown Gravy Margarine Coffee/Tea	Lemon Baked Fish Garden Rice Blend Sugar Snap Peas Wheat Bread Rhubarb Crumble Pie Margarine Coffee/Tea	Cornflake Chicken Breast Baked Sweet Potato Half Green Beans Almondine Wheat Bread Vanilla Ice Cream Cup Margarine Coffee/Tea	Turkey Potato Au Gratin Crumb Topped Brussels Sprouts Fresh Baked Roll Banana Cream Pie Margarine Coffee/Tea	BBQ Chicken Breast Garlic Mashed Potatoes Asparagus Honey Wheat Dinner Roll Peanut Butter Brownies Margarine Coffee/Tea	Cracker Crumb Cod Parsley Noodles California Vegetable Blend Wheat Bread Carrot Cake Margarine Coffee/Tea	Kielbasa Pierogis Cooked Cabbage Carrots Apple Crisp Margarine Coffee/Tea
<b>Dinner</b> Chicken and Noodles Green Peas Buttered Breadstick Chilled Peaches Margarine 2% Milk Coffee/Tea	BBQ Pork Sandwich French Fries Creamy Cole Slaw Watermelon Ketchup 2% Milk Coffee/Tea	Sweet & Sour Meatballs White Rice Broccoli Dinner Roll Pineapple Chunks Margarine 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Sandwich Sweet Potato Fries Red Grapes Ketchup 2% Milk Coffee/Tea	Breaded Pork Chops O'Brien Potatoes Creamed Spinach Cornbread Berry Applesauce Margarine 2% Milk Coffee/Tea	Cheese Ravioli w/Sauce Italian Green Beans Tossed Salad Garlic Toast Cantaloupe Choice of Dressing Margarine 2% Milk Coffee/Tea	Old Fashioned Vegetable Beef Soup Saltines Roast Beef & Provolone Sandwich Lettuce / Tomato / Onion Parmesan Pea Salad Strawberries 2% Milk Coffee/Tea

<b>Sunday</b> Apr-22, May-27, Jul-01, Aug-05, Sep-09	<b>Monday</b> Apr-23, May-28, Jul-02, Aug-06, Sep-10	<b>Tuesday</b> Apr-24, May-29, Jul-03, Aug-07, Sep-11	<b>Wednesday</b> Apr-25, May-30, Jul-04, Aug-08, Sep-12	<b>Thursday</b> Apr-26, May-31, Jul-05, Aug-09, Sep-13	<b>Friday</b> Apr-27, Jun-01, Jul-06, Aug-10, Sep-14	<b>Saturday</b> Apr-28, Jun-02, Jul-07, Aug-11, Sep-15
<b>Breakfast</b>						
Buttered Waffles Choice of Eggs Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Breakfast Ham Slice Lemon Bread Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Croissant Sandwich Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Wheat Toast Peanut Butter Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Meatloaf Sour Cream & Chive Mashed Potatoes Green Beans Fresh Baked Roll Apple Brown Betty Brown Gravy Margarine Coffee/Tea	Teriyaki Chicken White Rice Glazed Sugar Snap Peas Honey Wheat Dinner Roll Peach Crisp Margarine Coffee/Tea	Shrimp Scampi Whole Wheat Linguine Pasta Tuscan Vegetable Blend Tossed Salad Chocolate Cheesecake Bars Choice of Dressing Margarine Coffee/Tea	Comflake Chicken Breast Red Skin Mashed Potatoes Spinach Southern Style Biscuit Cherry Fruit Cobbler Margarine Coffee/Tea	Beef Enchilada Mexican Fiesta Rice Refried Beans Peanut Butter Cookie Margarine Coffee/Tea	Cabbage Roll Stuffed w/Sauce Mashed Potatoes Brown Gravy Harvard Beets Dinner Roll Lemon Mousse Margarine Coffee/Tea	Creamy Beef Pasta Potatoes Romanoff Asparagus Buttered Breadstick Frosted Marble Cake Margarine Coffee/Tea
<b>Dinner</b>						
Manicotti with Parmesan Cheese Tossed Salad Garlic Bread Knot Blueberries Choice of Dressing Margarine 2% Milk Coffee/Tea	Potato Leek Soup Saltines Grilled Ham & Cheese Sandwich Dilled Carrots Cinnamon Apples Margarine 2% Milk Coffee/Tea	Bacon-Wrapped Beef Burger Lettuce / Tomato / Onion Pasta Salad Corn on the Cob Watermelon Ketchup Mustard Packet Margarine 2% Milk Coffee/Tea	Macaroni & Cheese Stewed Tomatoes Dinner Roll Chilled Peaches Margarine 2% Milk Coffee/Tea	Broccoli Cheese Soup Saltines Deli Plate w/Potato Salad Pineapple Chunks 2% Milk Coffee/Tea	Swedish Meatballs Egg Noodles Green Peas Honey Wheat Dinner Roll Orange Wedges Margarine 2% Milk Coffee/Tea	Ham & Sweet Potato Casserole Parslied Cauliflower Corn Muffin Fruit Compote Margarine 2% Milk Coffee/Tea

