

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs with Cheese Blueberry Muffin 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Sausage Patty	Orange Juice Hot Oatmeal Light Brown Sugar French Toast Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Pepper Packet Mrs. Dash Packet Chilled Diced Pears	Orange Juice Hot Oatmeal Light Brown Sugar Banana Cheese Omelet Sausage Patty Buttered Wheat Toast 2% Milk Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Coffee	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Buttered Wheat Toast Butter and Assorted Jelly Breakfast Ham 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Bacon Buttered Wheat Toast Butter and Assorted Jelly 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Pancakes Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Pepper Packet Mrs. Dash Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Oven Roasted Potatoes Sausage Patty 2% Milk Coffee Creamer Sugar Packet Pepper Packet Mrs. Dash Packet
Diced Pears Assorted Cold Cereal Pancakes Syrup	Assorted Cold Cereal Breakfast Casserole Buttered Wheat Toast Butter and Assorted Jelly	Strawberry Yogurt Parfait Assorted Cold Cereal	Diced Pears Assorted Cold Cereal Waffle Syrup	Diced Peaches Assorted Cold Cereal Biscuit & Sausage Gravy	Assorted Cold Cereal Cheese Omelet Banana	Assorted Cold Cereal Peach Yogurt Parfait
Lunch						
Ketchup Packet Crab Cake Cocktail Sauce French Fries Coleslaw Mandarin Oranges 2% Milk Mrs. Dash Packet Pepper Packet	Country Vegetable Soup Breaded Fish Sandwich Tartar Sauce Sweet Potato Fries Ketchup Packet Succotash Diced Peaches 2% Milk Mrs. Dash Packet Pepper Packet	Chicken Florentine Soup Beef & Turkey Sloppy Joe Meat Reg Green Beans Snickerdoodle Cookie 2% Milk Mrs. Dash Packet Pepper Packet	Portuguese Kale Soup Chicken Noodle Casserole Breadstick Caesar Side Salad Pineapple Tidbits 2% Milk Mrs. Dash Packet Pepper Packet	Beef Stuffed Pepper Soup BBQ Ham Sandwich Dilled Carrots French Fries 4 Oz Vanilla Ice Cream Cup 2% Milk Mrs. Dash Packet Pepper Packet	Potato Leek Soup Philly Cheesesteak Sandwich Mayonnaise Packet Coleslaw Fruit Cup BW 2% Milk Pepper Packet Mrs. Dash Packet	French Onion Soup Turkey Sandwich on White Marinated Mushroom Salad Pumpkin & Chocolate Mousse 2% Milk Mrs. Dash Packet Pepper Packet
Veal Marsala Brown Gravy Mashed Idaho Potatoes	Cottage Cheese & Fruit Plate	Tuna Melt on Wheat Bread	Egg Salad Sandwich on Wheat	Cheeseburger Ketchup and Mustard Packet	Grilled Chicken Salad Ranch Dressing Wheat Dinner Roll	Italian Sub Sandwich
Dinner						
Split Pea Soup Beef Pot Pie Baby Lima Beans Tossed Salad Italian Dressing Lemon Cooler Cream Cake 2% Milk Mrs. Dash Packet	Beef Burgundy Buttered Noodles Crinkle Cut Sliced Carrots Banana Pudding 2% Milk Pepper Packet Mrs. Dash Packet	Cranberry Brie Stuffed Chicken Mashed Idaho Potatoes Brussel Sprouts Cherry Gelatin 2% Milk Pepper Packet Mrs. Dash Packet	Open-faced Meatloaf Sandwich Brown Gravy Macaroni and Cheese Butternut Squash Cherry Cobbler 2% Milk Pepper Packet Mrs. Dash Packet	Turkey & Broccoli Casserole Fresh Asparagus Chocolate Pudding w/Topping 2% Milk Mrs. Dash Packet Pepper Packet	Braised Cod w/Tomato,Basil,BellPepp Loaded Baked Potato Casserole Broccoli and Cauliflower Chocolate Cake 2% Milk Mrs. Dash Packet Pepper Packet	Roast Pork Loin Cheese Mashed Potatoes Steamed Spinach Oatmeal Cookie 2% Milk Pepper Packet Mrs. Dash Packet

Asbury Heights**2021-22 Fall Winter IDDSI Menu****Regular****Week 2**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Pepper Packet						
Ham and Cheese Sandwich on Wheat Mayonnaise Packet	Boneless Breaded Pork Chop	Cheese Ravioli w/ Marinara Marinara Sauce	Chicken Tenders BBQ Sauce	Steak Diane Baked Potato	Rack of Lamb	Stuffed Cabbage Roll