

C:Cup T:Tablespoon G:Gram

COURTLEIGH PLACE 2024

SPRING/SUMMER MENU 1

Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	BANANA MAPLE COOKIES, GALA APPLE & MILK	MULTI GRAIN CHEERIOS WITH BANANA & MILK	MINI WHOLE WHEAT CROISSANT WITH JAM, BLUEBERRIES & MILK	BLUEBERRY OATMEAL ROUNDS, VEGETABLE & FRUIT SMOOTHIE	VANILLA YOGURT, GRAHAM CRACKERS, GALA APPLES APPLES & MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or equivalent Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	BEEF MACARONI SOUP CREAM CHEESE SALAD CUCUMBER COINS MINI WW BAGELS MILK & PINEAPPLE	MINCED CHICKEN STEW WITH WW COUSCOUS CARROT STICKS MILK & GALA APPLES	COD FISH SWEET POTATO FRIES CHERRY TOMATOES WHOLE WHEAT PITA MILK & ORANGES	GROUND CHICKEN CASSEROLE IN ROSE SAUCE SALAD CUCUMBER COINS MILK & GRAPES	BEEF CHILI WITH SHREDDED CHEESE & LETTUCE PLUM TOMATOES WHOLE WHEAT TORTILLAS MILK & NECTARINE
Between Meal Eating (P.M.)-around 3:30pm		PEARS, MINI RICE CAKES & MILK	MARBLE MILD CHEESE. WW PREMIUM PLUS CRACKERS & 100% JUICE	RED PEPPER WEDGES, MINI BAGEL WITH CREAM CHEESE & MILK	MINI CARROT LOAVES AND PEARS & MILK	APPLE SAUCE BREAD STICKS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BROCCOLI FLORETTES & MILK	CRUNCHY RICE ROLLS & MILK	ARROWROOT COOKIES & MILK	WW VEGETABLE THINS & MILK	MINI PITA WITH STRAWBERRY JAM & MILK

* Menus reviewed by registered dietitian

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VEGETARIAN MENU - 2024

Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.) Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	BANANA MAPLE COOKIES, GALA APPLE & MILK	MULTI GRAIN CHEERIOS WITH BANANA & MILK	MINI WHOLE WHEAT CROISSANT WITH JAM, FROZEN BLUEBERRIES & MILK	BLUEBERRY OATMEAL ROUNDS, VEGETABLE & FRUIT SMOOTHIE	VANILLA YOGURT, GRAHAM CRACKERS, GALA APPLES & MILK
Noonday Meal Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or equivalent Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	GROUND ROUND MACARONI SOUP CREAM CHEESE SALAD CUCUMBER COINS MINI WW BAGELS MILK & PINEAPPLE	VEGETABLE STEW WITH WW COUSCOUS CARROT STICKS MILK & GALA APPLES	VEGGIE BURGER SWEET POTATO FRIES CHERRY TOMATOES WHOLE WHEAT PITA MILK & ORANGES	GROUND ROUND VEGETABLE CASSEROLE IN ROSE SAUCE SALAD CUCUMBER COINS MILK & GRAPES	VEG. GROUND ROUND CHILI WITH SHREDDED CHEESE & LETTUCE PLUM TOMATOES WHOLE WHEAT TORTILLAS MILK & NECTARINE
Between Meal Eating (P.M.)-around 3:30pm		PEARS, MINI RICE CAKES MILK	MARBLE MILD CHEESE. WW PREMIUM PLUS CRACKERS & 100% JUICE	RED PEPPER WEDGES, MINI BAGEL WITH CREAM CHEESE & MILK	MINI CARROT LOAVES AND PEARS & MILK	APPLE SAUCE BREAD STICKS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BROCCOLI FLORETTES & MILK	CRUNCHY RICE ROLLS & MILK	ARROWROOT COOKIES & MILK	WW VEGETABLE THINS & MILK	MINI PITA WITH STRAWBERRY JAM & MILK

