



	Sun 10-13-2024	Mon 10-14-2024	Tue 10-15-2024	Wed 10-16-2024	Thu 10-17-2024	Fri 10-18-2024	Sat 10-19-2024
B R E A K F A S T	1 - Denver Omelet 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Bacon and Egg Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Brown Sugar French Toast 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Cinnamon and Sugar Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Cheesy Scrambled Eggs 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - English Muffin Breakfast Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Buttermilk Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Rosemary Lemon Chicken 3 oz Maple Crusted Beef Roast 1/2 c Garlic Pasta 1/2 c Green Beans Italian 1 - Baked Roll 1 slice Vanilla Cream Pie	1 c Green Salad 3 oz Pork Tenderloin 1 slice Quiche Florentine 1/2 c Candied Yams 1/2 c Roasted Brussels Sprouts 1 - Baked Roll 3"x 2" pc Blueberry Coffee Cake	1 c Green Salad 3 oz Beef Tips with Sauce 3 oz Grilled Fish with Aioli Sauce 1/2 c Herb Mashed Potatoes 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Maple Bread Pudding	1 c Green Salad 3 oz Homestyle Turkey with Gravy 3 oz Peachy Pork Chop 1/2 c Sage Stuffing 1/2 c Buttered Squash 1 - Baked Roll 1/2 c Apple Cobbler	1 c Green Salad 3 oz Cranberry Glazed Ham 3 oz Parmesan Crusted Chicken 1/2 c AuGratin Potatoes 1/2 c Roasted Carrots 1 - Baked Roll 3"x 2" pc Spiced Pear Cake	1 c Green Salad 4 oz Meatballs with Marinara Sauce 3 oz Baked Salmon with Basil Cream Sauce 1/2 c Angel Pasta 1/2 c Oven Roasted Broccoli 1 - Baked Roll 3"x 2" pc Peanut Butter Brownie	1 c Green Salad 3 oz Garlic Broiled Chicken Breast 3 oz Corned Beef Brisket 1/2 c Smashed Red Potatoes 1/2 c Capri Blend 1 - Baked Roll 1/2 c Berry Trifle
D I N N E R	2/3 c Fresh Tomato Soup 1 - Grilled Cheese Sandwich 1/2 c Turkey Salad 1/2 c Soft Fall Fruit Salad 1/2 c Farm Fresh Vegetables 1 - Chocolate Chip Cookie	2/3 c Garden Vegetable Soup 1 c Shrimp Fettuccine Alfredo 1 - Classic French Dip Sandwich 1/2 c Roasted Zucchini 1 oz Garlic Bread 1/2 c Sherbet	2/3 c Navy Bean Soup 1 - Crispy BBQ Chicken Salad 1 - Sausage Country Gravy with Biscuits 3"x 2" pc Fresh Cornbread 1/2 c Grapes	2/3 c Classic Minestrone Soup 1 c Shepherd's Pie 1 - Cottage Cheese and Fruit Platter 1/2 c Raspberry Jello Salad 1/2 c Roasted Cauliflower 3"x 2" pc Carrot Cake Bar	2/3 c Vegetable Rice Soup 1 c Taco Cornbread Casserole 1/2 - BLT Avocado Wrap 1/2 c Select Orange Salad 1/2 c Southwest Vegetable Medley 1/2 c Layered Pudding	2/3 c Cream of Celery Soup 2 - Ham and Cheese Sliders 1 c Chicken Bacon Rice Casserole 1/2 c Pineapple Coleslaw 1/2 c Baked Cinnamon Apples	2/3 c Vegetable Macaroni Soup 1 - Pepperoni and Mushroom Pizza 1 c Creamy Italian Shells 1/2 c Assorted Fruit 1/2 c Tossed Vegetable Salad 1 - Crusty Garlic Bread 1 - Chocolate Chip Rice Krispies Treats
	Milk offered at every meal						Week 1

