

C:Cup T:Tablespoon G:Gram

COURTLEIGH PLACE 2026

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	GRANOLA BAR WITH GALA APPLE & MILK	MULTI GRAIN CHEERIOS WITH BANANA & MILK	MINI WHOLE WHEAT CROISSANT WITH JAM, BLUEBERRIES & MILK	VANILLA YOGURT, DIGESTIVE COOKIES, GALA APPLES & MILK	GRAHAM CRACKERS AND VEGETABLE FRUIT SMOOTHIE
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	SOLE 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 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

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2026

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	VANILLA YOGURT, DIGESTIVE COOKIES, GALA APPLES & MILK	GRAHAM CRACKERS AND VEGETABLE FRUIT SMOOTHIE
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	SOLE FISH 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 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

C:Cup T:Tablespoon G:Gram

COURTLEIGH PLACE 2026

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	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & 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	BAKED CHICKEN TENDERS	CHICKEN SAUSAGE	WW SPAGHETTI WITH MEATBALLS	BBQ CHICKEN & BROWN RICE
Cooked meat, fish, poultry	30 - 45 G			DICED POTATO		
cheese	30 - 45 G					STEAMED BROCCOLI
egg	1		POTATO WEDGES	SALAD	SALAD	
cooked dry beans	1/4 -1/2 C 1 - 2 T	TUNA SALAD	GREEN PEPPER WEDGES	GREEN PEAS	CUCUMBER COINS	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES				
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD		DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & PINEAPPLE	MILK & RED APPLES	MILK & GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		GRAHAM 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

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2026

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	VANILLA YOGURT, PEACH SLICES, WW TOAST & MILK	ENGLISH MUFFINS WITH APPLE BUTTER, PLUMS & 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 CUTLETS	VEGETARIAN SAUSAGE	SPAGHETTI WITH VEGETABLE GROUND ROUND SAUCE	VEGETARIAN BURGER IN BBQ SAUCE & BROWN RICE
Cooked meat, fish, poultry	30 - 45 G			DICED POTATO		
cheese	30 - 45 G					STEAMED BROCCOLI
egg	1		POTATO WEDGES	SALAD	SALAD	
cooked dry beans	1/4 -1/2 C 1 - 2 T	TUNA SALAD	GREEN PEPPER WEDGES	GREEN PEAS	CUCUMBER COINS	CHERRY TOMATOES
Vegetables and/or fruit	1/4 -1/2 C	PLUM TOMATOES				
Bread or equivalent	1/4 -1/2 slice 2 - 4 T	WHOLE WHEAT BREAD		DINNER ROLLS		
Milk	1/2 - 3/4 C	MILK & CANTALOUPE	MILK & PINEAPPLE	MILK & ORANGES	MILK & GREEN GRAPES	MILK & GALA APPLES
Between Meal Eating (P.M.)-around 3:30pm		GRAHAM 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

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

COURTLEIGH PLACE 2026

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	VANILLA YOGURT, PEACH SLICES AND GRAHAM CRACKERS	WW ENGLISH MUFFIN WITH APPLE BUTTER & VEGETABLE AND FRUIT SMOOTHIE
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	FISHSTICKS	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		CARROT STICKS	WHOLE WHEAT BREAD	RED PEPPER STICKS	PLUM TOMATOES
cooked dry beans	1/4 -1/2 C 1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS				
Bread or equivalent	1/4 -1/2 slice 2 - 4 T					
Milk	1/2 - 3/4 C	MILK & ORANGES	MILK & PEAR	MILK & PINEAPPLE	MILK & GREEN GRAPES	MILK & BANANA
Between Meal Eating (P.M.)-around 3:30pm		RITZ CRACKERS, CELERY STICKS & MILK	MINI PREZELS, MOZZERELLA CHEESE CUBES, GR. PEPPER & MILK	MINI BAGELS WITH MARGARINE, ORANGES & MILK	GALA APPLE ARROWROOT COOKIES & MILK	PREMIUM PLUS CRACKERS, HUMMUS AND CUCUMBER & MILK
Between Meal Eating(PM)- around 5:30p.m.		HARD BOILED EGGS & MILK	MINI RICE CAKES & MILK	STEAMED BROCCOLI & MILK	MULTI GRAIN BRENTON CRACKERS & MILK	CARROT STICKS & MILK

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2026

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	VANILLA YOGURT, PEACH SLICES AND GRAHAM CRACKERS	WW ENGLISH MUFFIN WITH APPLE BUTTER & VEGETABLE AND FRUIT SMOOTHIE
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		VEGETABLE GROUND ROUND STEW	FISHSTICKS	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		CARROT STICKS	WHOLE WHEAT BREAD	RED PEPPER STICKS	PLUM TOMATOES
cooked dry beans	1/4 -1/2 C 1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER COINS				
Bread or equivalent	1/4 -1/2 slice 2 - 4 T					
Milk	1/2 - 3/4 C	MILK & ORANGES	MILK & PEARS	MILK & PINEAPPLE	MILK & GRAPES	MILK & BANANA
Between Meal Eating (P.M.)-around 3:30pm		RITZ CRACKERS, CELERY STICKS MILK	MINI PREZELS, MOZZERELLA CHEESE CUBES, GR. PEPPER & MILK	MINI BAGELS WITH MARGARINE, ORANGES & MILK	GALA APPLE ARROWROOT COOKIES & MILK	PREMIUM PLUS CRACKERS, HUMMUS AND CUCUMBER & MILK
Between Meal Eating(PM)- around 5:30p.m.		HARD BOILED EGGS & MILK	MINI RICE CAKES & MILK	STEAMED BROCCOLI & MILK	MULTI GRAIN BRENTON CRACKERS & MILK	CARROT STICKS & MILK

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

COURTLEIGH PLACE 2026

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	VANILLA YOGURT, GRANOLA BARS & MILK	MULTIGRAIN CHEERIOS WITH BLUEBERRIES AND 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		EGG NOODLE SOUP WITH CHICKEN AND VEGETABLES	DICED CHICKEN MACARONI WITH PEAS IN RED SAUCE	FISH BURGER	WW SPAGHETTI WITH MEAT SAUCE	MEXICAN MEATBALLS
Cooked meat, fish, poultry	30 - 45 G					
cheese	30 - 45 G			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	NAAN BREAD		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		SPINACH DIP, BREAD STICKS & MILK	GALA APPLE DIGESTIVE COOKIES & MILK	MIXED TROPICAL FRUIT, GRAHAM CRACKERS MILK	BOILED EGG WITH MINI PITA & 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

* Menus reviewed by registered dietitian

C:Cup T:Tablespoon G:Gram

VEGETARIAN MENU - 2026

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	VANILLA YOGURT, GRANOLA BARS & MILK	MULTIGRAIN CHEERIOS WITH BLUEBERRIES AND 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		EGG NOODLE SOUP WITH VEGETABLES	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	30 - 45 G					
cheese	30 - 45 G			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	NAAN BREAD		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		SPINACH DIP, BREAD STICKS & MILK	GALA APPLE DIGESTIVE COOKIES & MILK	MIXED TROPICAL FRUIT, GRAHAM CRACKERS MILK	BOILED EGG WITH MINI PITA & 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

* Menus reviewed by registered dietitian