

C:Cup	T:Tablespoon	G:Gram	COURTLEIGH PLACE			WINTER MENU 1 2025-2026	
Menu Guide	Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)			HOT OATMEAL WITH BROWN SUGAR WITH RAISINS & MILK	WHOLE GRAIN SCONES WITH JAM AND MARGARINE & MILK	MINI WHOLE WHEAT CROISSANT WITH APPLE BUTTER AND GALA APPLES & MILK	VANILLA YOGURT WITH GRANOLA BARS AND PEARS & WATER	MULTI GRAIN CHEERIOS WITH FROZEN MIXED FRUIT & 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 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	CELERY STICKS
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 & 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	MINI CARROT LOAVES WITH GALA APPLES & MILK	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER
Late PM Snack			HARD BOILED EGGS & MILK	BROCCOLI FLORETTES & 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 RAISINS & MILK	WHOLE GRAIN SCONES WITH JAM AND MARGARINE & 100% JUICE	MINI WHOLE WHEAT CROISSANT WITH APPLE BUTTER AND GALA APPLES & MILK	VANILLA YOGURT WITH GRANOLA BARS AND PEARS & WATER	MULTI GRAIN CHEERIOS WITH FROZEN MIXED FRUIT & 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								
Cooked meat, fish, poultry	30 - 45 G							
cheese	30 - 45 G	GARDEN	TOSSED	COLE SLAW	GREEN	CALIFORNIA		
egg	1	SALAD	SALAD		SALAD	VEGETABLES		
cooked dry beans	1/4 - 1/2 C							
		CUCUMBER COINS	CARROT STICKS	CHERRY TOMATOES	PLUM TOMATOES SLICES	CELERY STICKS		
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		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	MINI CARROT LOAVES WITH GALA APPLES & MILK	RICE CAKES WITH CHERRY TOMATOES AND MARBLE CHEESE CUBES & WATER	
Late PM Snack			HARD BOILED EGGS & MILK	BROCCOLI FLORETTES & MILK	CUCUMBER SLICES & MILK	RED PEPPER WEDGES & MILK	CARROT STICKS & MILK	

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Menu Guide	Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		MINI WHOLE WHEAT BAGEL LIGHT CREAM	MULTIGRAIN CHEERIOS WITH FROZEN	WHOLE WHEAT ENGLISH MUFFINS WITH	VANILLA YOGURT, WITH GRAHAM CRACKERS AND	VEGETABLE & FRUIT SMOOTHIE, WW TOAST WITH MARGARINE
Milk and/or	1/4 -1/2 C	CHEESE AND	BLUEBERRIES	APPLE BUTTER,	FRESH BERRIES	& MILK
Fruit, juice, or vegetable	1/4 -1/2 C	GALA APPLES	& MILK	CUCUMBER SLICES	& MILK	
Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 slice 1/4 -1/3 C			& MILK		
Noonday Meal		CHICKEN IN BBQ SAUCE	GROUND BEEF MACARONI PIE	SOLE 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				
egg	1	CALIFORNIA	GARDEN	GREEN		TOSSED
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD		SALAD
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 BREADSTICKS AND CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	MINI BAGELS WITH MARGARINE, AND CAULIFLOWER & 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	MULTIGRAIN CHEERIOS WITH FROZEN BLUEBERRIES & MILK	WHOLE WHEAT ENGLISH MUFFINS WITH APPLE BUTTER, CUCUMBER SLICES & MILK	VANILLA YOGURT, WITH GRAHAM CRACKERS AND FRESH BERRIES & MILK	VEGETABLE & FRUIT SMOOTHIE, WW TOAST WITH MARGARINE & MILK
Milk and/or	1/4 -1/2 C					
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE AND				
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES				
cereal, enriched or whole grain	1/4 -1/3 C	& MILK				
Noonday Meal		VEGGIE BURGER IN BBQ SAUCE	VEGETABLE GROUND ROUND MACARONI PIE	SOLE 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				
egg	1	CALIFORNIA	GARDEN	GREEN		LETTUCE
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD		
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 BREADSTICKS AND CUCUMBER COINS & MILK	CORN TORTILLA, SALSA, CHEDDAR CHEESE CUBES & MILK * INFANTS WW PITA WITH CREAM CHEESE	MINI BAGELS WITH MARGARINE, AND CAULIFLOWER & 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	VANILLA YOGURT GRANOLA BARS AND PEARS & MILK	ENGLISH MUFFINS WITH SOFT CHEESE AND TROPICAL FRUIT & 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	1/4 - 1/2 C	CUCUMBER COINS	GREEN PEPPER WEDGES	CAULIFLOWER FLORETS	RED PEPPER WEDGES	PLUM TOMATO
Bread or equivalent	1/4 - 1/2 slice 2 - 4 T	BROWN RICE WITH QUINOA AND TUMERIC		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 CHERRY TOMATO & MILK	CLEMENTINE AND BANANA MAPLE COOKIES & MILK	MINI BAGELS WITH CREAM CHEESE AND APPLE SAUCE & MILK	PREMIUM CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK	MINI CHEDDAR RICE CAKES AND ORANGES & MILK
Late PM Snack		CARROT STICKS & MILK	CUCUMBER COINS & MILK	CRUNCHY RICE ROLLS & MILK	BROCCOLI FLORETTES & MILK	MULTIGRAIN SCONES & 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		VANILLA YOGURT GRANOLA BARS AND PEARS & MILK		ENGLISH MUFFINS WITH SOFT CHEESE AND TROPICAL FRUIT & 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 VEGETARIAN MEATBALLS		MACARONI AND CHICKEN WITH PEAS IN RED SAUCE		VEGGIE CUTLET		WHOLE WHEAT SPAGHETTI VEG.GROUND ROUND SAUCE		MACARONI, GROUND ROUND 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		1/4 -1/2 C		CUCUMBER COINS		GREEN PEPPER WEDGES		CAULIFLOWER FLORETS		RED PEPPER WEDGES		PLUM TOMATO	
Bread or equivalent		1/4 -1/2 slice 2 - 4 T		BROWN RICE WITH QUINOA AND TUMERIC				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 CHERRY TOMATO & MILK		CLEMENTINE AND BANANA MAPLE COOKIES & MILK		MINI BAGELS WITH CREAM CHEESE AND APPLE SAUCE & MILK		PREMIUM CRACKERS WITH MOZZARELLA CHEESE CUBES GALA APPLES & MILK		MINI CHEDDAR RICE CAKES AND ORANGES & MILK	
Late PM Snack				CARROT STICKS & MILK		CUCUMBER COINS & MILK		CRUNCHY RICE ROLLS & MILK		BROCCOLI FLORETTES & MILK		BOILED EGGS & MILK	