Weekly Menu

The Charmed Table



	Sun 10-20-2024	Mon 10-21-2024	Tue 10-22-2024	Wed 10-23-2024	Thu 10-24-2024	Fri 10-25-2024	Sat 10-26-2024
B R E A K F A S T	1 c Baked Hash Browns with Bacon 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Belgian Waffle 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Breakfast Burrito 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Cinnamon French Toast 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Breakfast Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice	2 - Blueberry Pancakes 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	2/3 c Creamy Oatmeal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	1 c Green Salad 3 oz Tangy Pork Roast 3 oz Beef Roast 1/2 c Baked Yams 1/2 c Beets 1 - Baked Roll Pc 2" Chocolate Turtle Cake	1 c Green Salad 3 oz Chicken Fried Steak and Gravy 3 oz Turkey Divan 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots 1 - Baked Roll 1 slice Pumpkin Pie	1 c Green Salad 3 oz Creamy Dill Chicken 1 c Sausage and Peppers 1/2 c Rice Pilaf 1/2 c Yellow Squash and Onions 1 - Baked Roll 1/2 c Fruit Crisp	1 c Green Salad 3 oz Sour Cream Cheddar Baked Fish 3 oz Maple Glazed Ham Steak 1/2 c Roasted Potato Medley 1/2 c Seasoned Broccoli 1 - Baked Roll 1/2 c Lemon Mousse Dessert	1 c Green Salad 3 oz Smothered Cube Steak 3 oz Spinach Turkey Meatballs 1/2 c Buttered Noodles 1/2 c Peas and Mushrooms 1 - Baked Roll 3"x 2" pc Grandma's Brown Sugar Cake	1 c Green Salad 3 oz Butter Crumb Chicken 3 oz Grilled Shrimp 1/2 c Parsley Potatoes 1/2 c California Blend 1 - Baked Roll 1 slice Cherry Cheesecake	1 c Green Salad 3 oz St. Louis BBQ Pork Ribs 3 oz Braised Beef Brisket 1 - Baked Sweet Potato 1/2 c Southern Green Beans 3"x 2" pc Fresh Cornbread 1/2 c Southern Peach Cobbler
D I N N E R	2/3 c Cream of Broccoli Soup 1 c Roasted Chicken and Red Potatoes 2 c Chef Salad 1/2 c Cinnamon Fruit Cup 1/2 c Brussels Sprouts 3"x 2" pc Maple Bar	2/3 c Homestyle Vegetable Soup 1 c Baked Crab Macaroni and Cheese 1 - Egg Salad Sandwich 1/2 c Lemon Pepper Green Beans 1/2 c Fruit Toss	2/3 c Basil Tomato Soup 1 - Grilled Roast Beef Sandwich 1 - Turkey Provolone Melt 1/2 c Creamy Peach Salad 2 oz Pickle Spear 1/2 c Marinated Potato Salad 1 - Peanut Butter Oatmeal Cookie	2/3 c Corn Chowder 3 oz Pork Medallions and Biscuits 1 - Italian Sub Sandwich 1/2 c Pear Fruit Cup 1/2 c Mixed Vegetables 1 - Ice Cream Sandwich	2/3 c Cream of Cauliflower Soup 1 c Ham and Beans 1 - Chicken Salad on Croissant 1/2 c Apple Salad 1/2 c Collard Greens 1/2 c Rice Pudding	2/3 c Vegetable Medley Soup 2 c Taco Salad 1 - Cheese Quesadilla 1/4 c Guacamole 1/2 c Pineapple Cream Fruit Salad	2/3 c Creamed Spinach Soup 1 c Chicken Rigatoni 1 - All Beef Hot Dog 1/2 c Fresh Fruit Salad 1/2 c Sauteed Zucchini 1 - Double Chocolate Chip Cookie
	Milk offered at every meal						Week 2

