

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE			WINTER MENU 1 2023-2024	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		HOT OATMEAL WITH BROWN SUGAR WITH CRAISINS & MILK	WHOLE GRAIN SCONES WITH JAM AND MARGARINE & MILK	MINI WHOLE WHEAT CROISSANT WITH WOW BUTTER AND GALA APPLES & MILK	MULTI GRAIN CHEERIOS WITH FROZEN MIXED FRUIT & MILK	VANILLA YOGURT WITH GRANOLA BARS AND PEARS & WATER
Milk and/or	1/4 - 1/2 C					
Fruit, juice, or vegetable	1/4 - 1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C					
Noonday Meal		VEGETABLE BEEF BARLEY SOUP	VEGETABLE & GROUND BEEF STEW	FISH BURGERS, OVEN ROASTED SWEET POTATO FRIES	WHOLE WHEAT SPAGHETTI & MEATBALLS	BAKED CHICKEN BREAST FILLETS
Meat and/or alternate one of the following or a combination	30 - 45 G					
Cooked meat, fish, poultry	30 - 45 G	GARDEN SALAD	TOSSED SALAD	COLE SLAW	SALAD	CALIFORNIA VEGETABLES
cheese	1					
egg	1/4 - 1/2 C					
cooked dry beans		CUCUMBER COINS	CARROT STICKS	CHERRY TOMATOES	PLUM TOMATOES SLICES	CUCUMBER COINS
Vegetables and/or fruit	1/4 - 1/2 C					
Bread or equivalent	1/4 - 1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGEL WITH CREAM CHEESE	BROWN RICE	WW BREAD		MULTIGRAIN BREAD
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANAS
Between Meal Eating (P.M.)		CRUNCHY RICE ROLLS AND GALA APPLES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE & WATER	SPINACH DIP WITH BREAD STICKS & GREEN PEPPERS & MILK	MINI CARROT LOAVES WITH GALA APPLES & MILK	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER
Late PM Snack		BROCCOLI FLORETTES & MILK	CLEMENTINES & MILK	CUCUMBER SLICES & MILK	RED PEPPER WEDGES & MILK	CARROT STICKS & MILK

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE VEGETARIAN			WINTER MENU 1	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		HOT OATMEAL WITH BROWN SUGAR WITH CRAISINS & MILK	WHOLE GRAIN SCONES WITH JAM AND MARGARINE & 100% JUICE	MINI WHOLE WHEAT CROISSANT WITH WOW BUTTER AND GALA APPLES & MILK	MULTI GRAIN CHEERIOS WITH FROZEN MIXED FRUIT & MILK	MINI CARROT LOAVES WITH GALA APPLE & MILK
Milk and/or	1/4 - 1/2 C					
Fruit, juice, or vegetable	1/4 - 1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C					
Noonday Meal		VEGETABLE AND BARLEY SOUP	VEGETABLES & VEG.GROUND ROUND STEW	FISH BURGERS, OVEN ROASTED SWEET POTATO FRIES	WHOLE WHEAT SPAGHETTI WITH VEGGIE GROUND ROUND	VEGGIE BURGER
Meat and/or alternate one of the following or a combination	30 - 45 G					
Cooked meat, fish, poultry	30 - 45 G	GARDEN SALAD	TOSSED SALAD	COLE SLAW	GREEN SALAD	CALIFORNIA VEGETABLES
cheese	30 - 45 G					
egg	1					
cooked dry beans	1/4 - 1/2 C					
Vegetables and/or fruit	1/4 - 1/2 C	CUCUMBER COINS	CARROT STICKS	CHERRY TOMATOES	PLUM TOMATOES SLICES	CUCUMBER COINS
Bread or equivalent	1/4 - 1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGEL WITH CREAM CHEESE	BROWN RICE	WW BREAD		MULTI GRAIN BREAD
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		CRUNCHY RICE ROLLS AND GALA APPLES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE & WATER	SPINACH DIP WITH BREAD STICKS & GREEN PEPPERS & MILK	VANILLA YOGURT WITH GRANOLA BARS AND PEARS & WATER	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER
Late PM Snack		BROCCOLI FLORETTES & MILK	CLEMENTINES & MILK	CUCUMBER SLICES & MILK	RED PEPPER WEDGES & MILK	CARROT STICKS & MILK

