

Diet Spreadsheet										NORTHERN METROPOLITAN										Regular										GerlMenu REPORT: ZXSPEN1B																																							
Menu: Standard menu										Week: 5										Signature: <u>SS</u>										RD#										10/29/21										Page: 1																			
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										Cranberry Juice									
Cream Of Rice										Oatmeal										Farina										Cream Of Rice										Farina										Oatmeal										Farina									
Cold Cereal										Cornflakes										Cold Cereal										Cold Cereal										Cold Cereal										Cold Cereal										Cold Cereal									
Scrambled Egg										Scrambled Egg										Pancake										Scrambled Egg										Scrambled Egg										Scrambled Egg										Scrambled Egg									
Rye Bread										Whole Wheat Bread										[R]Table Syrup										Raisin Bread										Whole Wheat Bread										Whole Wheat Bread										Coffee Crumb Cake									
Margarine										Margarine										[+]										Margarine										Margarine										Margarine										Margarine									
Whole Milk										Whole Milk										[+]										Whole Milk										Whole Milk										Whole Milk										Whole Milk									
Hot Beverage										Hot Beverage										Jelly										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										Hot Beverage										Hot Beverage										Hot Beverage										Hot Beverage										Hot Beverage										Hot Beverage									
Sugar, Salt & Pepper										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Sugar, Salt & Pepper									
LUNCH																																																																					
Meatloaf										Roast Chicken With Duck										Baked Ziti With Cheese										Beef Goulash										Veal Sausage & Peppers										Baked Tilapia										Beef, Deckel									
Breaded Chicken Schnitzle										Sauce										&tomato Sauce										Herb Baked Chicken										Cold Cut Platter										Cheese Strata										Herb Baked Chicken									
[R]Gravy										Salisbury Steak										Breaded Fish Sticks										Green Peas										[R]Green & Wax Beans										[+]										[R]Gravy									
Mashed Potatoes										Veg, Sauteed										Ketchup										Noodles										Chocolate Cake										Cheese Sauce										Mixed Vegetables									
Cut Green Beans										Pineapple Chunks										Cut Green Beans										Pears										Rice And Beans										Fried Rice										Golden Potato Kugel									
Fruit Cocktail										Rye Bread										Mandarin Oranges										Rye Bread										Pasta Salad										Steamed Broccoli										Applesauce									
Whole Wheat Bread										Margarine										White Bread										Margarine										Whole Wheat Bread										Chocolate Pudding										Challah Bread									
Margarine										Hot Beverage										Margarine										Hot Beverage										Hot Beverage										Whole Wheat Bread										Margarine									
Hot Beverage										Sugar, Salt & Pepper										Whole Milk										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Margarine										Hot Beverage									
Sugar, Salt & Pepper										Sugar, Salt & Pepper										Hot Beverage										Sugar, Salt & Pepper										Sugar, Salt & Pepper										Hot Beverage										Sugar, Salt & Pepper									
SUPPER																																																																					
Vegetarian Bean Soup										Cream Of Carrot										Tomato Rice Soup										Lentil Soup										Pasta E Fagoli										Chicken & Matzo Ball Soup										Borscht With Sour Cream									
Mushroom Omelet										Cheese Blintzes										Breaded Fish Sandwich										Baked Fish Fillet										Cheese Ravioli in Tomato										Chicken With Honey										Egg Salad Platter									
Cottage Cheese & Fruit										Tuna Salad Platter										(roll)										Cheese Blintzes										Sauce										Mustard Sauce										Tuna Salad Platter									
[R]Mushroom Sauce										[R]Sweet Potato Fries										Baked Macaroni & Cheese										Steamed Rice										Western Omelet										Salisbury Steak										[R]Lettuce									
[R]Small Roast Potatoes										[R]Sour Cream										Peas & Carrots										Mashed Potatoes										Vegetable Blend										Mushroom And Onion										Macaroni Salad									
Sliced Zucchini										[+]										Whole Wheat Bread										Glazed Carrots										Jello										Golden Noodle Kugel										Sliced Tomato									
Ice Cream										[+]										[R]Lettuce/tomato										Sliced Peaches										Whole Wheat Bread										Whole Baby Carrots										Chocolate Cake									
Whole-Wheat Bread										Margarine										[R]Steak Fries										Whole Wheat Bread										Margarine										Apple Pie										Dinner Roll									
										Green Peas										[R]Cole Slaw										Margarine										Whole Milk										Dinner Roll																			

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	Hot Beverage
Sugar, Salt & Pepper	Sugar, Salt & Pepper	Whole Milk				Sugar, Salt & Pepper
		Hot Beverage				
		Sugar, Salt & Pepper				

