

DINING MENU

Diet Spreadsheet DOMC - Spring 2022

Regular

GeriMenu REPORT: ZXSPEN1B

Menu: Standard Menu Week: 1 Signature: _____ RD# _____ 08/01/22 Page: 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange
Oatmeal	Cream Of Wheat	Oatmeal	Cream Of Rice	Oatmeal	Cold Cereal	Oatmeal
<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cream Of Rice</i>	<i>Cold Cereal</i>
French Toast Sticks	Pancakes	Eggs, Scrambled	French Toast	Eggs, Scrambled	Egg, Hard Cooked	Waffle
Eggs, Scrambled	Eggs, Scrambled	Waffle	Eggs, Scrambled	Pancakes	Cotch/can Frt.plt	Eggs, Scrambled
[+]	[+]	[+]	[+]	[+]	Muffin	[+]
Toast, Wheat	Toast, Wheat	Syrup	Toast, Wheat	Syrup	Margarine	Toast, Wheat
[+]	[+]	[R]Toast, Wheat	[+]	[R]Toast, Wheat	Margarine	[+]
Jelly	Jelly	Margarine/jelly	Jelly	Margarine/jelly	Milk, 2%	Jelly
Margarine	[R]Syrup	Margarine/jelly	[R]Syrup	Margarine/jelly	Coffee	[R]Syrup
Milk, 2%	Margarine	Milk, 2%	Margarine	Milk, 2%	Sugar/salt/pepper	Margarine
Coffee	Milk, 2%	Coffee	Milk, 2%	Coffee	Sugar/salt/pepper	Coffee
Sugar/salt/pepper	Coffee	Sugar/salt/pepper	Coffee	Sugar/salt/pepper		Milk, 2%
[R]Syrup	Sugar/salt/pepper		Sugar/salt/pepper			Sugar/salt/pepper
LUNCH						
Soup, Egg Drop	Soup, Chicken Noodle	Soup, Split Pea	Soup, Vegetable	Soup, Pasta Fagiola	Juice, Apple	Soup, Vegetable
Chicken Chow Mein	Turkey Meatballs, S/s	Bbq Chicken	Kielbasa / Sauerkraut	Pizza	Salami Platter	Salmon, Baked
<i>Turkey, Roast/gravy</i>	<i>Chicken, Roast</i>	<i>Fish, Breaded</i>	<i>Meatballs W/tom Sc</i>	<i>Blintzes, Blueberry</i>	<i>Egg Salad Platter</i>	<i>Hot Dog On Bun</i>
[+]	Potato, Mashed	[+]	[+]	[+]	[R]Mustard	[+]
Potato, Mashed	Carrots	Tartar Sauce	Hoagie	Sour Cream	Pasta Sld.tri-color	Mustard
[R]Rice		Potato, Baked	Bread, White	Veg, Mixed		Potato, Baked
Veg, Oriental Blend	Bread, White	Green Beans	Potato Knish	Fresh Fruit	Beet Salad	Spinach
<i>Green Beans</i>	Margarine	Pears	Zucchini	Milk, 2%	Roll, Challah	Bread
Pineapple			Carrots	Tea, Hot	Margarine	[R]Margarine
Tea, Hot	Fruit Cocktail	Margarine	Mustard	Sugar/salt/pepper	Cake, Choc.sponge	Tropical Fruit
Margarine	Tea, Hot	Bread, Wheat	Applesauce		Tea, Hot	Tea, Hot
Bread, Wheat	Sugar/salt/pepper	Tea, Hot	Margarine		Sugar/salt/pepper	Sugar/salt/pepper
Sugar/salt/pepper		Sugar/salt/pepper	Tea, Hot			
Fortune Cookies			Sugar/salt/pepper			
SUPPER						
Soup, Navy Bean	Soup, Butternut Squash	Soup Carrot Ginger	Soup, Cr Of Tomato	Grape Juice	Borscht	Soup, Split Pea
Omelet,cheese/veg.	Veg. Meat Sauce	Lf.macaroni & Cheese	Fish, Breaded	Soup, Chicken Noodle	Turkey Salad Platter	Eggplant Rollatini
<i>Fish Baked</i>	<i>Fish Baked</i>	<i>Fish Cake</i>	<i>Grilled Cheese /ww Bread</i>		<i>Gefilte Fish Platter</i>	<i>Blintzes, Apple</i>
Potato Hashbrown	[+]	[+]	[R]Tartar Sauce	Chicken, Herb Roast	3-bean Salad	[+]
	Potato, Mashed	Potato, Mashed		<i>Fish Baked</i>		<i>Sour Cream</i>
Veg, Calif. Blend	[R]Penne	[+]	[R]Sweet Potato, Bkd	Potato, Oven Rstd	Cole Slaw	Green Beans
		Tartar Sauce				Carrots
Roll W W.	Veg, Italian Blend	Broccoli	Beets	Carrots	Peaches	Ice Cream
Jello, Fruited	Roll, Garlic	Ice Cream, Strwbry	<i>Green Beans</i>	<i>Green Beans</i>	Tea, Hot	Bread
			[R]Roll W W.	Cake	Sugar/salt/pepper	Margarine
Ketchup	Pudding, Choc/van	Roll, Dinner	[R]Margarine	Roll, Challah	Roll, Dinner	Milk, 2%
Margarine	Milk, 2%	Milk, 2%	Milk, 2%	Margarine	Margarine	Tea, Hot
Milk, 2%	Tea, Hot	Tea, Hot	Cookies, Choc Chip	Tea, Hot		