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE			WINTER MENU 2 2023-2024	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL LIGHT CREAM CHEESE AND GALA APPLES & MILK	MULTIGRAIN CHEERIOS WITH FROZEN BLUEBERRIES & MILK	WHOLE WHEAT ENGLISH MUFFINS WITH APPLE BUTTER, CUCUMBER SLICES & MILK	VEGETABLE & FRUIT SMOOTHIE, WW TOAST WITH MARGARINE & MILK	VANILLA YOGURT, WITH GRAHAM CRACKERS AND FRESH BERRIES & MILK
Milk and/or	1/4 - 1/2 C					
Fruit, juice, or vegetable	1/4 - 1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C					
Noonday Meal		CHICKEN IN BBQ SAUCE	GROUND BEEF MACARONI PIE	COD FISH	MINCED CHICKEN STEW WITH MIXED VEGETABLES	MINESTRONE SOUP
Meat and/or alternate one of the following or a combination				ROASTED POTATO		TUNA SALAD
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G	COOKED CALIFORNIA VEGETALBES	GARDEN SALAD	GREEN SALAD		TOSSED SALAD
egg	1					
cooked dry beans	1/4 - 1/2 C					
Vegetables and/or fruit	1/4 - 1/2 C	CHERRY TOMATOES	CARROT STICKS	RED PEPPER WEDGES	GREEN PEPPER WEDGES	PLUM TOMATO SLICES
Bread or equivalent	1/4 - 1/2 slice	BROWN RICE		WHOLE WHEAT BREAD	WHOLE WHEAT COUSCOUS	WHOLE WHEAT PITA
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & GALA APPLES	MILK & GREEN GRAPES	MILK & CLEMENTINE
Between Meal Eating (P.M.)		TZATZIKI DIP WITH MELBA TOAST WITH CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	WHOLE WHEAT BAGEL WITH MARGARINE, AND CARROT STICKS & MILK	CHERRY TOMATO AND MINI PITA WITH CREAM CHEESE & MILK	MIXED BERRIES GRANOLA BARS WITH GALA APPLES & MILK
Late PM Snack		RITZ CRACKERS & WATER	BANANA & MILK	OATMEAL APPLE SAUCE COOKIES & MILK	VEGETABLE THIN CRACKERS & MILK	ARROWROOT COOKIES & MILK

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE WINTER VEGETARIAN			WINTER MENU 2	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL LIGHT CREAM CHEESE AND GALA APPLES & MILK	MULTIGRAIN CHEERIOS WITH FROZEN BLUEBERRIES & MILK	WHOLE WHEAT ENGLISH MUFFINS WITH APPLE BUTTER, CUCUMBER SLICES & MILK	VEGETABLE & FRUIT SMOOTHIE, WW TOAST WITH MARGARINE & MILK	VANILLA YOGURT, WITH GRAHAM CRACKERS AND FRESH BERRIES & MILK
Milk and/or	1/4 - 1/2 C					
Fruit, juice, or vegetable	1/4 - 1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C					
Noonday Meal		VEGGIE BURGER IN BBQ SAUCE	VEGETABLE GROUND ROUND MACARONI PIE	COD FISH	VEGETARIAN GROUND ROUND STEW WITH VEGETABLES	MINESTRONE SOUP
Meat and/or alternate one of the following or a combination				ROASTED POTATO		TUNA SALAD
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G	COOKED CALIFORNIA VEGETALBES	GARDEN SALAD	GREEN SALAD		LETTUCE
egg	1					
cooked dry beans	1/4 - 1/2 C					
Vegetables and/or fruit	1/4 - 1/2 C	CHERRY TOMATOES	CARROT STICKS	RED PEPPER WEDGES	GREEN PEPPER WEDGES	PLUM TOMATO SLICES
Bread or equivalent	1/4 - 1/2 slice	BROWN RICE		WHOLE WHEAT BREAD	WHOLE WHEAT COUSCOUS	WHOLE WHEAT PITA
Milk	1/2 - 3/4 C	MILK & PEARS	MILK & ORANGES	MILK & GALA APPLES	MILK & GREEN GRAPES	MILK & CLEMENTINE
Between Meal Eating (P.M.)		TZATZIKI DIP WITH MELBA TOAST WITH CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	WHOLE WHEAT BAGEL WITH MARGARINE, AND CARROT STICKS & MILK	CHERRY TOMATO AND MINI PITA WITH CREAM CHEESE & MILK	MIXED BERRIES GRANOLA BARS WITH GALA APPLES & MILK
Late PM Snack		RITZ CRACKERS & WATER	BANANA & MILK	OATMEAL APPLE SAUCE COOKIES & MILK	VEGETABLE THIN CRACKERS & MILK	ARROWROOT COOKIES & MILK

