



January- Complete Care Dining Service Inc. Monthly Menu

Week 1	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Saturday 01/01/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	New Year's Meal	Coffee/ Tea Assorted Snacks	Soup of the Day Hot Roast Beef Sandwich w/ Au Jus on a Kaiser Roll, Rainbow Slaw Or Turkey & Cheese Sandwich on a Croissant, Fresh Garden Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 2	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/02/2022	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Roasted Turkey w/ Rosemary Gravy, Stuffing, Winter Blend Vegetables Or Slow Cooked Pot Roast, Fresh Sweet Potatoes, Vegetable Medley Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Flakey Crab Cake on a Roll, Creamy Cole Slew Or Turkey Salad on A Kaiser Roll, Cucumber Tomato Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 01/03/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Montreal Chicken, Rice Pilaf, California Blend Vegetables Or Baked Ham w/ Apple Glaze, Buttery Mashed Potatoes, Sauteed Garden Fresh Zucchini Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Cheeseburger on Seeded Roll, Lettuce, Tomato, Onion Or Corn Dog w/ Cheese, Sauerkraut, Baked Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 01/04/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Cordon Blue w/ Brown Gravy, Baked Potato / Sour Cream, Winter Blend Vegetables Or Salisbury Steak Smothered in Onion, Noodles, Garlic Spinach Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich on French Toast, Marinated Artichokes Or Classic Grilled Cheese Sandwich, Marinated 3 Bean Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 01/05/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	3 Cheese Stuffed Shells w/ Chunky Bolognese, Tossed Salad Or Jerk Chicken, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Chicken Salad Sandwich, Grandma's Carrot Raisin Salad Or Salami & Swiss Sandwich, Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Thursday 01/06/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Poached Tilapia w/ Creamy Dill Sauce, Mashed Sweet Potatoes, Steamed Broccoli Or Veal Cutlet w/ Peppers & Onions, White Rice, Key West Blend Vegetables Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Hams & Swiss Sandwich, Lettuce & Tomato Or Cottage Cheese & Fruit, Fresh Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 01/07/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Breaded Pork Chop w/ Applesauce, Stuffing with Raisins, Glazed Carrots Or Liver & Onions w/ Bacon, Creamed Corn, Green Beans Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Chicken Filet on a Roll, Caprese Salad Or California Cheeseburger, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/08/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pepper Steak over White Rice, Oriental Vegetables Or 3 Cheese Mac & Cheese, Stewed Tomatoes Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey & Cheese Sandwich, Caesar Salad Or Tuna Salad Platter, Potato Salad, Creamy Cole Slaw, Crackers Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 3	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/09/2022	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Slow Cooked Pot Roast, Buttered Noodles, Green Beans Or Baked Ham w/ Pineapple Glaze, Scalloped Potatoes, California Blend Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey & Swiss Sandwich, Lettuce & Tomato Or Liverwurst on Rye, Lettuce & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 01/10/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Island Style Chicken, Freshly Baked Sweet Potatoes, Brussel Sprouts Or Pork Chop w/ Savory Gravy, Stuffing w/ Cranberries, Fresh Garden Squash Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day 3 Cheese Quiche in a Pie Shell, Buttered Broccoli Florets Or Meatball Sub on a Steak Roll, Caprese Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 01/11/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Beef Stroganoff w/ Mushrooms & Sour Cream, Parslied Noodles, Creamed Spinach Or Homemade Chicken Pot Pie, Mixed Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Tuna Sandwich, Marinated Bean Salad Or Ham Sandwich on Marble Rye, Pickled Beet Salad Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks



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Wednesday 01/12/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Italian Meatballs over Spaghetti w/ Marinara Sauce, Tossed Salad Or Veal & Peppers over White Rice, Stewed Vegetables Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Chicken Filet Sandwich on a Roll w/ Honey Mustard Or Kielbasa, Cabbage, Boiled Potatoes Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/13/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Salisbury Steak w/ Seasoned Potatoes, Winter Blend Vegetables Or Beer Battered Cod, Mac & Cheese, Vegetarian Mix Vegetable Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks	Soup of the Day Grilled Ham & Cheese Sandwich, Carrot Raisin Salad Or Cheese Dog w/ Kraut, Wax Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks
Friday 01/14/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Stuffed Pork Loin, Lemon Risotto, Wax Beans Or Peppercorn Turkey, Stuffing w/ Peaches, Sunshine Carrots Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day White Herb Crusted Mac & Cheese, Stewed Tomatoes Or Philly Cheese Steak on a Steak Roll, Peppers & Onions, Tater Tots Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/15/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Stuffed Cabbage Rolls, Parslied Noodles, Key West Blend Or Veal Condon Bleu, Rice, Spinach Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Deluxe Hamburger, Creamy Cole Slaw Or Egg Salad on a Croissant, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 4	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/16/2022	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Shepperd's Pie in Mini Pie Shells, Mixed Vegetables Or Roast Lamb w/ Mint Jelly, Sweet Potatoes, Steamed Broccoli Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Sausage Pizza, Tossed Salad Or Cheese Blintz w/ Fruit Topping, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 01/17/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Beef Stew w/ Diced Potatoes over White Rice, Stewed Vegetables Or Baked Salmon, Cream Corn, Sauteed Green Beans Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Cheese Sandwich, Marinated Vegetables Or Liverwurst on Rye, Lettuce & Onion Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Tuesday 01/18/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Chicken Parmesan over Parslied Spaghetti, Tossed Salad Or Homemade Salisbury Steak, roasted Potatoes, Glazed Carrots Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Tuna Melt on an English Muffin, Pickled Beets Or Philly Cheesesteak w/ Pepper & Onions, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 01/19/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Homemade Meatloaf w/ Mushroom gravy, Buttery Mashed Potatoes, Winter Blend Vegetables Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Stuffed Chicken Breast, Noodles w/ Gravy, California Blend Vegetables Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/20/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Open Faced Turkey w/ Gravy, Bread Stuffing, Broccoli Florets Or Swedish Meatballs over White rice, Mediterranean Blend Vegetables Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day California Burger, Lettuce & Tomatoes, Pickles Or Chicken Salad Sandwich, Marinated Artichoke Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 01/21/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Roast Beef w/ Marsala Wine Gravy, Buttered Noodles, Red Cabbage Or Ham Steak, Au gratin Potatoes, Roasted Cauliflower Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chili Con Carne over White Rice, Sauteed Green Beans Or Grilled Chicken Caesar Sandwich, Cucumber Basil Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/22/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	3 Cheese Manicotti w/ Chunky Bolognese, Tossed Salad Or Chicken Alfredo over Spaghetti, Sugar Snap Peas Dessert: Assorted Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Roast Beed Sandwich on Marble Rye, Rainbow Slaw Or Turkey Salad Sandwich, Greek Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 5	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/23/2022	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Shredded Tukey Breast, Traditional Stuffing, Winter Blend Vegetables Or Sauerbraten, Sweet Potato Mash, Wax Beans Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Breaded Crab Cake on a Roll, Creamy Cole Slaw Or Turkey Salad on a Roll, Cucumber Tomato Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks



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Monday 01/24/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Chicken a la King over Noodles, California Blend Vegetables Or Baked Ham w/ Maple Glaze, Buttery Mashed Potatoes, Sauteed Zucchini Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Classic Cheeseburger, Lettuce, Tomato, Onion Or Cheese Dog w/ Sauerkraut & Baked Beans Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Tuesday 01/25/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Veal Marsala, Baked Potatoes w/ Sour Cream, Steamed Broccoli Or Stuffed Salisbury Steak, Buttered Noodles, Spinach Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Monte Cristo Sandwich, Marinated Artichoke Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Wednesday 01/26/2022	Coffee/ Tea Assorted Pastry	Golden Brown Pancakes w/ Maple Syrup, Sausage Assorted Hot/ Cold Cereal	Stuffed Shells w/ Meat Sauce, Tossed Salad Or Fried Chicken, Seasoned Potatoes, Roasted Cauliflower Dessert: Assorted Fruited Jell-O	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Salad on a Kaiser Roll, Carrot Raisin Salad Or Salami & Swiss Sandwich w/ Fresh Spinach Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Thursday 01/27/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Baked Fish w/ Pico De Gallo, Mashed Sweet Potatoes, Brussel Sprouts Or Stuffed Peppers, Wild Rice, Key West Blend Vegetables Dessert: Assorted Cake/Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Ham & Swiss Sandwich, Lettuce & Tomato Or Cottage Cheese & Fruit, Fresh Baked Muffin Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Friday 01/28/2022	Coffee/ Tea Assorted Pastry	Homestyle Waffles w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Pork Chop Smothered in Onion, Scalloped Potatoes, Sunshine Carrots Or Liver & Onions, Creamed Corn, Sauteed Green Beans Dessert: Assorted Pudding	Coffee/ Tea Assorted Snacks	Soup of the Day Chicken Ranch Sandwich, Caprese Salad Or Classic Cheeseburger, Lettuce & Tomato Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Saturday 01/29/2022	Coffee/ Tea Assorted Pastry	Scrambled Eggs & Pastry Assorted Hot/ Cold Cereal	Pepper Steak over Rice, Oriental Blend Vegetables Or 3 Cheese Mac & Cheese , Stewed Tomatoes Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Sandwich, Caesar Salad Or Tuna Salad on a Kaiser Roll, Creamy Cole Slaw Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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Week 6	AM Snack	Breakfast	Lunch	PM Snack	Dinner	HS Snack
Sunday 01/30/2022	Coffee/ Tea Assorted Pastry	Omelet & Pastry Assorted Hot/ Cold Cereal	Roasted Pork Loin w/ Sauerkraut, Sweet Potatoes, Wax Beans Or Roasted Lamb w/ Mint Jelly, Risotto, Winter Blend Vegetables Dessert: Assorted Ice Cream	Coffee/ Tea Assorted Snacks	Soup of the Day Meatball Parmesan Submarine, Broccoli Florets Or Italian Hoagie, Carrot Raisin Salad Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks
Monday 01/31/2022	Coffee/ Tea Assorted Pastry	Classic Texas French Toast w/ Maple Syrup, Bacon Assorted Hot/ Cold Cereal	Corned Beef, Cabbage, Boiled Potatoes Or Baked Cod, Succotash, Stewed Tomatoes Dessert: Assorted Cake/ Pastry	Coffee/ Tea Assorted Snacks	Soup of the Day Turkey Salad Sandwich, Fresh Spinach Salad Or Taylor Ham, Egg & Cheese on a Roll, Marinated Vegetable Dessert: Assorted Fruit	Coffee/ Tea Assorted Snacks

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