

The attached (lunch only) menu is included to show the alternatives available in addition to those listed below the main menu.

Meal times are as follows:

Breakfast - 9 am

Lunch – 12pm

Snacks and sandwich ingredients are always available upon request at any time during the day, taking into consideration safety precautions and supervision needs.

CAZENOVIA SENIOR SERVICES

CYCLE TWO

Monday	Tuesday	Wednesday	Thursday	Friday
ASST. JUICE HOT/COLD CEREAL ENGLISH MUFFINS HARD BOILED EGG BANANA	ASST. JUICE ASST. HOT/COLD CEREAL WHOLE WHEAT BAGEL CREAM CHEESE	ASST. JUICE ASST. HOT/COLD CEREAL WHOLE WHEAT TOAST BANANA	ASST. JUICE ASST. HOT/COLD CEREAL ENGLISH MUFFINS FRESH HONEY DEW/ CANTALOEPE	ASST. JUICE ASST. HOT/COLD CEREAL WHOLE WHEAT BAGELS HARD BOILED EGG BANANA
TOSSED SALAD	TOSSED SALAD	TOSSED SALAD	TOSSED SALAD	TOSSED SALAD
SWEET & SOUR MEATBALL OVER RICE ASIAN BLEND VEG	CHICKEN TERYAKI RICE PILAF VEGETABLE BLEND CINNAMON APPLES	HAMBURGER/BUN BAKED BEANS POTATO SALAD MIXED FRESH MELONS CANTALOEPE/HONEYDEW	BBQ PORK LOIN MASHED POTATO PEAS CHUNKY APPLESAUCE	FISH SANDWICH TATER TOTS CALIFORNIA BLEND LEMON PUDDING DIET PUDDING
ALT: STUFFED SHELLS/MEAT	ALT: VEGGIE LASAGNA	ALT: BBQ CHICKEN	ALT: MANICOTTI	ALT: RST. TURKEY/IGY

AVAILABLE DAILY AND ON REQUEST: WHOLE WHEAT AND WHITE BREAD, CRACKERS, ASST COOKIES
 CEREAL: SHREDDED WHEAT, CORN FLAKES, CHEERIOS, RAISIN BRAN, ALL BRAN, RICE CRISPIES, OATMEAL AND CREAM OF WHEAT
 JUICES, ORANGE CRANBERRY, APPLE
 YOGURT, COTTAGE CHEESE, HARD BOILED EGGS, PEANUT BUTTER, JELLY
 ALLERGY: ITEMS HIGHLIGHTED CONTAIN ONE OR MORE OF FOLLOWING: APPLES, LEMONS, BANANAS, TOMATOES, SHELLFISH, SESAME.
 OTHER ALLERGIES ARE TAKEN INTO CONSIDERATION AND ELIMINATED FROM INDIVIDUALS MEAL PLAN AS INDICATED

CYCLE THREE

CAZENOVIA SENIOR SERVICES

Monday	Tuesday	Wednesday	Thursday	Friday
ASST. JUICE HARD BOILED EGG ENGLISH MUFFINS PEANUT BUTTER	ASST. JUICE WHOLE WHEAT TOAST BANANA	ASST. JUICE HARD BOILED EGGS WHOLE WHEAT BAGEL CREAM CHEESE	ASST. JUICE ENGLISH MUFFINS PEANUT BUTTER HONEY DEW/CANTALOE	ASST. JUICE WHOLE WHEAT BAGELS CREAM CHEESE
TOSSED SALAD	TOSSED SALAD	TOSSED SALAD	TOSSED SALAD	TOSSED SALAD
HAM STEAK OVEN ROASTED POTATO SPINACH RICE PUDDING	RANCH CHICKEN WHIPPED SWEET POTATO WAX & GREEN BEANS FUNFETTI CAKE WITH FROSTING	HAMBURGER ON BUN BAKED BEANS PASTA SALAD WATERMELON	ROAST PORK WITH GRAVY GARLIC MASHED BROCCOLI STRAWBERRIES & CREAM	STUFFED SHELLS FRENCH STYLE GR. BEAN MANDARIN ORANGES
ALT: BAKED HERB CHICKEN	ALT: QUICHE LORRAINE	ALT: SAUSAGE LINK/BUN	ALT: VEAL PATTY	ALT: BAKED HAM YAMS