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Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday
Between Meal Eating (A.M.)		APPLE SAUCE AND BREAD	WHOLE WHEAT PITA WITH CREAM CHEESE	MULTIGRAIN CHEERIOS WITH BANANA	VANILLA YOGURT, DIGESTIVE COOKIES AND GALA APPLES	FRUIT & VEGETABLE SMOOTHIE AND CRUNCHY RICE ROLL
Milk and/or	1/4 -1/2 C					
Fruit, juice, or vegetable	1/4 -1/2 C	STICKS	AND			
Bread, sandwich or	1/4 -1/2 slice	&	PEARS	&		
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		CHICKEN BREAST FILLET	SOLE FISH	CHICKEN SAUSAGE	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	ROSTI	SHREDDED	
cheese	30 - 45 G		WEDGES	POTATO	CHEESE	FISH STICKS
egg	1	TOSSED				
cooked dry beans	1/4 -1/2 C	SALAD	COLE SLAW	PEAS	GREEN SALAD	
	1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CUCUMBER COINS	RED PEPPER WEDGES	SLICED TOMATOES	CARROT STICKS
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	SWEET POTATO FRIES	NAAN BREAD	DINNER ROLLS	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C					
Dessert	optional	MILK & GALA APPLES	MILK & CLEMENTINE	MILK & CANTALOUPE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)		MINI CARROT LOAVES AND GREEN PEPPERS	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
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	VANILLA YOGURT, DIGESTIVE COOKIES AND GALA APPLES & MILK	FRUIT & VEGETABLE SMOOTHIE AND CRUNCHY RICE ROLL & 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	SOLE FISH	VEGETARIAN SAUSAGE	CHILI (VEGETARIAN GROUND ROUND, RED BEANS IN TOMATO SAUCE)	HEARTY VEGETABLE SOUP
Meat and/or alternate one of the following or a combination			POTATO WEDGES	ROSTI POTATO		
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G					
egg	1	TOSSED SALAD	COLE SLAW	PEAS	SHREDDED CHEESE SALAD	FISH STICKS
cooked dry beans	1/4 -1/2 C					
	1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CHERRY TOMATOES	CUCUMBER COINS	RED PEPPER WEDGES	SLICED TOMATOES	CARROT STICKS
Bread or equivalent	1/4 -1/2 slice					
	2 - 4 T	SWEET POTATO FRIES	NAAN BREAD	DINNER ROLLS	WHOLE WHEAT SOFT TORTILLA	
Milk	1/2 - 3/4 C					
		MILK & GALA APPLES	MILK & CLEMENTINE	MILK & CANTALOUPE	MILK & GREEN GRAPES	MILK & BANANA
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
Late PM Snack		DIGESTIVE COOKIES & MILK	CARROT STICKS & MILK	TRISCUIT CRACKERS & WATER	BROCCOLI FLORETTES & MILK	WHEAT THIN CRACKERS & MILK

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