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COURTLEIGH PLACE 2024

SPRING/SUMMER MENU 2

Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	OATMEAL WITH BROWN SUGAR, RAISINS	MULTIGRAIN CHEERIOS WITH BLUEBERRIES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE, TROPICAL FRUIT SALAD & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & MILK	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK
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	MILK				
Noonday Meal						
Meat and/or alternate one of the following or a combination		COUNTRY STYLE VEGETABLE SOUP	CHICKEN SAUSAGE	BAKED CHICKEN TENDERS	WW SPAGHETTI WITH MEATBALLS	BBQ CHICKEN & BROWN RICE
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G					
egg	1			POTATO WEDGES		STEAMED BROCCOLI
cooked dry beans	1/4 -1/2 C 1 - 2 T	TUNA SALAD	SALAD	GREEN PEPPER WEDGES	SALAD	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES	GREEN PEAS		CUCUMBER COINS	
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD	DICED POTATO	DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & RED APPLES	MILK & PINEAPPLE	MILK & GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		STONE WHEAT CRACKERS AND PEARS & MILK	NECTARINE, GRANOLA BARS & MILK	WW TOAST WITH APPLE BUTTER, ORANGE & MILK	TORTILLA CHIPS, SALSA AND WATER	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		APPLE SAUCE COOKIES & MILK	CHERRY TOMATOES, WATER	CARROT STICKS & MILK	MINI CARROT LOAVES & MILK	DIGESTIVE COOKIES AND MILK

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VEGETARIAN MENU - 2024

Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	OATMEAL WITH BROWN SUGAR, RAISINS	MULTIGRAIN CHEERIOS WITH BLUEBERRIES & MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE, TROPICAL FRUIT SALAD & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & MILK	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK
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	& MILK				
Noonday Meal						
Meat and/or alternate one of the following or a combination		COUNTRY STYLE VEGETABLE SOUP	VEGETARIAN SAUSAGE	VEGETARIAN CUTLETS	SPAGHETTI WITH VEGETABLE GROUND ROUND SAUCE	VEGETARIAN BURGER IN BBQ SAUCE
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G					
egg	1			POTATO WEDGES		STEAMED BROCCOLI
cooked dry beans	1/4 -1/2 C 1 - 2 T	TUNA SALAD	SALAD	GREEN PEPPER WEDGES	SALAD	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES	GREEN PEAS		CUCUMBER COINS	
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD	DICED POTATO	DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & ORANGES	MILK & PINEAPPLE	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		STONE WHEAT CRACKERS AND PEARS & MILK	NECTARINE, GRANOLA BARS & MILK	WW TOAST WITH APPLE BUTTER, ORANGE & MILK	TORTILLA CHIPS, SALSA AND WATER	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		APPLE SAUCE COOKIES & MILK	CHERRY TOMATOES MILK	CARROT STICKS MILK	MINI CARROT LOAVES & MILK	DIGESTIVE COOKIES & MILK