DINING MENU

Diet Spreadsheet DOMC - Spring 2022

Regular

GeriMenu REPORT: ZXSPEN1B

Menu: Standard Menu		Week: 2		Signature:		RD#		08/01/22		Page: 3	
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7					
BREAKFAST											
Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange					
Oatmeal	Cream Of Wheat	Oatmeal	Cream Of Rice	Oatmeal	Cold Cereal	Oatmeal					
Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cream Of Rice	Cold Cereal					
French Toast Sticks	Pancakes	Eggs, Scrambled	French Toast	Eggs, Scrambled	Egg, Hard Cooked	Waffle					
Eggs, Scrambled	Eggs, Scrambled	Waffle	Eggs, Scrambled	Pancakes	Cotch/can Frt.plt	Eggs, Scrambled					
[+]	[+]	[+]	[+]	[+]	Muffin	[+]					
Toast, Wheat	Toast, Wheat	Syrup	Toast, Wheat	Syrup	Margarine	Toast, Wheat					
[+]	[+]	[R]Toast, Wheat	[+]	[R]Toast, Wheat	Milk, 2%	[+]					
Jelly	Jelly	Margarine/jelly	Jelly	Margarine/jelly	Coffee	Jelly					
[R]Syrup	[R]Syrup	Milk, 2%	[R]Syrup	Milk, 2%	Sugar/salt/pepper	[R]Syrup					
Margarine	Margarine	Coffee	Margarine	Coffee		Margarine					
Milk, 2%	Milk, 2%	Sugar/salt/pepper	Milk, 2%	Sugar/salt/pepper		Coffee					
Coffee	Coffee		Coffee			Milk, 2%					
Sugar/salt/pepper	Sugar/salt/pepper		Sugar/salt/pepper			Sugar/salt/pepper					
LUNCH											
Soup, Butternut Squash	Soup, Chicken Veg.	Soup, Potato Chowder	Soup, Mushroom Barley	Soup, Cr Of Carrot	Juice, Apple	Soup, Navy Bean					
Mac & Beef	Turkey Burger/ Ww Bun	Chicken Marsala	Chopp.steak / Onion Gravy	Perogies & Onion	Bologna Platter	Turkey A La King					
Chicken, Roast	Swedish Meatballs	Fish Baked	Turkey, Roast/gravy	Quiche, Broccoli	Tuna Salad Platter	Hamburger On Bun					
[+]	[R]Peppers & Onions	Noodles	[+]	[R]Sour Cream	Potato Salad	[R]Rice					
Potato, Mashed	Rosemary Rstd.pot.	Peas	Sauce Cranberry	Spinach	Pickles	[+]					
Veg, Calif. Blend	Carrots	Carrots	Potato, Mashed	Margarine	Cake, Pound	Ketchup					
Green Beans		Pears	Carrots, Baby	Bread, White	Bread, Rye	Carrots					
Peaches	Fruit Cocktail	Bread, White	Applesauce	Fresh Fruit	Margarine	Green Beans					
Bread, Wheat	Tea, Hot	Margarine	Bread, Wheat	Tea, Hot	Tea, Hot	Apples, Sliced					
Margarine	Sugar/salt/pepper	Tea, Hot	Margarine	Milk, 2%	Sugar/salt/pepper	Margarine					
Tea, Hot		Sugar/salt/pepper	Tea, Hot	Sugar/salt/pepper	[R]Mustard	Bread					
Sugar/salt/pepper			Sugar/salt/pepper			Tea, Hot					
SUPPER											
Soup, Tomato Rice	Soup, Lentil	Soup, Onion	Soup, Vegetable	Grape Juice	Borscht	Soup, Tomato					
Grilled Cheese /ww Bread	Stuffed Shells	Macaroni & Cheese	Vegetarian Chili	Soup, Matzoh Ball	Chicken Salad Platter	Veggie Fritatta					
Seafood Salad Plt W/ Vina	Fish, Breaded	Veg Burger/ Bun	Fish, Breaded	Chicken, Roast	Seafood Salad Plt W/ Vina	Fish Cod, Battered					
[+]	[+]	[+]	[+]	Fish Baked	Pasta Salad	[+]					
Roll, Dinner	Tartar Sauce	Macaroni Salad	Tartar Sauce	Kasha & Bow Ties	Carrot Raisin Salad	Tartar Sauce					
[R]Carrots, Glazed	[+]	[+]	Rice	Veg, Calif. Blend	Pears	Pot.,diced.oven Rstd					
Pudding, Banana	Potato, Mashed	Cole Slaw	Corn Niblets	Carrots	Margarine	Zucchini					
Milk, 2%	Broccoli	[R]Veg, Mixed	Carrots	Cake, Carrot	Roll, Challah	Green Beans					
Tea, Hot	Jello, Fruited	Yogurt Frozen	Cookies, Choc Chip	Tea, Hot	Tea, Hot	Ice Cream					
Sugar/salt/pepper	Roll, Garlic	[R]Roll, Dinner	Corn Muffin	Sugar/salt/pepper	Sugar/salt/pepper						
	Milk, 2%	Margarine	Milk, 2%								
	Tea, Hot	Tea, Hot	Tea, Hot								
	Sugar/salt/pepper	Milk, 2%	Sugar/salt/pepper								