Diet Spreadsheet				NORTHERN METROPOLITAN		Regular		GenMenu REPORT: ZXSPEN1B	
Menu: Standard menu		Week: 6		Signature: <u>SS</u>		RD#		10/29/21	
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	Orange Juice			
Cream Of Rice	Oatmeal	Farina	Cream Of Rice	Farina	Oatmeal	Farina			
Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Crispy Rice	Cold Cereal	Cold Cereal			
Scrambled Egg	Muffin, Blueberry	Pancake	Scrambled Egg	French Toast	Scrambled Egg	Hard Cooked Egg			
Banana	Margarine	[R]Table Syrup	Raisin Bread	Margarine	Whole Wheat Bread	Coffee Crumb Cake			
Whole Wheat Bread	Whole Milk	[+]	Margarine	[R]Table Syrup	Margarine	Whole Milk			
Margarine	Hot Beverage	[+]	Whole Milk	Whole Milk	Whole Milk	Hot Beverage			
Whole Milk	Sugar, Salt & Pepper	Jelly	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							
LUNCH									
Hot Dog	Oven Fried Chicken	Baked Fish With Creole Sauce	Pasta Spirls With Meatsauce	Stir Fried Chicken	Oven Baked Salmon Filet	Brisket Of Beef			
Bbq Chicken	Cold Cut Platter	Quiche, onion&cheese	Oven Fried Chicken	Cold Cut Platter	Breaded Fish Sticks	Herb Baked Chicken			
[+]	[+]	[R]Lemon Wedge	[+]	[R]Duck Sauce	[+]	[R]Gravy			
White Bread	Potato Salad	Red Bliss Potato	Baked Sweet Potato	[R]Vegetarian Lo Mein	Tartar Sauce	Golden Potato Kugel			
[+]	[+]	Steamed Broccoli	Cut Green Beans	[+]	Mashed Potatoes	Carrot Tzimmes			
Cole Slaw	Cole Slaw	Vanilla Pudding	Jello	Cole Slaw	[R]Fried Rice	Fruit Cocktail			
[R]Hamburger Bun	[R]Steamed Rice	Whole Wheat Bread	Whole Wheat Bread	Potato Salad	Broccoli & Cauliflower	Challah Bread			
[R]Mustard	[R]Vegetable Blend	Whole Wheat Bread	Margarine	Yellow Cake	Mandarin Oranges	Margarine			
Steak Fries	Applesauce	Hot Beverage	Hot Beverage	Hot Beverage	Whole Wheat Bread	Hot Beverage			
[R]Saurkraut	Rye Bread	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Margarine	Sugar, Salt & Pepper			
Pears	Margarine	Sugar, Salt & Pepper			Whole Milk				
Margarine	Hot Beverage				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	Breaded Fish Sticks	Tuna Salad Platter	Baked Fish Filet	Blueberry Blintzes	Salisbury Steak	Egg Salad Platter			
Cut Green Beans	[+]	Peas & Carrots	Broccoli & Carrots	[+]	Kasha Varnishes	Potato Salad			
Vanilla Ice Cream	Tartar Sauce	Sliced Peaches	Canned Fruit	Mixed Vegetables	Veg, Sauteed	Marianted Cucumber Salad			
	[R]Zucchini Andtomato Sauce	Whole Wheat Bread	Whole Wheat Bread	[+]	Peach Pie	Jello			
Whole Wheat Bread	[+]	Margarine	Margarine	[R]Potato Salad	Challah Bread	Dinner Roll			
Margarine	[+]			Tomato & Cucumber					
	Mashed Potatoes								

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	[+]	Margarine	Margarine	Margarine	Margarine
Whole Milk	Whole Milk	[+]	Whole Milk	Whole Milk	Whole Milk	Whole Milk
Hot Beverage	Hot Beverage	Jelly	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						
Roast Chicken	Beef Chili And Beans	Cheese Omelet	Salisbury Steak	Breaded Chicken Cutlet	Oven Baked Fish Cakes	Roast Turkey
Garlic Mashed Potatoes	Oven Browned Potatoes	[R]Tartar Sauce	Rice And Beans	Noodles	Mixed Vegetables	Herb Baked Chicken
Gravy	Mixed Vegetables	Mashed Sweet Potatoes	Yellow & Green Squash	Green Peas	Scalloped Potatoes	Golden Potato Kugel
Sliced Zucchini	Fruit Cocktail	Cut Green Beans	Yellow Cake	Sliced Peaches	Chocolate Pudding	Mixed Vegetables
Sliced Peaches	Rye Bread	Sliced Peaches	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Tropical Fruit Salad
Whole Wheat Bread	Margarine	Whole Wheat Bread	Margarine	Margarine	Margarine	Challah Bread
Margarine	Hot Beverage	Margarine	Hot Beverage	Hot Beverage	Whole Milk	Margarine
Hot Beverage	Sugar, Salt & Pepper	Whole Milk	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Hot Beverage	Hot Beverage
Sugar, Salt & Pepper		Hot Beverage			Sugar, Salt & Pepper	Cranberry Sauce
		Sugar, Salt & Pepper				Sugar, Salt & Pepper

SUPPER

Cream Of Tomato Soup	Cream Of Vegetable Soup	Soup, Onion	Cream Of Carrot	Split 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		[+]				
Cottage Cheese & Fruit	Skinless And Boneless	Dilled Potato Salad	Cottage Cheese & Fruit	Mushroom Omelet	Chicken With Orange	Tuna Salad Platter
Mixed Vegetables	[R]Pita Bread	Pasta Primavera	[R]Baked Potato	[+]	[R]Mushroom And Onion	Macaroni Salad
Chocolate Cake					Gravy	
Whole Milk	[R]Israeli Salad	Tuna Salad Platter	Mixed Vegetables	Tomato & Mushroom	Kasha Varnishes	Sliced Tomato
Hot Beverage	Israeli Salad	[R]Veg, Sauted	Jello	Fruit Cocktail	Parsled Carrots	Banana Cake
Sugar, Salt & Pepper	Macaroni Salad	Alfredo Cream Sauce	Whole Wheat Bread	Whole Wheat Bread	Cobbler, Cherry	Dinner Roll
	Fresh Fruit	Garlic Bread	Margarine	Margarine	Dinner Roll	Margarine
	Margarine	Vanilla Pudding				

SUPPER						
Whole Milk	Margarine	Whole Milk	Whole Milk	Whole Milk	Margarine	Whole Milk
Hot Beverage	Whole Milk	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage	Hot Beverage
Sugar, Salt & Pepper	Hot Beverage	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper	Sugar, Salt & Pepper
	Sugar, Salt & Pepper					