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COURTLEIGH PLACE 2024

SPRING/SUMMER MENU 3

Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	MINI WHOLE WHEAT BAGEL WITH CREAM CHEESE, AND GALA APPLES	MULTIGRAIN CHEERIOS WITH STRAWBERRIES	WHOLE GRAIN SCONES MARGARINE, ORANGES	WW ENGLISH MUFFIN WITH APPLE BUTTER & VEGETABLE AND FRUIT SMOOTHIE	VANILLA YOGURT, PEACH SLICES AND GRAHAM CRACKERS
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	MILK	MILK	MILK		MILK
Noonday Meal						
Meat and/or alternate one of the following or a combination		MINCED CHICKEN & VEGETABLE STEW	COD FISH	CHICKEN BREAST FILLET(BAKED)	GROUND BEEF MACARONI PIE	CHICKEN ADOBO
Cooked meat, fish, poultry	30 - 45 G		BAKED POTATO WEDGES	HARVEST VEGETABLE SOUP		BROWN RICE
cheese	30 - 45 G	BROWN RICE AND QUINOA WITH TURMERIC	STEAMED CORN	CHERRY TOMATOES	SALAD	SALAD
egg	1	CUCUMBER COINS	CELERY STICK	WHOLE WHEAT BREAD	CARROT STICKS	PLUM TOMATOES
cooked dry beans	1/4 -1/2 C 1 - 2 T		NAAN BREAD	MILK & PINEAPPLE		
Vegetables and/or fruit	1/4 -1/2 C	MILK & ORANGES	MILK & PEAR	MILK & GREEN GRAPES		MILK & BANANA
Bread or equivalent	1/4 -1/2 slice 2 - 4 T					
Milk	1/2 - 3/4 C					
Between Meal Eating (P.M.)-around 3:30pm		RITZ CRACKERS, CELERY STICKS & MILK	MELBA TOAST, MOZZERELLA CHEESE CUBES, GR. PEPPER & MILK	GALA APPLE ARROWROOT COOKIES & MILK	MULTIGRAIN BAGELS WITH MARGARINE, ORANGES & MILK	STONED WHEAT CRACKERS, HUMMUS AND CUCUMBER & MILK
Between Meal Eating(PM)- around 5:30p.m.		HARD BOILED EGGS & MILK	MINI RICE CAKES & MILK	MULTI GRAIN BRENTON CRACKERS & MILK	STEAMED BROCCOLI & MILK	CARROT STICKS & MILK

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VEGETARIAN MENU - 2024

Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	MINI WHOLE WHEAT BAGEL WITH CREAM CHEESE, AND GALA APPLES	MULTIGRAIN CHEERIOS WITH STRAWBERRIES	WHOLE GRAIN SCONES MARGARINE, ORANGES	WW ENGLISH MUFFIN WITH APPLE BUTTER & VEGETABLE AND FRUIT SMOOTHIE	VANILLA YOGURT, PEACH SLICES AND GRAHAM CRACKERS
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	MILK & ORANGES	& MILK	& MILK		MILK
Noonday Meal						
Meat and/or alternate one of the following or a combination		VEGETABLE GROUND ROUND STEW	COD FISH	VEGETABLE CUTLET	VEGETABLE GROUND ROUND MACARONI PIE	VEGETABLE GROUND ROUND ADOBO BROWN RICE
Cooked meat, fish, poultry	30 - 45 G		BAKED POTATO WEDGES	HARVEST VEGETABLE SOUP		SALAD
cheese	30 - 45 G	BROWN RICE AND QUINOA WITH TURMERIC	STEAMED CORN	CHERRY TOMATOES	SALAD	SALAD
egg	1	CUCUMBER COINS	CELERY STICKS	WHOLE WHEAT BREAD	CARROT STICKS	PLUM TOMATOES
cooked dry beans	1/4 -1/2 C 1 - 2 T		NAAN BREAD	MILK & PINEAPPLE		
Vegetables and/or fruit	1/4 -1/2 C	MILK & ORANGES	MILK & PEARS	MILK & GRAPES		MILK & BANANA
Bread or equivalent	1/4 -1/2 slice 2 - 4 T					
Milk	1/2 - 3/4 C					
Between Meal Eating (P.M.)-around 3:30pm		RITZ CRACKERS, CELERY STICKS MILK	MELBA TOAST, MOZZERELLA CHEESE CUBES, GR. PEPPER & MILK	GALA APPLE ARROWROOT COOKIES & MILK	MULTIGRAIN BAGELS WITH MARGARINE, ORANGES & MILK	STONED WHEAT CRACKERS, HUMMUS AND CUCUMBER & MILK
Between Meal Eating(PM)- around 5:30p.m.		HARD BOILED EGGS & MILK	MINI RICE CAKES & MILK	MULTI GRAIN BRENTON CRACKERS & MILK	STEAMED BROCCOLI & MILK	CARROT STICKS & MILK

