

Livingston HealthCare
Cafeteria Menu
6/15/10 - 6/29/10

15-Jun	16-Jun	17-Jun
Week1 Day 1	Week1 Day 2	Week1 Day 3
Breakfast	Breakfast	Breakfast
Fresh Fruit	Fresh Fruit	Dried fruit and nuts
Srambled eggs	Poached egg	Oatmeal
Wheat toast	Whole grain muffin	Veggie eggs
Sausage	Cottage bacon	Bacon
Yogurt	Cottage cheese	Yogurt
Milk/Juice	Milk/Juice	Milk/Juice
Hash browns	Coffee/Tea	Coffee/Tea
Lunch	Lunch	Lunch
Chicken and Dump	Stuffed peppers	Baked ham
Mixed Vegetables	Stewed tomatoes	Scalloped potatoes
Tossed salad	Tossed salad	Green beans
Wheat roll	Wheat roll	Wheat roll
Oatmeal cookie	Tapioca pudding	Tossed salad
Coffee/Tea	Coffee/Tea	Pineapple
		Coffee/tea
Alternate Lunch	Alternate Lunch	Alternate Lunch
Salmon Patty	Vegetable lasagna	Veggie quiche
Asparagus	Meat lasagna	Cheese pizza
	Corn	Mixed veggies
Dinner	Dinner	Dinner
Spaghetti	Beef Stew	Turkey gumbo
Meatballs	Biscuit	Wheat roll
Mixed vegetables	Mixed vegetables	Mixed vegetables
Wheat roll	Tossed salad	Tossed salad
Tossed salad	Lemon squares	Cookie
Brownie	Coffee/tea	Coffee/tea
Coffee/Tea		
Alternate Dinner	Alternate Dinner	Alternate Dinner
Vegetarian Chili	Crab salad	Ravioli
Corn Bread	Potato leek soup	
HS Snack	HS Snack	HS Snack
Cottage Cheese	Apple slices	Strawberries
Fresh fruit	Peanut butter	cottage cheese
Graham crackers		graham crackers

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18-Jun	19-Jun	20-Jun
Week1 Day 4	Week1 Day 5	Week1 Day 6
Breakfast	Breakfast	Breakfast
Fresh Fruit	Cantaloup	Fresh Fruit
Scrambled eggs	Cream of the West	Breakfast sandwich
Bacon	Nuts and dried fruit	Yogurt
Wheat toast	Sausage/HB	Milk/juice
Milk/ Juice	Milk/juice	Coffee/tea
Coffee/tea	Coffee/tea	
Hash browns		
Lunch	Lunch	Lunch
Chicken a la King	Baked fish	Teryaki Chicken
Mixed vegetables	Sweet Potatoes	Brown rice
Tossed salad	Peas	Mixed vegetables
Parfait w/strawberry	Wheat roll	Wheat roll
Coffee/tea	Tossed salad	Tossed salad
	Fruit pie	Fresh fruit
	Coffee/tea	Coffee/tea
Alternate Lunch	Alternate Lunch	Alternate Lunch
Goulash	Spinach Manicotti	Mac and cheese
Broccoli/Califlower	Mixed vegetables	Broccoli
	Chili dogs	Nachos
Dinner	Dinner	Dinner
Stuffed cabbage	Burger steaks w/ms	Swedish Meatballs
Mixed vegetable	Mashed potatoes	Noodles
Wheat roll	Carrots	Asparagus
Tossed salad	Wheat roll	Wheat roll
Boston Cream Pie	Tossed salad	Tossed salad
Milk	Cookie	PB cookie
Coffee/tea	Coffee/tea	Coffee/tea
Alternate Dinner	Alternate Dinner	Alternate Dinner
Chicken parmesan	Chef's salad	Egg salad sand
Pasta	Lentil soup	Chicken soup
		4-bean salad
HS Snack	HS Snack	HS Snack
Fresh Fruit	Fruit smoothie	Fresh fruit
SF pudding		Crackers + PB

