

Regular

Diet Spreadsheet NORTHERN METROPOLITAN

RD#

Signature: *SS*

Week: 5

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

BREAKFAST

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Orange Juice	Apple Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Apple Juice	Cranberry Juice
Cream Of Rice	Oatmeal	Oatmeal	Farina	Cream Of Rice	Farina	Oatmeal	Farina
Cold Cereal	Cornflakes	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
Scrambled Egg	Scrambled Egg	Pancake	Scrambled Egg	Scrambled Egg	Scrambled Egg W/ Cheese	Scrambled Egg	Hard Cooked Egg
Rye Bread	Whole Wheat Bread	[R]Table Syrup	[R]Table Syrup	Raisin Bread	Whole Wheat Bread	Whole Wheat Bread	Coffee Crumb Cake
Margarine	Margarine	[+]	[+]	Margarine	Margarine	Margarine	Margarine
Whole Milk	Whole Milk	Jelly	Jelly	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Hot Beverage	Hot Beverage	Margarine	Margarine	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage
Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper
		Hot Beverage	Hot Beverage				
		Sugar, Salt & Pepper	Sugar, Salt & Pepper				

LUNCH

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meatloaf	Roast Chicken With Duck Sauce	Roast Chicken With Duck Sauce	Baked Ziti With Cheese & tomato Sauce	Beef Goulash	Veal Sausage & Peppers	Baked Tilapia	Beef, Deckel
Breaded Chicken Schnitzle [R]Gravy	Salsbury Steak Kasha Varnishkes	Salsbury Steak Kasha Varnishkes	Breaded Fish Sticks [+]	Herb Baked Chicken Green Peas	Cold Cut Platter [R]Green & Wax Beans	Cheese Strata [+]	Herb Baked Chicken [R]Gravy
Mashed Potatoes	Veg, Sauteed	Veg, Sauteed	Ketchup [+]	Noodles	Chocolate Cake	Cheese Sauce [R]Lemon Juice	Mixed Vegetables
Cut Green Beans	Pineapple Chunks	Pineapple Chunks	Mashed Potatoes Cut Green Beans	Peas	Rice And Beans Pasta Salad	Fried Rice	Golden Potato Kugel
Fruit Cocktail	Rye Bread	Rye Bread	Mandarin Oranges	Rye Bread	Margarine	Steamed Broccoli	Applesauce
Whole Wheat Bread	Margarine	Margarine	White Bread	Margarine	Whole Wheat Bread	Chocolate Pudding	Challah Bread
Margarine	Hot Beverage	Hot Beverage	Margarine	Hot Beverage	Hot Beverage	Whole Wheat Bread	Margarine
Hot Beverage	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Margarine	Hot Beverage
Sugar, Salt & Pepper			Hot Beverage			Whole Milk	Sugar, Salt & Pepper
			Sugar, Salt & Pepper			Hot Beverage	
			Sugar, Salt & Pepper			Sugar, Salt & Pepper	

SUPPER

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Vegetarian Bean Soup	Cream Of Carrot	Cream Of Carrot	Tomato Rice Soup	Lentil Soup	Pasta E Fagoli	Chicken & Maizo Ball Soup	Borscht With Sour Cream
Mushroom Omelet	Cheese Blintzes	Cheese Blintzes	Breaded Fish Sandwich (roll)	Baked Fish Filet	Cheese Ravioli in Tomato Sauce	Chicken With Honey Mustard Sauce	Egg Salad Platter
Cottage Cheese & Fruit [R]Mushroom Sauce	Tuna Salad Platter [R]Sweet Potato Fries	Tuna Salad Platter [R]Sweet Potato Fries	Baked Macaroni & Cheese [+]	Cheese Blintzes Steamed Rice	Western Omelet Vegetable Blend	Salisbury Steak [+]	Tuna Salad Platter [R]Lettuce
[R]Small Roast Potatoes	[R]Sour Cream	[R]Sour Cream	Peas & Carrots [+]	Mashed Potatoes Glazed Carrots	Jello	Mushroom And Onion Golden Noodle Kugel	Macaroni Salad
Sliced Zucchini	[+]	[+]	Whole Wheat Bread [R]Lettuce/tomato	Sliced Peaches	Whole Wheat Bread	Whole Baby Carrots	Sliced Tomato
Ice Cream	[+]	[+]	[R]Steak Fries	Whole Wheat Bread	Margarine	Apple Pie	Chocolate Cake
Whole-Wheat Bread	Margarine	Margarine	[R]Cole Slaw	Margarine	Whole Milk	Dinner Roll	Dinner Roll
	Green Peas	Green Peas					