DINING MENU

Diet Spreadsheet DOMC - Spring 2022

Regular

GeriMenu REPORT: ZXSPEN1B

Menu: Standard Menu	Week: 3	Signature: _____	RD# _____		08/01/22	Page: 5
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange	Juice, Orange
Oatmeal	Cream Of Wheat	Oatmeal	Cream Of Rice	Oatmeal	Cold Cereal	Oatmeal
<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cold Cereal</i>	<i>Cream Of Rice</i>	<i>Cold Cereal</i>
French Toast Sticks	Pancakes	Eggs, Scrambled	French Toast	Eggs, Scrambled	Egg, Hard Cooked	Waffle
<i>Eggs, Scrambled</i>	<i>Eggs, Scrambled</i>	<i>Waffle</i>	<i>Eggs, Scrambled</i>	<i>Pancakes</i>	<i>Cotch/can Frt.plt</i>	<i>Eggs, Scrambled</i>
[+] <i>Toast, Wheat</i>	[+] <i>Toast, Wheat</i>	[+] <i>Syrup</i>	[+] <i>Toast, Wheat</i>	[+] <i>Syrup</i>	Muffin	[+] <i>Toast, Wheat</i>
[+] <i>Jelly</i>	[+] <i>Jelly</i>	Toast, Wheat	[+] <i>Jelly</i>	[R] Toast, Wheat	Margarine	[+] <i>Jelly</i>
[R] Syrup	[R] Syrup	Margarine/jelly	[R] Syrup	Margarine/jelly	Coffee	[R] Syrup
Margarine	Margarine	Milk, 2%	Margarine	Milk, 2%	Milk, 2%	Margarine
Milk, 2%	Milk, 2%	Coffee	Milk, 2%	Coffee	Sugar/salt/pepper	Coffee
Coffee	Coffee	Sugar/salt/pepper	Coffee	Sugar/salt/pepper		Milk, 2%
Sugar/salt/pepper	Sugar/salt/pepper		Sugar/salt/pepper			Sugar/salt/pepper
LUNCH						
Soup, Chicken Noodle	Soup, Onion	Soup, Vegetable	Soup, Beef Barley	Soup, Cr Of Vegetable	Juice, Cranberry	Soup, Corn Chowder
Beef Chilli	Chicken Tenders	Pasta & Meat Sauce	Chicken Spanish	Fish & Chips	Turkey, Roast/ Ww Roll	Stuffed Cabbage
<i>Chicken, Roast</i>	<i>Fish Baked</i>	<i>Turkey, Roast/ Ww Roll</i>	<i>Fish Baked</i>	<i>Blintzes, Cheese</i>	<i>Devised Egg Salad Plate</i>	<i>Turkey Hot Dog On Bun</i>
Rice	[R] Honey Mustard	[+] <i>Macaroni Salad</i>	Rice & Beans	[+] <i>Sour Cream</i>	[+] <i>Roll, Challah</i>	[+] <i>Mustard</i>
Peas & Carrots	Sweet Potato, Bkd	[+] <i>Cucumber Salad</i>	Corn Niblets	[+] <i>Green Beans</i>	Bean & Corn Salad	Potato, Mashed
<i>Green Beans</i>	Green Beans	[+] <i>Mustard</i>	Carrots	[R] Cole Slaw	Beet Salad	Broccoli