Weekly Menu

The Charmed Table



	Sun 10-27-2024	Mon 10-28-2024	Tue 10-29-2024	Wed 10-30-2024	Thu 10-31-2024	Fri 11-01-2024	Sat 11-02-2024
B R E A K F A S T	1 - Oatmeal Raisin Muffin 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Ham Egg Muffin Sandwich 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Texas French Toast 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Fried Egg 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuit	1 c Potato Omelet Bake 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Perfect Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1 c Sausage Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
L U N C H	1 c Green Salad 3 oz Meatloaf 3 oz Caprese Chicken 1/2 c Garlic Roasted Potatoes 1/2 c Herb Sautéed Vegetables 1 - Baked Roll 1/10th - Homemade Chocolate Cream Pie	1 c Green Salad 3 oz Herb Crusted Chicken 3 oz Baked Lemon Pepper Salmon 1/2 c Seasoned Rice 1/2 c Whole Green Beans 1 - Baked Roll 1/2 c Fruit Cobbler	1 c Green Salad 3 oz Spiced Apple Pork Chops 3 oz Rosemary Roasted Turkey 1/2 c Homestyle Stuffing 1/2 c Baked Squash 1 - Baked Roll 3"x 2" pc Banana Pudding Poke Cake	1 c Green Salad 3 oz Classic Salisbury Steak and Gravy 3 oz Thyme Glazed Ham 1/2 c Sour Cream Potatoes 1/2 c Country Trio Medley 1 - Baked Roll 3"x 2" pc German Chocolate Brownie	1 c Green Salad 1 - Sweet and Sour Drumsticks 3 oz Pork Roast Teriyaki 1/2 c Easy Lo Mein 1/2 c Stir-Fry Vegetables 1 - Spring Egg Roll 1 slice Pineapple Cream Pie	1 c Green Salad 3 oz Seasoned Parmesan Fish 3 oz Sirloin Steak 3 oz Steamed Red Potatoes 1/2 c Sautéed Spinach 1 - Baked Roll 1/2 c Honey Bread Pudding	1 c Green Salad 1 c Hungarian Goulash 3 oz Turkey Roast with Stuffing 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 3"x 2" pc Autumn Spice Cake
D I N N E R	2/3 c Fresh Vegetable Soup 1 - Shredded Pork Sandwich 1 c Shrimp and Grits 1/2 c Fall Fruit Salad 1/2 c Pickled Beets and Onions 1 slice Pumpkin Bread	2/3 c Cream of Mushroom Soup 1 - Baked Potato with Chili 1 - Open Face Sandwich 1/2 c Pears 1 c Green Salad 1 - No Bake Cookie	2/3 c Italian Vegetable Soup 1 c Three Cheese Chicken Penne 1 - Grilled Mozzarella Tomato Sandwich 1/2 c Oven Roasted Broccoli 1 oz Garlic Bread 1/2 c Fruit Medley	2/3 c Homestyle Bean Bacon Soup 3 oz Fish and Chips 1 - Cranberry Turkey Wrap 1/2 c Assorted Fruit 1/2 c Southern Coleslaw 1/2 c Strawberry Ice Cream	2/3 c Garden Tomato Soup 1 - Hero Sandwich 1 c Beef and Corn Casserole 1/2 c Three Bean Salad 1/2 c Select Peach Salad	2/3 c Pasta Fagioli Soup 1 - Meat Lover's Pizza 1 - Reuben Sandwich 1/2 c Grapes 1 c Light Caesar Salad 1 - Parmesan Breadsticks 1 - Peanut Butter M&M Cookie	2/3 c Cream of Vegetable Soup 1 - Chicken Patty Sandwich 1 - Potato and Cheese Burrito 1/2 c Mandarin Oranges 1 c Pickle Relish Plate 3 oz French Fries 3"x 2" pc Applesauce Bars
Milk offered at every meal							Week 3

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Dietitian's Signature: *Diana Jagan 610128*
4-29-2024

