

**BARUCH- FOUNTAIN VIEW RET VILL PORTAG** Copy of Copy of Copy of Copy of Senior Livi Regular/NAS/Consistent CHO Week 1

<b>Thursday</b> Nov-01	<b>Friday</b> Nov-02	<b>Saturday</b> Nov-03	<b>Sunday</b> Nov-04	<b>Monday</b> Nov-05	<b>Tuesday</b> Nov-06	<b>Wednesday</b> Nov-07
<b>Breakfast</b>						
Breakfast Ham Slice Hot or Cold Cereal Choice of Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Breakfast Ham Slice Tomato Slices Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Eggs Buttered Waffles Turkey Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Canadian Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Sausage Patty Assorted Donut Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Pot Roast Roasted Carrots Dinner Roll Apple Pie Margarine Coffee/Tea	Chicken and Dumplings Green Peas Wheat Bread Margarine Coffee/Tea	Maple Glazed Fish Rosemary Roasted Potatoes Asparagus Fresh Baked Roll Lemon Meringue Cupcake Margarine Coffee/Tea	Mandarin Pork Roast Rice Pilaf Broccoli Dinner Roll Pumpkin Cheesecake Crumble Bar Margarine Coffee/Tea	Cheese-Stfd Chicken Breast Garlic Mashed Potatoes Crumb Topped Brussels Sprouts Wheat Bread Peach Crisp Margarine Coffee/Tea	Dill Glazed Salmon Garden Rice Blend Scalloped Tomatoes Fresh Baked Roll Toffee Pecan Bar Margarine Coffee/Tea	Braised Boneless Short Ribs Baked Potato California Vegetable Blend Honey Wheat Dinner Roll Snickerdoodle Cookie Sour Cream and Chives Margarine Coffee/Tea
Mashed Potatoes						
<b>Dinner</b>						
Cream of Mushroom Soup Saltines Grld Ham & Swiss Sandwich Sweet Potato Fries Red Grapes Ketchup Margarine 2% Milk Coffee/Tea	Goulash Capri Vegetable Blend Tossed Salad Buttered Breadstick Pineapple Chunks 2% Milk Choice of Dressing Margarine Coffee/Tea	Turkey Barley Soup Saltines Grilled Chicken Breast Swch Lettuce / Tomato / Onion Harvard Beets Fresh Fruit Cup Margarine 2% Milk Coffee/Tea	Braised Beef Tips Egg Noodles Succotash Vegetable Blend Wheat Bread Chilled Peaches Margarine 2% Milk Coffee/Tea	Turkey Reuben Sandwich French Fries Emerald Pears Ketchup 2% Milk Coffee/Tea	Margherita Cheese Pizza Green Beans Tossed Salad Buttered Breadstick Orange Wedges Choice of Dressing Margarine 2% Milk Coffee/Tea	Chicken & Waffles Hearty Hashbrowns Mandarin Cole Slaw Cinnamon Apples Margarine 2% Milk Coffee/Tea

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<b>Thursday</b> Nov-08	<b>Friday</b> Nov-09	<b>Saturday</b> Nov-10	<b>Sunday</b> Nov-11	<b>Monday</b> Nov-12	<b>Tuesday</b> Nov-13	<b>Wednesday</b> Nov-14
<b>Breakfast</b>						
Blueberry Pancakes Breakfast Ham Slice Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Whole Wheat English Muffin Peanut Butter Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Ham & Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg, Bacon & Cheddar Scramble Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Cinnamon French Toast Turkey Links Hearty Hashbrowns Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Bacon Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Salmon Patty Long Grain & Wild Rice Creamy Peas w/Red Peppers Zucchini Carrot and Cheese Bread Fresh Fruit Cup Margarine 2% Milk Coffee/Tea	Minestrone Soup Saltines Meatball Stromboli Tossed Salad Apricots Choice of Dressing Margarine 2% Milk Coffee/Tea	Ham Slice Three Cheese Macaroni Stewed Tomatoes Dinner Roll Chilled Peaches Margarine 2% Milk Coffee/Tea	Hamburger Lettuce / Tomato / Onion Steak Fries Creamy Cole Slaw Orange Wedges Ketchup 2% Milk Coffee/Tea	Quiche Hearty Hashbrowns Tomato Wedges Fruit Compote Margarine 2% Milk Coffee/Tea	Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Banana Margarine 2% Milk Coffee/Tea	Beef Stew Saltines Tossed Salad Biscuit Emerald Pears Choice of Dressing Margarine 2% Milk Coffee/Tea
<b>Dinner</b>						
Corn Chowder Saltines Deli Sandwich Marinated Cucumbers & Tomatoes Red Grapes Margarine 2% Milk Coffee/Tea	General Tso Chicken White Rice Sugar Snap Peas Emerald Pears Margarine 2% Milk Coffee/Tea	Chili with Beans Saltines Tossed Salad Corn Muffin Orange Wedges Choice of Dressing Margarine 2% Milk Coffee/Tea	Mushroom Dill Tuna Noodle Casserole Key West Vegetable Blend Buttered Breadstick Apricots Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Roast Beef & Provolone Sandwich Broccoli Raisin Salad Mixed Melon Salad Margarine 2% Milk Coffee/Tea	Fish Sandwich Lettuce / Tomato / Onion Waffle Fries Fresh Fruit Cup Ketchup 2% Milk Coffee/Tea	Breaded Veal Patty Mashed Potatoes Whole Baby Carrots Fresh Baked Roll Cinnamon Applesauce Brown Gravy Margarine 2% Milk Coffee/Tea