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Menu Guide	Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday	
Between Meal Eating (A.M.)			HOT OATMEAL WITH BROWN SUGAR WITH RAISINS & MILK	WHOLE WHEAT TOAST WITH COTTAGE CHEESE AND PEACH SLICES & MILK	MULTIGRAIN CHEERIOS, FROZEN MIXED FRUITS & MILK	ENGLISH MUFFINS WITH SOFT CHEESE AND TROPICAL FRUIT & MILK	VANILLA YOGURT GRANOLA BARS AND PEARS & MILK	
Milk and/or	1/4 - 1/2 C							
Fruit, juice, or vegetable	1/4 - 1/2 C							
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C							
Noonday Meal			MEXICAN MEATBALLS	MACARONI AND CHICKEN WITH PEAS IN RED SAUCE	BAKED CHICKEN BREAST FILLETS	WHOLE WHEAT SPAGHETTI WITH MEAT SAUCE	MACARONI BEEF & VEGETABLE SOUP	
Meat and/or alternate one of the following or a combination								
Cooked meat, fish, poultry	30 - 45 G				ROSTI POTATOES			
cheese	30 - 45 G							
egg	1							
cooked dry beans	1/4 - 1/2 C			TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE	
Vegetables and/or fruit			CUCUMBER COINS	GREEN PEPPER WEDGES	CHERRY TOMATO	RED PEPPER WEDGES	PLUM TOMATO	
Bread or equivalent			BROWN RICE WITH QUINOA AND TURMERIC		WHOLE WHEAT BREAD		MINI BAGELS	
Milk	1/2 - 3/4 C		MILK & PEARS	MILK & CANTALOUPE	MILK & ORANGE	MILK & GREEN GRAPES	MILK & BANANA	
Between Meal Eating (P.M.)			TUNA SALAD SANDWICHES AND CELERY STICKS & MILK	CLEMENTINE AND BANANA MAPLE COOKIES & MILK	MULTI GRAIN BAGEL WITH LIGHT CREAM CHEESE AND APPLE SAUCE & MILK	STONE WHEAT CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK	OATMEAL APPLE SAUCE COOKIES AND ORANGES & MILK	
Late PM Snack			CARROT STICKS & MILK	CUCUMBER COINS & MILK	CRUNCHY RICE ROLLS & MILK	BROCCOLI FLORETTES & MILK	MINI CHEDDAR RICE CAKES & MILK	

C:Cup	T:Tablespoon	G:Gram	COURTLEIGH PLACE VEGETARIAN			WINTER MENU 3		
Menu Guide	Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday	
Between Meal Eating (A.M.)			HOT OATMEAL WITH BROWN SUGAR WITH RAISINS & MILK	WHOLE WHEAT TOAST WITH COTTAGE CHEESE AND PEACH SLICES & MILK	MULTIGRAIN CHEERIOS, FROZEN MIXED FRUITS & MILK	ENGLISH MUFFINS WITH SOFT CHEESE AND TROPICAL FRUIT & MILK	VANILLA YOGURT GRANOLA BARS AND PEARS & MILK	
Milk and/or	1/4 - 1/2 C							
Fruit, juice, or vegetable	1/4 - 1/2 C							
Bread, sandwich or cereal, enriched or whole grain	1/4 - 1/2 slice 1/4 - 1/3 C							
Noonday Meal			VEGETARIAN BURGER IN MEXICAN SAUCE WITH RICE	MACARONI AND CHICKEN WITH PEAS IN RED SAUCE	VEGGIE CUTLET	WHOLE WHEAT SPAGHETTI VEG. GROUND ROUND SAUCE	MACARONI & VEGETABLE SOUP	
Meat and/or alternate one of the following or a combination								
Cooked meat, fish, poultry	30 - 45 G				ROSTI POTATOES			
cheese	30 - 45 G							
egg	1							
cooked dry beans	1/4 - 1/2 C			TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE	
Vegetables and/or fruit			CUCUMBER COINS	GREEN PEPPER WEDGES	CHERRY TOMATO	RED PEPPER WEDGES	PLUM TOMATO	
Bread or equivalent			BROWN RICE WITH QUINOA AND TURMERIC		WHOLE WHEAT BREAD		MINI BAGELS	
Milk	1/2 - 3/4 C		MILK & GREEN GRAPES	MILK & GALA APPLE	MILK & PEARS	MILK & RED GRAPES	MILK & BANANA	
Between Meal Eating (P.M.)			TUNA SALAD SANDWICHES AND CELERY STICKS & MILK	CLEMENTINE AND BANANA MAPLE COOKIES & MILK	MULTI GRAIN BAGEL WITH LIGHT CREAM CHEESE AND APPLE SAUCE & MILK	STONE WHEAT CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK	OATMEAL APPLE SAUCE COOKIES AND ORANGES & MILK	
Late PM Snack			CARROT STICKS & MILK	CUCUMBER COINS & MILK	CRUNCHY RICE ROLLS & MILK	BROCCOLI FLORETTES & MILK	MINI CHEDDAR RICE CAKES & MILK	