Weekly Menu

The Charmed Table



	Sun 11-03-2024	Mon 11-04-2024	Tue 11-05-2024	Wed 11-06-2024	Thu 11-07-2024	Fri 11-08-2024	Sat 11-09-2024
B R E A K F A S T	1/2 c Egg Mushroom Scramble 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2 - Homestyle Pancakes 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Spanish Omelet 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 c Ham Egg and Cheese Casserole 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Bagel and Cream Cheese 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Cinnamon Belgian Waffles 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Bacon Egg Muffin 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Baked Ham 3 oz Beef Roast with Gravy 1/2 c Scalloped Potatoes 1/2 c Seasoned Cauliflower 1 - Baked Roll 1/2 c Pear Crisp	1 c Green Salad 3 oz Melt In Your Mouth Chicken 3 oz Country Fried Shrimp 1/2 c Garlic Parmesan Rice 1/2 c Roasted Zucchini 1 - Baked Roll Pc 2" Chocolate Chip Cake	1 c Green Salad 3 oz Swedish Meatballs 3 oz Lemon Oregano Turkey 1/2 c Noodles 1/2 c Mixed Vegetables 1 - Baked Roll Pc 2" Caramel Gingerbread Bars	1 c Green Salad 3 oz Honey Mustard Pork 3 oz Marinated Chicken 1/2 c Roasted Sweet Potatoes 1/2 c Green Beans 1 - Baked Roll 1 slice Fresh Coconut Cream Pie	1 c Green Salad 3 oz Beef Patty with Mushroom Sauce 3 oz Tarragon Chicken 1 - Baked Potato 1/2 c Lemon Glazed Carrots 1 - Baked Roll 1/2 c Berry Buckle Cake	1 c Green Salad 3 oz Baked Cod Fillet 3 oz Slow Cooked Pork Chops 1/2 c Seasoned Rice 1/2 c Normandy Blend 1 - Baked Roll 1 - Pudding Tart	1 c Green Salad 3 oz Turkey Cutlets with Pan Gravy 2/3 c Beef Burgundy 1/2 c Mashed Red Potatoes 1/2 c Bacon Brussels Sprouts 1 - Baked Roll 1 Pc 2" Pumpkin Squares
D I N N E R	2/3 c Beet Bisque 1 - Grilled Turkey and Swiss Sandwich 1 - Stuffed Pork Peppers 1/2 c Fruit Cocktail 1/2 c Carrot Raisin Salad 1 - Maple Oatmeal Cookie	2/3 c Garden Vegetable Soup 1 c Ravioli with Herb Cream Sauce 1 - Ranch Burger 1/2 c Capri Blend 1/2 c Peach Jello Salad	2/3 c Tomato Florentine Soup 1 c Cranberry Apple Chicken Salad 1 - Hot Ham Cheese Sandwich 1/2 c Chef's Steamed Vegetable 1 - Mini Croissant Roll 1/2 c Vanilla Pudding	2/3 c Fresh Vegetable Soup 1 c Baked Ziti 1 - Tuna Melt on Rye 1/2 c Assorted Fruit 1 c Lettuce Tomato Salad 1 slice Classic Banana Bread	2/3 c Butternut Squash Soup 1/2 - Turkey Club Sandwich 1 c Sausage and Rice Casserole 1/2 c Ambrosia 1 c Vegetable Sticks 1/2 c Ice Cream	2/3 c Vegetable Medley Soup 1 c Beef Enchilada Casserole 1 - Cheese Quesadilla 1/2 c Mexicali Corn 1/2 c Tangy Pear Salad	2/3 c Minestrone Soup 3 oz Parmesan Chicken Strips 2 - BBQ Pulled Pork Slider 1/2 c Baked Cinnamon Apples 1/2 c Sauteed Yellow Squash 10 - Tater Tots 1 - Soft Snickerdoodle
	Milk offered at every meal						Week 4