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21-Jun	22-Jun	23-Jun
Week1 Day 7	Week 2 Day 1	Week 2 Day 2
Breakfast	Breakfast	Breakfast
Fresh Fruit	Fresh Fruit	Fresh fruit
Scrambled eggs	Ralston's hot cereal	Omlet
Wheat toast	Nuts and fruit	Wheat toast
Ham	Bacon	Sausage patty
Yogurt	Milk	Milk
Milk	Coffee/Tea	Coffee/tea
Coffee/Tea	Hashbrowns	Hashbrowns
Hash Browns		
Lunch	Lunch	Lunch
Roast turkey	Sheppards pie	Pot roast
Mashed potatoes	Mixed vegetables	New potatoes
Cran sauce	Wheat roll	Carrots, celery, onion
Green beans	Tossed salad	Wheat roll
Tossed salad	Spice cake	Tossed salad
Pudding	Coffee/tea	Choc chip cookie
Coffe/tea		Coffee/tea
Alternate Lunch	Alternate Lunch	Alternate Lunch
Dinner salad	Tuna melt	Chicken spag cass
French onion	Sliced tomato	Mixed Veg
Burritos	Black bean salad	
Dinner	Dinner	Dinner
Lemon pepper cod	Baked chicken	Stuffed pork chop
Mixed vegetables	Quinoa Pilaf	Sweet potatoes
Baked potato	Carrots	Mixed vegetables
Wheat roll	Wheat roll	Wheat roll
Tossed salad	Tossed salad	Tossed salad
Choc cake	Brownie	Yellow cake
Coffee/tea	Milk	Coffee/tea
	Coffee/tea	
Alternate Dinner	Alternate Dinner	Alternate Dinner
Chick salad sand	salmon stuffed tom	Butternut soup
cole slaw	asparagus	English muffin
HS Snack	HS Snack	HS Snack
Fresh fruit	1/2 PB sand	Cottage cheese
Cottage cheese	fresh fruit	fresh fruit
Crackers		graham crackers

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24-Jun	25-Jun	26-Jun
Week 2 Day 3	Week 2 Day 4	Week 2 Day 5
Breakfast	Breakfast	Breakfast
Banana	Fresh Fruit	Fresh Strawberries
Raisin French Toast	Blueberry pancake	Waffles
Bacon	Cottage bacon	Bacon
Yogurt	Poached egg	Yogurt
Coffee/tea	Coffee/tea	Milk
Hashbrowns	Hashbrowns	Coffee/tea
		Hashbrowns
Lunch	Lunch	Lunch
Beef stroganoff	Meatloaf	Lamb
Noodles	Mashed	Wild rice
Carrots and Peas	Mixed vegetables	Green beans
Tossed salad	Wheat roll	Tossed salad
PB cookie	Tossed salad	Wheat roll
Coffee/tea	Fruit cobbler	Fruit Pie
	Coffee/tea	Coffee/tea
Alternate Lunch	Alternate Lunch	Alternate Lunch
Salmon lemon dill	Veggie wrap	Fish cake
Spaghetti squash	tomato basil soup	Black bean salad
Stewed tomatoes		
Dinner	Dinner	Dinner
Chicken pot pie	Beef fahita	Spinach Lasagna
Broccoli	Brown rice	Mixed vegetables
Wheat roll	Sauteed vegetables	Wheat roll
Tossed salad	Tortilla	Tossed salad
Pudding	Tossed salad	Oatmeal cookie
Milk	Tapioca pudding	Coffee/tea
Coffee/Tea	Milk	
	Coffee/tea	
Alternate Dinner	Alternate Dinner	Alternate Dinner
Tuna noodle cass	Chick salad/Romain	Corn casserole
Corn	Garden brocc salad	Spinach
	PB &J Sandwich	
HS Snack	HS Snack	HS Snack
Yogurt	Fruit smoothie	yogurt parfait
Fresh fruit		

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27-Jun	28-Jun	29-Jun
Week 2 Day 6	Week 2 Day 7	Week 3 Day 1
Breakfast	Breakfast	Breakfast
Fresh fruit	Fresh fruit	Fresh fruit
Breakfast Crepes	Scrambled eggs	Buckwheat pancake
Patty sausage	Hash browns	veggie eggs
Cottage cheese	Sausage link	Sausage link
Milk	Milk	Milk
Coffee/tea	Coffee/tea	Coffee/tea
Hashbrowns		Hashbrowns
Lunch	Lunch	Lunch
Hamburgers	Chicken/rice cass	French dip
Steak Fries	Mixed vegetables	Mixed vegetables
Cole slaw	Wheat roll	Wheat roll
Tossed salad	Tossed salad	Tossed salad
Pudding	Fruit Pie	Cookie
Coffee/tea	Coffee/tea	Coffee/tea
Alternate Lunch	Alternate Lunch	Alternate Lunch
Cordon Bleu cass	Greek pita	Red beans and rice
Peas and carrots	Lentil salad	Broccoli
Dinner	Dinner	Dinner
Pork Loin	Roast beef	Ham/brocc potato
mashed potatoes	Mashed potatoes	Carrot/raisin salad
Mixed vegetables	Tossed salad	Tossed salad
Wheat roll	Fresh fruit	Fresh fruit
Tossed salad	Milk	Milk
Peach pie	Coffee/tea	Coffee/tea
Milk		
Coffee/tea		
Alternate Dinner	Alternate Dinner	Alternate Dinner
Kale soup	Chick salad sand	Tuna salad sand
Corn bread	Pasta salad	barley/bean salad
HS Snack	HS Snack	HS Snack
PB & J	parfait (yogurt/fruit)	Fruit smoothie