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C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE			WINTER MENU 4 2023-2024	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		APPLE SAUCE AND BREAD STICKS & MILK	WHOLE WHEAT PITA WITH CREAM CHEESE AND PEARS & MILK	MULTIGRAIN CHEERIOS WITH BANANA & MILK	FRUIT & VEGETABLE SMOOTHIE AND CRUNCHY RICE ROLL & MILK	VANILLA YOGURT, DIGESTIVE COOKIES AND GALA APPLES & MILK
Milk and/or	1/4 -1/2 C					
Fruit, juice, or vegetable	1/4 -1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 slice 1/4 -1/3 C					
Noonday Meal		CHICKEN BREAST FILLET	VEGETABLE & GROUND BEEF PIZZA	COD FISH	CHILI (GROUND BEEF, KIDNEY BEANS IN TOMATO SAUCE)	HEARTY VEGETABLE SOUP
Meat and/or alternate one of the following or a combination						
Cooked meat, fish, poultry	30 - 45 G			POTATO WEDGES	SHREDDED CHEESE	MINI CHICKEN EMPANADAS
cheese	30 - 45 G					
egg	1	TOSSED SALAD	GARDEN SALAD	COLE SLAW	GREEN SALAD	
cooked dry beans	1/4 -1/2 C					
Vegetables and/or fruit	1 - 2 T 1/4 -1/2 C	CHERRY TOMATOES	RED PEPPER WEDGES	CUCUMBER COINS	SLICED TOMATOES	CARROT STICKS
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	SWEET POTATO FRIES		NAAN BREAD	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C	MILK & GALA APPLES	MILK & CANTALOUPE	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANA
Dessert	optional					
Between Meal Eating (P.M.)		MINI CARROT LOAVES AND GREEN PEPPERS & MILK	ORANGES AND GRANOLA BARS & MILK	BLUEBERRY OATMEAL ROUNDS GALA APPLES & MILK	PREMIUM WHOLE WHEAT CRACKERS, WITH SOFT CHEESE AND PEACH SLICES & WATER	HUMMUS AND BREADSTICKS, ORANGES & MILK
Same pattern as (A.M.)						
Late PM Snack		DIGESTIVE COOKIES & MILK	CARROT STICKS & MILK	TRISCUIT CRACKERS & WATER	BROCCOLI FLORETTES & MILK	WHEAT THIN CRACKERS & MILK

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C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE VEGETARIAN			WINTER MENU 4	
Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		APPLE SAUCE AND BREAD STICKS & MILK	WHOLE WHEAT PITA WITH CREAM CHEESE AND PEARS & MILK	MULTIGRAIN CHEERIOS WITH BANANA & MILK	FRUIT & VEGETABLE SMOOTHIE AND CRUNCHY RICE ROLL & MILK	VANILLA YOGURT, DIGESTIVE COOKIES AND GALA APPLES & MILK
Milk and/or	1/4 -1/2 C					
Fruit, juice, or vegetable	1/4 -1/2 C					
Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 slice 1/4 -1/3 C					
Noonday Meal		VEGETARIAN BURGER	VEGETABLE & GROUND BEEF PIZZA	COD FISH	CHILI (VEGETARIAN GROUND ROUND, RED BEANS IN TOMATO SAUCE)	HEARTY VEGETABLE SOUP
Meat and/or alternate one of the following or a combination						
Cooked meat, fish, poultry	30 - 45 G			POTATO WEDGES	SHREDDED CHEESE	MINI VEGETABLE EMPANADAS
cheese	30 - 45 G					
egg	1	TOSSED SALAD	GARDEN SALAD	COLE SLAW	GREEN SALAD	
cooked dry beans	1/4 -1/2 C					
Vegetables and/or fruit	1 - 2 T 1/4 -1/2 C	CHERRY TOMATOES	RED PEPPER WEDGES	CUCUMBER COINS	SLICED TOMATOES	CARROT STICKS
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	SWEET POTATO FRIES		NAAN BREAD	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C	MILK & GALA APPLES	MILK & CANTALOUPE	MILK & CLEMENTINE	MILK & GREEN GRAPES	MILK & BANANA
Dessert	optional					
Between Meal Eating (P.M.)		MINI CARROT LOAVES AND GREEN PEPPERS & MILK	ORANGES AND GRANOLA BARS & MILK	BLUEBERRY OATMEAL ROUNDS GALA APPLES & MILK	PREMIUM WHOLE WHEAT CRACKERS, WITH SOFT CHEESE AND PEACH SLICES & WATER	HUMMUS AND BREADSTICKS, ORANGES & MILK
Same pattern as (A.M.)						
Late PM Snack		DIGESTIVE COOKIES & MILK	CARROT STICKS & MILK	TRISCUIT CRACKERS & WATER	BROCCOLI FLORETTES & MILK	WHEAT THIN CRACKERS & MILK

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