

# Complete Care Core Menu 2024 - Week 1

Service for 04/01/2024

Diet: Regular / Texture:  
Regular

| MONDAY                    | APR 01    | TUESDAY                   | APR 02  | WEDNESDAY               | APR 03    | THURSDAY                 | APR 04  | FRIDAY                | APR 05    | SATURDAY                   | APR 06  | SUNDAY                          | APR 07  |
|---------------------------|-----------|---------------------------|---------|-------------------------|-----------|--------------------------|---------|-----------------------|-----------|----------------------------|---------|---------------------------------|---------|
| BREAKFAST                 |           |                           |         |                         |           |                          |         |                       |           |                            |         |                                 |         |
| Oatmeal                   | 1/2 Cup   | Homefried Potatoes        | 1/2 Cup | Oatmeal                 | 1/2 Cup   | Oatmeal                  | 1/2 Cup | Oatmeal               | 1/2 Cup   | Oatmeal                    | 1/2 Cup | Oatmeal                         | 1/2 Cup |
| Scrambled Egg             | 1 #16 sc. | Oatmeal                   | 1/2 Cup | Scrambled Egg           | 1 #16 sc. | Pancakes                 | 2 each  | Scrambled Egg         | 1 #16 sc. | Pancakes                   | 2 each  | Cheese Omelet                   | 1 each  |
| Hashbrown Patty           | 1 each    | Pancakes                  | 2 each  | Dry Wheat Toast         | 1 slice   | Homefried Potatoes       | 1/2 Cup | Hashbrown Patty       | 1 each    | Hash Browns                | 1/2 Cup | Hash Browns                     | 1/2 Cup |
|                           |           | Sausage Links             | 2 each  |                         |           |                          |         | Dry Wheat Toast       | 2 slice   |                            |         | Bacon Strips                    | 2 slice |
| LUNCH                     |           |                           |         |                         |           |                          |         |                       |           |                            |         |                                 |         |
| Smothered Pork            | 3 Oz      | Penne Pasta w/Meat Sauce  | 1 Cup   | Pulled Turkey and Gravy | 3/4 Cup   | Roast Pork               | 1 each  | PF Meatloaf           | 3 Oz      | Lemon Chicken              | 3 Oz    | Roast Turkey                    | 3 Oz    |
| Fluffy Rice               | 1/2 Cup   | Caribbean Vegetable Blend | 1/2 Cup | Mashed Potatoes         | 1/2 Cup   | Herb Seasoned Orzo Pasta | 1/2 Cup | Mashed Sweet Potatoes | 1/2 Cup   | Rice Pilaf                 | 1/2 Cup | Scalloped Potatoes              | 1/2 Cup |
| Sicilian Blend Vegetables | 1/2 Cup   | White Dinner Roll         | 1 each  | Steamed Broccoli        | 1/2 Cup   | Meadow Blend Vegetables  | 1/2 Cup | Wheat Dinner Roll     | 1 each    | Honey Glazed Baby Carrots  | 1/2 Cup | Steamed Spinach                 | 1/2 Cup |
| Wheat Dinner Roll         | 1 each    | Frosted White Cake        | 1 (2x3) | Wheat Dinner Roll       | 1 each    | Chocolate Cake           | 1 (2x3) | Sugar Cookies         | 2 each    | Brownie                    | 1 (2x2) | White Dinner Roll               | 1 each  |
| Oatmeal Cookies           | 2 each    |                           |         | Snickerdoodle Cookies   | 2 each    |                          |         |                       |           |                            |         | Apple Pie                       | 1 slice |
| DINNER                    |           |                           |         |                         |           |                          |         |                       |           |                            |         |                                 |         |
| Tuna Salad Sndw on Wheat  | 1 each    | Turkey Sandwich on Wheat  | 1 each  | BBQ Chicken Sandwich    | 3 Oz      | Egg Salad Sndw on Wheat  | 1 each  | Tuna Noodle Casserole | 1 Cup     | Turkey Reuben Sandwich     | 1 each  | Chicken Salad Sandwich on Wheat | 1 each  |
| Tator Tots                | 1/2 Cup   | Dill Potato Salad         | 1/2 Cup | French Fried Potatoes   | 1/2 Cup   | Seasoned Green Beans     | 1/2 Cup | Squash Medley         | 1/2 Cup   | Roasted Red Potatoes       | 1/2 Cup | Soft Italian Pasta Salad        | 1/2 Cup |
| Chilled Fruit Cocktail    | 1/2 Cup   | Chilled Pineapple         | 1/2 Cup | Blushing Pears          | 1/2 Cup   | Cranberry Peaches        | 1/2 Cup | Chilled Fruit Salad   | 1/2 Cup   | Oranges In Whipped Topping | 1/2 Cup | Chilled Citrus Cup              | 1/2 Cup |