<b>Sunday</b> Apr-29, Jun-03, Jul-08, Aug-12, Sep-16	<b>Monday</b> Apr-30, Jun-04, Jul-09, Aug-13, Sep-17	<b>Tuesday</b> May-01, Jun-05, Jul-10, Aug-14, Sep-18	<b>Wednesday</b> May-02, Jun-06, Jul-11, Aug-15, Sep-19	<b>Thursday</b> May-03, Jun-07, Jul-12, Aug-16, Sep-20	<b>Friday</b> May-04, Jun-08, Jul-13, Aug-17, Sep-21	<b>Saturday</b> May-05, Jun-09, Jul-14, Aug-18, Sep-22
<b>Breakfast</b> Pancakes Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Breakfast Ham Slice Orange Sticky Bun Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Sausage Patty Raisin Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Quiche Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Blueberry Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Whole Wheat English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Breakfast Casserole Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b> Chicken Quesadilla Herb Glazed Carrots Mexican Rice Raspberry Parfait Pie Margarine Coffee/Tea	Hamburger Roasted Sweet Potato Wedges Cottage Cheese Oreo Cookie Blondies Margarine Coffee/Tea	Pollock Almondine Rice Pilaf Chalet Garlic Vegetable Blend Fresh Baked Roll Pineapple Upside Down Cake Margarine Coffee/Tea	Roast Turkey AuGratin Potatoes Peas & Carrots Honey Wheat Dinner Roll Blueberry Crisp Margarine Coffee/Tea	Country Fried Steak Whipped Sweet Potatoes Lima Beans Cheese Biscuit Butterscotch Brownie Parfait Margarine Coffee/Tea	Ham Slice Parmesan Noodles Parslied Cauliflower Dinner Roll Margarine Coffee/Tea Cherry Crisp	Beef Pepper Patty Baked Potato Corn on the Cob Zucchini Bars Sour Cream and Chives Margarine Coffee/Tea
<b>Dinner</b> Navy Bean Soup Saltines Egg Salad Sandwich Marinated Cucumbers & Tomatoes Red Grapes 2% Milk Coffee/Tea	Herbed Pork Loin Red Bliss Potatoes Corn Dinner Roll Berry Applesauce Margarine 2% Milk Coffee/Tea	Breaded Chicken Sandwich Green Beans Banana Margarine 2% Milk Coffee/Tea	Baked Ziti Tossed Salad Garlic Toast Strawberries Parmesan Cheese Choice of Dressing Margarine 2% Milk Coffee/Tea	Baked Potato Soup Saltines Chicken Reuben Sandwich Broccoli Watermelon Margarine 2% Milk Coffee/Tea	Chef's Salad Breadstick Diced Pears 2% Milk Coffee/Tea	Homestyle Veal Tossed Salad Buttered Breadstick Cottage Cheese & Peaches Choice of Dressing Margarine 2% Milk Coffee/Tea

Sunday May-06, Jun-10, Jul-15, Aug-19	Monday May-07, Jun-11, Jul-16, Aug-20	Tuesday May-08, Jun-12, Jul-17, Aug-21	Wednesday May-09, Jun-13, Jul-18, Aug-22	Thursday May-10, Jun-14, Jul-19, Aug-23	Friday May-11, Jun-15, Jul-20, Aug-24	Saturday May-12, Jun-16, Jul-21, Aug-25
<b>Breakfast</b>						
Hot or Cold Cereal Egg & Cheese Sandwich Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Eggs Pancakes Sausage Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Biscuits and Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Bacon Assorted Donut Strawberry Smoothie Margarine Juice of Choice 2% Milk Coffee/Tea	Buttered Waffles Turkey Links Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Patty Choice of Danish Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Denver Ham Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Beef Brisket Garlic Mashed Potatoes Capri Vegetable Blend Wheat Bread Key Lime Meringue Pie Margarine Coffee/Tea	Grilled Cajun Pork Chop Roasted Sweet Potato Wedges Broccoli and Cheese Dinner Roll Frosted Banana Cake Margarine Coffee/Tea	Beef Teriyaki White Rice Sugar Snap Peas Turtle Squares Margarine Coffee/Tea	Blackberry Dijon Chicken Rosemary Roasted Potatoes California Vegetable Blend Fresh Baked Roll Orange Cream Bars Margarine Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Spinach Wheat Bread Peanut Butter Pie Margarine Coffee/Tea	Spaghetti Sauce w/Meat Spaghetti Noodles Italian Green Beans Tossed Salad Garlic Toast Red Velvet Cake Choice of Dressing Margarine Coffee/Tea	Italian Baked Chicken Parslied Potatoes Tuscan Vegetable Blend Zucchini Carrot and Cheese Bread Muddy Buddy Dessert Margarine Coffee/Tea
<b>Dinner</b>						
Salmon Burger Lettuce / Tomato / Onion French Fries Banana Tartar Sauce Ketchup 2% Milk Coffee/Tea	Tuscan Bean & Sausage Soup Saltines Grilled Chicken Breast Swch Lettuce / Tomato / Onion Orange Wedges Mayonnaise Packet 2% Milk Coffee/Tea	Turkey Goulash Green Beans & Mushrooms Tossed Salad Choice of Dressing Watermelon Margarine 2% Milk Coffee/Tea	Italian Meatball Sub with Sauce Creamy Cole Slaw Pineapple Chunks Parmesan Cheese 2% Milk Coffee/Tea	Brd Chicken w/Broccoli & Cheddar Paprika Roasted Potato Succotash Vegetable Blend Cornbread Apple Slices Margarine 2% Milk Coffee/Tea	Creole Fish Long Grain & Wild Rice Creamed Peas Fresh Baked Roll Fresh Fruit Cup Margarine 2% Milk Coffee/Tea	Cheeseburger Soup Saltines Deli Sandwich Broccoli Raisin Salad Red Grapes 2% Milk Coffee/Tea