Mandarin Oranges		[R] Broccoli Florets	Applesauce	[R] Ketchup	Cake, Pound	<i>Carrots</i>
Bread, Wheat	Apricots	Peaches	Margarine	[R] Tartar Sauce	Tea, Hot	Tropical Fruit
Margarine	Bread, Wheat	Bread, White	Bread, Wheat	Fresh Fruit	Sugar/salt/pepper	[R] Bread
Tea, Hot	Margarine	Margarine	Tea, Hot	Bread, White	[R] Mustard	Margarine
Sugar/salt/pepper	Tea, Hot	Tea, Hot	Sugar/salt/pepper	Margarine		Tea, Hot
	Sugar/salt/pepper	Sugar/salt/pepper		Milk, 2%		Sugar/salt/pepper
				Tea, Hot		
				Sugar/salt/pepper		
SUPPER						
Soup, Veg, Bean	Soup, Tomato Florentine	Soup, Lentil	Soup, Mushroom	Grape Juice	Borscht	Soup, Cr Of Cauliflower
Lf. macaroni & Cheese	Grilled Cheese /ww Bread	Fish Cake	Lasagna, Ch/tom Sce.	Soup, Matzoh Ball	Chicken Salad Platter	Baked Ziti
<i>Veg Burger/ Wheat Bun</i>	<i>Seafood Salad Plt</i>	<i>Omelet, Cheese</i>	<i>Fish, Breaded</i>	<i>Poached Salmon Plt</i>	<i>Cucumber Salad</i>	<i>Fish Cod, Battered</i>
[+] <i>Cole Slaw</i>	[+] <i>Macaroni Salad</i>	[R] Tartar Sauce	[+] <i>Tartar Sauce</i>	Chicken, Roast		[+] <i>Tartar Sauce</i>
[+] <i>Macaroni Salad</i>	[+] <i>Cole Slaw</i>	Spinach	[+] <i>Potato, Garlic Mashd</i>	<i>Fish Cake</i>	Potato Salad	[+] <i>Potato, Mashed</i>
[+] <i>Ketchup</i>	[R] Veg, Mixed	Potato, Oven Rstd	Broccoli	<i>Tartar Sauce</i>	Fruit Cocktail	Green Beans
[R] Tomato, Stewed	[+] <i>Roll W W.</i>	Roll W W.	Cookie, Sugar	Noodles	Tea, Hot	Ice Cream Sundae
Pudding, Buttersch	Jello	Margarine	Roll, Garlic	Peas	Roll, Challah	Bread
				Cake, Banana		

DINING MENU

Diet Spreadsheet		DOMC - Spring 2022		Regular			GeriMenu REPORT: ZXSPEN1B	
Menu: Standard Menu		Week: 3		Signature: _____		RD# _____		
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	08/01/22	Page: 6
SUPPER								
[R]Roll, Dinner	Milk, 2%	Ice Cream, Choc	Milk, 2%	Roll, Challah	Margarine	Milk, 2%		
Margarine	Tea, Hot	Milk, 2%	Tea, Hot	Margarine	Sugar/salt/pepper	Tea, Hot		
Milk, 2%	Sugar/salt/pepper	Tea, Hot	Sugar/salt/pepper	Tea, Hot		Sugar/salt/pepper		
Tea, Hot		Sugar/salt/pepper		Sugar/salt/pepper				
Sugar/salt/pepper								