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

SUPPER

Margarine	Melon In Season	[R]Tartar Sauce	Whole Milk	Hot Beverage	Margarine	Margarine
Whole Milk	Whole Milk	Baked Apple	Hot Beverage	Sugar, Salt & Pepper	Hot Beverage	Whole Milk
Hot Beverage	Hot Beverage	Margarine	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Hot Beverage
Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk				Sugar, Salt & Pepper
		Hot Beverage				
		Sugar, Salt & Pepper				

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Cream Of Rice Cold Cereal Scrambled Egg	Oatmeal Cold Cereal Muffin, Blueberry	Cranberry Juice Farina Cold Cereal Pancake Scrambled Egg [R]Table Syrup	Orange Juice Cream Of Rice Cold Cereal Scrambled Egg Raisin Bread	Apple Juice Farina Crispy Rice French Toast Scrambled Egg Margarine	Apple Juice Oatmeal Cold Cereal Scrambled Egg Whole Wheat Bread	Orange Juice Farina Cold Cereal Hard Cooked Egg Coffee Crumb Cake
Banana	Margarine	[R]Table Syrup				
Whole Wheat Bread	Whole Milk	[+] White Bread	Margarine	[R]Table Syrup	Margarine	Whole Milk
Margarine	Hot Beverage	[+] Jelly	Whole Milk	Whole Milk	Whole Milk	Hot Beverage
Whole Milk	Sugar, Salt & Pepper	Margarine	Hot Beverage	Hot Beverage	Hot Beverage	Sugar, Salt & Pepper
Hot Beverage		Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	
Sugar, Salt & Pepper		Hot Beverage	Sugar, Salt & Pepper			
		Sugar, Salt & Pepper				
LUNCH						
Hot Dog	Oven Fried Chicken	Baked Fish With Creole Sauce	Pasta Sprials With Meatsauce	Stir Fried Chicken	Oven Baked Salmon Filet	Brisket Of Beef
Bbq Chicken [+]	Cold Cut Platter [+]	Quiche, onion&cheese [R]Lemon Wedge	Oven Fried Chicken [+]	Cold Cut Platter [R]Duck Sauce	Breaded Fish Sticks [+]	Herb Baked Chicken [R]Gravy
White Bread [+]	Potato Salad [+]	Red Bliss Potato	Baked Sweet Potato Cut Green Beans	[R]Vegetarian Lo Mein	Tartar Sauce [+]	Golden Potato Kugel
Cole Slaw [R]Hamburger Bun	Cole Slaw [R]Steamed Rice	Steamed Broccoli	Jello	[+] Coke Slaw	[R]Fried Rice	Carrot Tzimmes
[R]Mustard	[R]Vegetable Blend	Vanilla Pudding	Whole Wheat Bread	[+] Potato Salad Yellow Cake	Broccoli & Cauliflower Broccoli & Cauliflower Mandarin Oranges	Fruit Cocktail Challah Bread
Steak Fries	Applesauce	Whole Wheat Bread	Margarine	Hot Beverage	Whole Wheat Bread	Margarine
[R]Saurkraut	Rye Bread	Hot Beverage	Hot Beverage	Sugar, Salt & Pepper	Margarine	Hot Beverage
Pears	Margarine	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk	Sugar, Salt & Pepper
Margarine	Hot Beverage	Sugar, Salt & Pepper			Hot Beverage	
Hot Beverage	Sugar, Salt & Pepper				Sugar, Salt & Pepper	
Sugar, Salt & Pepper						
SUPPER						
Cream Of Broccoli	Split Pea Soup	Cream Of Mushroom Soup	Minestrone	Garden Vegetable Soup	Chicken Noodle Soup	Borscht With Sour Cream
Tuna Noodle Casserole	Grilled Cheese Sandwich	Cheese Lasagna	Cheese & Tomato Pizza	Seafood Salad	Chicken With Mushroom Sauce	Tuna Salad Platter
Plain Egg Omelet Cut Green Beans	Breaded Fish Sticks [+] Tartar Sauce	Tuna Salad Platter Peas & Carrots	Baked Fish Filet Broccoli & Carrots	Blueberry Blintzes [+] Mixed Vegetables	Salisbury Steak Kasha Varnishes	Egg Salad Platter Potato Salad
Vanilla Ice Cream	[R]Zucchini Andtomato Sauce	Sliced Peaches	Canned Fruit	[+]	Veg, Sauteed	Marianted Cucumber Salad
Whole Wheat Bread	[+] Zucchini Andtomato Sauce	Whole Wheat Bread	Whole Wheat Bread	Cottage Cheese [R]Potato Salad	Peach Pie	Jello
Margarine	[+] Mashed Potatoes	Margarine	Margarine	Tomato & Cucumber	Challah Bread	Dinner Roll