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COURTLEIGH PLACE 2024

SPRING/SUMMER MENU 4

Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	OATMEAL WITH BROWN SUGAR, RAISINS & MILK	WW TOAST DICED PEACH AND COTTAGE CHEESE & WATER	WHOLE GRAIN SCONES WITH JAM & MARGARINE GALA APPLES & MILK	MULTIGRAIN CHEERIOS WITH BLUEBERRIES AND MILK	VANILLA YOGURT, GRANOLA BARS & MILK
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						
Meat and/or alternate one of the following or a combination		MINESTRONE SOUP	DICED CHICKEN MACARONI WITH PEAS IN RED SAUCE	FISH BURGER	WW SPAGHETTI WITH MEAT SAUCE	MEXICAN MEATBALLS
Cooked meat, fish, poultry cheese	30 - 45 G 30 - 45 G	CREAM CHEESE		POTATOES WEDGES		
egg	1				SALAD	BROWN RICE
cooked dry beans	1/4 -1/2 C 1 - 2 T	RED PEPPER WEDGES	CUCUMBER COINS	SALAD	PLUM TOMATOES	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C			CARROT STICKS		
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGELS		WHOLE WHEAT PITA		
Milk	1/2 - 3/4 C	MILK & NECTARINES	MILK & CANTALOUPE	MILK & PEARS	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		EGG SALAD SANDWICHES & MILK	GALA APPLE DIGESTIVE COOKIES & MILK	MIXED TROPICAL FRUIT, GRAHAM CRACKERS MILK	SPINACH DIP, BREAD STICKS & MILK	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BANANA & WATER	MINI RICE CAKES & MILK	BROCCOLI FLORETTES & WATER	ORANGE & MILK	WHEAT THINS CRACKERS & MILK

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VEGETARIAN MENU - 2024

Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)						
Milk and/or	1/4 -1/2 C	OATMEAL WITH BROWN SUGAR, RAISINS & MILK	WW TOAST DICED PEACH AND COTTAGE CHEESE & WATER	WHOLE GRAIN SCONES WITH JAM & MARGARINE GALA APPLES & MILK	MULTIGRAIN CHEERIOS WITH BLUEBERRIES AND MILK	VANILLA YOGURT, GRANOLA BARS & MILK
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						
Meat and/or alternate one of the following or a combination		MINESTRONE SOUP	VEGETARIAN MACARONI WITH PEAS IN RED SAUCE	FISH BURGER	WW SPAGHETTI WITH VEGETABLE GROUND ROUND SAUCE	MEXICAN STYLE VEGETABLE GROUND ROUND
Cooked meat, fish, poultry cheese	30 - 45 G 30 - 45 G	CREAM CHEESE		POTATOES WEDGES		
egg	1				SALAD	BROWN RICE
cooked dry beans	1/4 -1/2 C 1 - 2 T	RED PEPPER WEDGES	CUCUMBER COINS	SALAD	PLUM TOMATOES	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C			CARROT STICKS		
Bread	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT MINI BAGEL		WHOLE WHEAT PITA		
Milk	1/2 - 3/4 C	MILK & NECTARINES	MILK & CANTALOUPE	MILK & PEARS	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		EGG SALAD SANDWICHES & MILK	GALA APPLE, DIGESTIVE COOKIES & WATER	MIXED TROPICAL FRUIT, GRAHAM CRACKERS & MILK	SPINACH DIP, BREAD STICKS & MILK	FROZEN YOGURT CUPS BANANAS & MILK
Between Meal Eating(PM)- around 5:30p.m.		BANANA & WATER	MINI RICE CAKES & MILK	BROCCOLI FLORETTES & WATER	ORANGE & MILK	WHEAT THINS CRACKERS & MILK

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