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<b>Thursday</b> Nov-15	<b>Friday</b> Nov-16	<b>Saturday</b> Nov-17	<b>Sunday</b> Nov-18	<b>Monday</b> Nov-19	<b>Tuesday</b> Nov-20	<b>Wednesday</b> Nov-21
<b>Breakfast</b>						
Hot or Cold Cereal Apple Pancakes Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Toasted English Muffin Peanut Butter Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Belgian Waffle Turkey Links Strawberries Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Western Omelet Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Bacon Cinnamon Peach Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Hard Boiled Egg Canadian Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Hearty Hashbrowns Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Roast Pork Baked Potato Roasted Brussels Sprouts Dinner Roll Cinnamon Chocolate Cheesecake Sour Cream and Chives Margarine Coffee/Tea	BBQ Chicken Thighs Baked Beans Corn on the Cob Fresh Baked Roll Frosted Banana Cake Margarine Coffee/Tea	Mustard Glazed Beef Confetti Mashed Potatoes Carrots Wheat Bread Blueberry Pie Margarine Coffee/Tea	Chicken Fajitas Cilantro-Lime Rice Black Bean & Corn Relish Coconut Cake Margarine Coffee/Tea	Apple Pork Chop Roasted Sweet Potato Wedges Spinach Cornbread Vanilla Ice Cream Margarine Coffee/Tea	Tilapia Almondine Lemon Rice w/ Peas Broccoli Honey Wheat Dinner Roll Gingersnap Cookie Margarine Coffee/Tea	Chicken Marsala Herbed Fettuccine Italian Blend Mixed Vegetables Garlic Bread Knot Strawberry Chocolate Truffle Cake Margarine Coffee/Tea
<b>Dinner</b>						
Roast Turkey Whipped Butternut Squash Bread Stuffing Green Beans Pumpkin Pie Margarine Coffee/Tea	Baked Spaghetti Cauliflower Tossed Salad Buttered Breadstick Cannoli Choice of Dressing Margarine Coffee/Tea	Turkey a la King Peas & Carrots Biscuit Cinnamon Maple Apple Cake Margarine Coffee/Tea	Salisbury Steak Company Potatoes Garden Seasoned Broccoli Fresh Baked Roll Chocolate Fudge Cupcake Brown Gravy Margarine Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Asparagus Dinner Roll Cherry Crisp Margarine Coffee/Tea	Eggplant Parmesan Spaghetti Noodles Italian Green Beans Garlic Toast Carrot Cake Margarine Coffee/Tea	Honey Mustard Chicken Breast Onion Roasted Potatoes Corn O'Brien Wheat Bread Frozen Peanut Butter Bars Margarine Coffee/Tea