**BARUCH- BLISSFIELD PLACE**

**Copy of Senior Living S/S Midwest**

**Regular/NAS/Consistent CHO Week 5**

<b>Sunday</b> May-13, Jun-17, Jul-22, Aug-26	<b>Monday</b> May-14, Jun-18, Jul-23, Aug-27	<b>Tuesday</b> May-15, Jun-19, Jul-24, Aug-28	<b>Wednesday</b> May-16, Jun-20, Jul-25, Aug-29	<b>Thursday</b> May-17, Jun-21, Jul-26, Aug-30	<b>Friday</b> May-18, Jun-22, Jul-27, Aug-31	<b>Saturday</b> May-19, Jun-23, Jul-28, Sep-01
<b>Breakfast</b>						
Hot or Cold Cereal Choice of Eggs Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Pancakes Scrambled Eggs Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Whole Wheat English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Sausage Links Lemon Bread Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Strawberry Coffee Cake Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Turkey Links Raisin Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheesy Scrambled Egg Bacon Banana Bran Muffin Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Honey Mustard Pork Tenderloin Roasted Potato Medley Dilled Carrots Fresh Baked Roll Peach Fruit Cobbler Margarine Coffee/Tea	Pepper Steak White Rice Sugar Snap Peas Honey Wheat Dinner Roll Brownie Bread Pudding Margarine Coffee/Tea	Fried Fish Potato Wedges Mandarin Cole Slaw Dinner Roll Oatmeal Raisin Cookie Margarine Coffee/Tea	Baked Spaghetti Green Beans Garlic Bread Knot Baked Custard Parmesan Cheese Margarine Coffee/Tea	Lime Tarragon Chicken Mexican Fiesta Rice Seasoned Black Beans Fried Cornbread Cakes Cherry Chocolate Bar Margarine Coffee/Tea	Panko Crusted Tilapia Parsley Noodles Creamed Spinach Fresh Baked Roll Strawberry Pretzel Squares Margarine Coffee/Tea	Italian Sausage w/ Peppers & Onions American Fried Potatoes Tossed Salad Honey Wheat Dinner Roll Lemon Poppyseed Cake Choice of Dressing Margarine Coffee/Tea
<b>Dinner</b>						
Corned Beef and Cabbage Soup Saltines Grilled Turkey & Swiss Sandwich Prince Charles Veggie Blend Berry Applesauce Margarine 2% Milk Coffee/Tea	Vegetable Lasagna Broccoli Tossed Salad Buttered Breadstick Strawberry & Banana Cup Choice of Dressing Margarine 2% Milk Coffee/Tea	BBQ Chicken Breast Baked Beans Corn on the Cob Southern Style Biscuit Chilled Peaches Margarine 2% Milk Coffee/Tea	Creamy Garden Veg Soup Saltines Grilled Ham & Cheese Sandwich Peas & Carrots Pineapple Chunks Margarine 2% Milk Coffee/Tea	Breaded Veal Patty Mushroom Gravy Red Skin Mashed Potatoes Chalet Garlic Vegetable Blend Honey Wheat Dinner Roll Fruit Compote Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Turkey Sub Sandwich Tri-Color Potato Salad Mandarin Oranges 2% Milk Coffee/Tea	Macaroni & Cheese Stewed Tomatoes Dinner Roll Diced Pears Margarine 2% Milk Coffee/Tea