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

SUPPER

Whole Milk	[+] White Bread	Whole Milk	Whole Milk	Pineapple Chunks	Margarine	Margarine
Hot Beverage	[+] Margarine	Hot Beverage	Hot Beverage	Pita Bread	Hot Beverage	Whole Milk
Sugar, Salt & Pepper	Fruit Cocktail	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Margarine	Sugar, Salt & Pepper	Hot Beverage
	Hot Beverage			Whole Milk		Sugar, Salt & Pepper
	Sugar, Salt & Pepper			Hot Beverage		
				Sugar, Salt & Pepper		

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST						
Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Apple Juice	Pineapple Juice
Cream Of Rice	Oatmeal	Farina	Cream Of Rice	Farina	Oatmeal	Farina
Cold Cereal	Cornflakes	Toasty O's	Toasty O's	Crispy Rice	Cold Cereal	Crispy Rice
Scrambled Egg	Scrambled Egg	Pancake	Scrambled Egg	French Toast	Scrambled Egg	Hard Cooked Egg
Corn Muffin	Whole Wheat Bread	[R]Table Syrup	Raisin Bread	[R]Table Syrup	Whole Wheat Bread	Coffee Crumb Cake
Margarine	Margarine	[+] Rye Bread	Margarine	Margarine	Margarine	Margarine
Whole Milk	Whole Milk	[+] Jelly	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Hot Beverage	Hot Beverage	Margarine	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage
Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper
		Hot Beverage				
		Sugar, Salt & Pepper				
LUNCH						
Stuffed Cabbage W/ Beef	Chicken, Coq Au Vin	Breaded Fish Sticks	Chicken Cacciatore	Beef Stew	Quiche, onion&cheese	Cranberry Juice
In Tomato Sa	Beef Chili And Beans	Cheese Omelet	Salisbury Steak	Breaded Chicken Cutlet	Oven Baked Fish Cakes	Roast Turkey
Roast Chicken	Oven Browned Potatoes	[R]Tartar Sauce	Rice And Beans	Noodles	Mixed Vegetables	Herb Baked Chicken
Garlic Mashed Potatoes	Mixed Vegetables	Mashed Sweet Potatoes	Yellow & Green Squash	Green Peas	Scalloped Potatoes	Golden Potato Kugel
Gravy	Fruit Cocktail	Cut Green Beans	Yellow Cake	Sliced Peaches	Chocolate Pudding	Mixed Vegetables
Sliced Zucchini	Rye Bread	Sliced Peaches	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Tropical Fruit Salad
Sliced Peaches	Margarine	Whole Wheat Bread	Margarine	Margarine	Margarine	Challah Bread
Whole Wheat Bread	Hot Beverage	Margarine	Hot Beverage	Hot Beverage	Whole Milk	Margarine
Margarine	Sugar, Salt & Pepper	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Hot Beverage	Hot Beverage
Hot Beverage		Hot Beverage			Sugar, Salt & Pepper	Cranberry Sauce
Sugar, Salt & Pepper		Sugar, Salt & Pepper			Sugar, Salt & Pepper	Sugar, Salt & Pepper
SUPPER						
Cream Of Tomato Soup	Cream Of Vegetable Soup	Soup, Onion	Cream Of Carrot	Spilt Pea Soup	Chicken Noodle Soup	Borscht With Sour Cream
Grilled Cheese- Wheat	Falafel	[+] Soup, Onion	Stuffed Filet Of Fish	Baked Macaroni & Cheese	Pot Roast (beef)	Gelitte Fish Plate
Bread	Skinless And Boneless	Dilled Potato Salad	Cottage Cheese & Fruit	Mushroom Omelet	Chicken With Orange	Tuna Salad Platter
Cottage Cheese & Fruit	[R]Pita Bread	[R]Baked Potato	[R]Baked Potato	[+] Gravy	[R]Mushroom And Onion	Macaroni Salad
Mixed Vegetables						
Chocolate Cake	[R]Israeli Salad	Tuna Salad Platter	Mixed Vegetables	Tomato & Mushroom	Kasha Varnishkes	Sliced Tomato
Whole Milk	Israeli Salad	[R]Veg, Sauteed	Jello	Vegetable Blend	Parsled Carrots	Banana Cake
Hot Beverage	Macaroni Salad	Alfredo Cream Sauce	Whole Wheat Bread	Fruit Cocktail	Cobbler, Cherry	Dinner Roll
Sugar, Salt & Pepper	Fresh Fruit	Garlic Bread	Margarine	Whole Wheat Bread	Dinner Roll	Margarine
	Margarine	Vanilla Pudding				

Whole Milk Hot Beverage Sugar, Salt & Pepper

Margarine Whole Milk Hot Beverage Sugar, Salt & Pepper

SUPPER