AVAILABLE DAILY AND ON REQUEST: WHOLE WHEAT AND WHITE BREAD, CRACKERS, ASST COOKIES
 CEREAL, SHREDDED WHEAT, CORN FLAKES, CHEERIOS, RAISIN BRAN, ALL BRAN, RICE CRISPIES, OATMEAL AND CREAM OF WHEAT
 JUICES: ORANGE, APPLE, CRANBERRY
 YOGURT, COTTAGE CHEESE, HARD BOILED EGGS, PEANUT BUTTER, JELLY
 * ALLERGY: ITEMS HIGHLIGHTED CONTAIN ONE OR MORE OF FOLLOWING ITEMS, APPLES, LEMONS, BANANAS, TOMATOES, SHELLFISH
 SESAME. * OTHER ALLERGENS ELIMINATED FROM INDIVIDUAL'S PLAN AS INDICATED

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						

LUNCH

Turkey, roast W/gravy	Ham, Steak Grilled	Chicken, ranch Bkd	Beef hamburger/bun	Pork, roast W/gravy	Cheese, stuffed Shells	Sand, ht.r. beef+gry
Beef, liver, w/bacon/onion	Chicken, Baked	Quiche, lorraine	Pork, sausage Link/bun	Veal, patty	Ham, baked Plain	Pork, chop W/gravy
Sauce, cranberry	Potato, oven Brownd	Potato, sweet Mashed	Beans, Baked	Potato, garlic Mashed	[+]	Potato, wedges
	Rice	Veg, green/wax Bns.	Potato, Whipped	Rice	Potato, sweet Candied	Potato, Whipped
Potato, Whipped	Veg, spinach	Veg, brussel Sprout	Salad, pasta	Veg, broccoli	Veg, green Beans	Veg, mixed
Potato, fried	Veg, green Bean, ital.	Cake, confetti	Veg, spinach	Veg, mixed	Veg, carrots	Veg, capri Mix
Veg, butternut Squash	Pudding, rice	Fruit, applesauce	Fruit, watermelon	Fruit, straww Cream	Fruit, mand. Orange	Butter
Veg, wax Beans	Pudding, any	Butter	Fruit, Oranges	Cookie, any	Pudding, any	Butter
Pie, lemon Meringue	Butter	Milk, whole	Ketchup	Butter	Butter	Cake, pound
Cookie any	Butter	Milk, whole	Mustard	Milk, whole	Milk, whole	Fruit, canned
Roll, Dinner	Milk, whole	Milk, whole	Milk, whole			Milk, whole
Butter						

SUPPER

BREAKFAST

LUNCH

Ham, Bkd/ft Sas/on	Beef, swtstr. Meatballs	Chicken, Teriyaki	Beef, hamburger/bun	Pork, Loin Bbq	Fish Sandwich	Chick, caesar Chicken
Seaf, popcorn Shrimp	Cheese, stuffed Shells	Lasagna, vegetable	Chicken, bbq	Cheese, Manicotti	Turkey, roast W/gravy	Veal, parmesan
Potato, sweet Candied	[R]Rice	Rice, Pilaf	Beans, Baked	[+] Cheese, parmesan	[R]Sauce, tartar	Rice, wild
Potato, french Frie	[+] Cheese, parmesan	Veg, mixed	Potato, Whipped	[R]Potato, Whipped	Potato, tater Tots	Pasta, noodles, buttered
Veg, Asparagus	Veg, Asian Mix	Veg, corn	Salad, potato	Veg, peas	Potato, Whipped	Veg, german Blend
Veg, peas	Veg, broccoli	Fruit, apple, Carmel Sauce	Veg, carrots	Veg, cauliflower	Veg, california Mix	Veg, carrots
Roll, Dinner	Butter	Frt, Fresh, frt Cup	Fruit, melon Mix	Frt, chunky Applesauce	Veg, peas	Fruit, cocktail
Pie, lemon Meringue	Butter	Butter	Ketchup	Fruit, mand. Orange	Pudding, lemon	Butter
Pudding, vanilla	Dess, cherry Crisp	Milk, whole	Mustard	Butter	Fruit, parfait	Milk, whole
Butter	Milk, whole	Milk, whole	Milk, whole	Milk, whole	Milk, whole	Milk, whole
Milk, whole	Milk, whole					

SUPPER