**BARUCH- FOUNTAIN VIEW RET VILL PORTAG** Copy of Copy of Copy of Copy of Senior Livi Regular/NAS/Consistent CHO Week 4

<b>Thursday</b> Nov-22	<b>Friday</b> Nov-23	<b>Saturday</b> Nov-24	<b>Sunday</b> Nov-25	<b>Monday</b> Nov-26	<b>Tuesday</b> Nov-27	<b>Wednesday</b> Nov-28
<b>Breakfast</b>						
Hot or Cold Cereal Choice of Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Cinnamon French Toast Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg & Cheese Sandwich Breakfast Ham Slice Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Apricot Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg, Bacon & Cheddar Scramble Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Turkey Links Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Meatloaf w/Cranberry Ketchup Mashed Potatoes Green Beans & Mushrooms Fresh Baked Roll Fruit of the Forest Pie Brown Gravy Margarine Coffee/Tea	Italian Baked Chicken Broccoli Pesto Fettuccine Whole Baby Carrots Fresh Baked Roll Vanilla Pudding Cake Margarine Coffee/Tea	Polish Sausage Cooked Cabbage Green Peas Pierogis Cinnamon Apple Tart Margarine Coffee/Tea	Turkey Pot Roast Cinnamon Maple Squash Roasted Cauliflower Honey Wheat Dinner Roll Blueberry Crisp Margarine Coffee/Tea	Grilled Sweet & Sour Beef White Rice Oriental Vegetable Blend Turtle Squares Margarine Coffee/Tea	Herb Crusted Cod Baked Potato Garden Seasoned Broccoli Dinner Roll Red Velvet Cake Sour Cream and Chives Margarine Coffee/Tea	Chicken Cacciatore Spaghetti Noodles Chalet Vegetable Blend Garlic Bread Knot Pumpkin Mousse Margarine Coffee/Tea
<b>Dinner</b>						
Ham & Sweet Potato Casserole Succotash Vegetable Blend Cornbread Berry Applesauce Margarine 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Sandwich French Fries Strawberries Ketchup Margarine 2% Milk Coffee/Tea	Chicken Pot Pie Caribbean Vegetable Blend Wheat Bread Emerald Pears Margarine 2% Milk Coffee/Tea	Homestyle Veal American Fried Potatoes Spinach Biscuit Cantaloupe Margarine 2% Milk Coffee/Tea	Chicken Chili Saltines Green Peas Tossed Salad Corn Muffin Red Grapes Choice of Dressing Margarine 2% Milk Coffee/Tea	Butternut Squash Bisque Saltines Beef Pastrami Sandwich on Rye Lettuce / Tomato / Onion Marinated Cucumbers Watermelon Margarine 2% Milk Coffee/Tea	Sausage Pizza Green Beans Tossed Salad Buttered Breadstick Chilled Peaches Choice of Dressing Margarine 2% Milk Coffee/Tea

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<b>Thursday</b> Nov-29	<b>Friday</b> Nov-30	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Breakfast</b>						
Hot or Cold Cereal Scrambled Eggs Bacon Cinnamon Roll Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Egg Patty Canadian Bacon Toasted English Muffin Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Buttered Waffles Turkey Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Choice of Eggs Autumn Hash Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Scrambled Eggs Honey Bran Muffin Margarine Juice of Choice 2% Milk Coffee/Tea	Hot or Cold Cereal Western Omelet Bake Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Roast Beef Mashed Potatoes Whole Baby Carrots Wheat Bread Peanut Butter Pie Brown Gravy Margarine Coffee/Tea	Blackberry Dijon Chicken Baked Sweet Potato Half Broccoli Fresh Baked Roll Oatmeal Raisin Cookie Margarine Coffee/Tea	Mexican Spiced Pot Roast Red Skin Mashed Potatoes Green Beans & Mushrooms Honey Wheat Dinner Roll Lemon Bars Margarine Coffee/Tea	Hawaiian Pork White Rice Sugar Snap Peas Wheat Bread Brownie Margarine Coffee/Tea	Baked Chicken Egg Noodles Mushroom Bourguignon Bake Fresh Baked Roll Cherry Pie Margarine Coffee/Tea	Lemon Pepper Tilapia Long Grain & Wild Rice Asparagus Wheat Bread Coconut Cream Pie Margarine Coffee/Tea	Turkey Tetrizzini Green Peas Buttered Breadstick Buckeye Cake Margarine Coffee/Tea
<b>Dinner</b>						
Fajita Casserole Seasoned Black Beans Cherries 2% Milk Coffee/Tea	Creamy Garden Veg Soup Saltines Tuna Melt Sandwich Orange Wedges Margarine 2% Milk Coffee/Tea	Vegetable Lasagna Tossed Salad Garlic Toast Emerald Pears Parmesan Cheese Margarine Choice of Dressing 2% Milk Coffee/Tea	French Dip Sandwich Waffle Fries Carrot Raisin Salad Red Grapes Ketchup 2% Milk Coffee/Tea	Minestrone Soup Saltines Chef's Salad Honey Wheat Dinner Roll Apple Slices Margarine 2% Milk Coffee/Tea	Chicken Tenders French Fries Creamy Cole Slaw Dinner Roll Fresh Fruit Cup Ketchup Margarine 2% Milk Coffee/Tea	Cabbage Roll Stuffed w/Sauce Mashed Potatoes Capri Vegetable Blend Fresh Baked Roll Cottage Cheese & Peaches Brown Gravy Margarine 2% Milk Coffee/Tea