	Sun 11-10-2024	Mon 11-11-2024	Tue 11-12-2024	Wed 11-13-2024	Thu 11-14-2024	Fri 11-15-2024	Sat 11-16-2024
B R E A K F A S T	2 - Fluffy Pancakes 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice	1/2 c Egg and Ham Scramble 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1/2 c Country Gravy and Biscuits 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - French Texas Toast Bake 1 oz Sausage Link 1/2 c Fresh Fruit 1/2 c 100% Juice	1 - Fried Egg 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	2/3 c Bananas Foster Oatmeal 1 - Egg of Choice 1/2 c 100% Juice 1 slice Whole Grain Toast	1 - Egg Sausage Croissant 1/2 c Fresh Fruit 1/2 c 100% Juice
L U N C H	1 c Green Salad 3 oz Seasoned Pot Roast 3 oz Glazed Salmon 1/2 c Parmesan Mashed Potatoes 1/2 c Maple Roasted Carrots 1 - Baked Roll 1 slice Chocolate Banana Cream Pie	1 c Green Salad 3 oz Buttermilk Baked Chicken 3 oz Veal Steak and Onions 1/2 c Fresh Cooked Yams 1/2 c Seasoned Cabbage 1 - Baked Roll 1/2 c Cherry Cobbler	1 c Green Salad 3 oz Pork Chops with Sour Cream Sauce 3 oz Beef Cube Steaks 1/2 c Parsley Potatoes 1/2 c Mixed Vegetables 1 - Baked Roll 1 slice Angel Food Cake	1 c Green Salad 3 oz Pepper Steak with Gravy 3 oz Turkey with Mushroom Sauce 1/2 c Southwest Rice 1/2 c Seasoned Zucchini 1 - Baked Roll 1/2 c Hot Fudge Sundae	1 c Green Salad 3 oz Chicken with Dijon Sauce 3 oz Oven Roasted Pork Loin 1/2 c Homestyle Stuffing 1/2 c Steamed Broccoli 1 - Baked Roll 1 slice Caramel Apple Pie	1 c Green Salad 3 oz Breaded Fish Fillet 3 oz Baked Sliced Ham 1/2 c Seasoned Fried Potatoes 1/2 c Chef's Steamed Vegetable 1 - Baked Roll 1/2 c Fruit Crisp	1 c Green Salad 3 oz Mozzarella Meatloaf 3 oz Marinated Turkey 1/2 c Herb Roasted Red Potatoes 1/2 c Seasoned Peas 1 - Baked Roll 3"x 2" pc Yellow Cake
D I N N E R	2/3 c Cream of Cauliflower Soup 1 - Monterrey Ham Hoagie 1 c Turkey and Potato Casserole 1/2 c Four Fruit Medley 1/2 c Garlic Green Beans 3"x 2" pc Toffee Bar	2/3 c Potato Spinach Soup 1 c Broccoli Cheese Casserole 1 - Homestyle Sloppy Joes 1/2 c Peach Fruit Cup 1/2 - Herb Roasted Tomatoes 1 - Herb Pull Apart Roll 1 - Pumpkin Chocolate Chip Cookie	2/3 c Italian Vegetable Soup 2/3 c Chicken Parmesan Dish 1 slice New York Style Pizza 1/2 c Pears 1/2 c Chef's Steamed Vegetable 1 oz Garlic Bread 1/2 c Lemon Lush Pudding	2/3 c Fresh Tomato Soup 1 - Crab Salad Croissant 1 c Sausage and Potatoes 1 - Orange Slices 1/2 c Zesty Cucumber Salad 1 - Strawberry Oatmeal Bars	2/3 c Homestyle Vegetable Soup 1 c Classic Beef Stroganoff 1 - Hot Turkey Sandwich with Gravy 1/2 c Carrot Green Bean Blend 1 - Breadsticks 1/2 c Jello Salad	2/3 c Greek Lentil Soup with Lemon 1 - Chicken Gyro 1 c Fruit Salad Plate 1/2 c Grapes 2 slices Marinated Tomatoes 2 - Pita Chips 1 slice Zucchini Bread	2/3 c Vegetable Barley Soup 1 c Roasted Pork and Yams 1 - Baked Potato Bar 1/2 c California Blend 3"x 2" pc Fresh Cornbread 1/2 c Winter Fruit Salad
	Milk offered at every meal						Week 5