| MONDAY                  | APR 08    | TUESDAY             | APR 09  | WEDNESDAY                   | APR 10    | THURSDAY              | APR 11  | FRIDAY                       | APR 12  | SATURDAY            | APR 13  | SUNDAY                  | APR 14   |
|-------------------------|-----------|---------------------|---------|-----------------------------|-----------|-----------------------|---------|------------------------------|---------|---------------------|---------|-------------------------|----------|
| BREAKFAST               |           |                     |         |                             |           |                       |         |                              |         |                     |         |                         |          |
| Oatmeal                 | 1/2 Cup   | Hashbrown Patty     | 1 each  | Oatmeal                     | 1/2 Cup   | Oatmeal               | 1/2 Cup | Oatmeal                      | 1/2 Cup | Homefried Potatoes  | 1/2 Cup | Oatmeal                 | 1/2 Cup  |
| Scrambled Egg           | 1 #16 sc. | Oatmeal             | 1/2 Cup | Scrambled Egg               | 1 #16 sc. | French Toast          | 2 slice | Pancakes                     | 2 each  | Oatmeal             | 1/2 Cup | Cheese Omelet           | 1 each   |
| Dry Wheat Toast         | 1 slice   | Pancakes            | 2 each  | Hashbrown Patty             | 1 each    | Sausage Links         | 2 each  | Hashbrown Patty              | 1 each  | Pancakes            | 2 each  | Hashbrown Patty         | 1 each   |
|                         |           | Sausage Links       | 2 each  | Dry Wheat Toast             | 1 slice   |                       |         |                              |         |                     |         | Dry White Toast         | 1 slice  |
|                         |           |                     |         |                             |           |                       |         |                              |         |                     |         | Butter                  | 1 each   |
| LUNCH                   |           |                     |         |                             |           |                       |         |                              |         |                     |         |                         |          |
| Orange Chicken          | 3 Oz      | Creamed Turkey      | 3/4 Cup | Herb & Mustard Crusted Pork | 3 Oz      | Spaghetti & Meatballs | 1 Cup   | Maple Mustard Glazed Chicken | 3 Oz    | Potato Crusted Fish | 3 Oz    | Italian Turkey Meatloaf | 3 Oz     |
| Baked Potato            | 1 whole   | Fluffy Rice         | 1/2 Cup | Winter Blend Vegetables     | 1/2 Cup   | Seasoned Green Beans  | 1/2 Cup | Seasoned Egg Noodles         | 1/2 Cup | Rice Pilaf          | 1/2 Cup | Poultry Gravy           | 2 fl. oz |
| Garden Blend Vegetables | 1/2 Cup   | Seasoned Green Peas | 1/2 Cup | Wheat Dinner Roll           | 1 each    | Wheat Roll            | 1 each  | Seasoned Spinach             | 1/2 Cup | Roasted Cauliflower | 1/2 Cup | Mashed Potatoes         | 1/2 Cup  |
| Wheat Dinner Roll       | 1 each    | Frosted Yellow Cake | 1 (2x3) | Wheat Dinner Roll           | 1 each    | Frosted Spice Cake    | 1 (2x3) | Oatmeal Raisin Cookies       | 2 each  | Apple Pie           | 1 slice | Lemon Butter Broccoli   | 1/2 Cup  |
| Chocolate Chip Cookies  | 2 each    |                     |         | Peanut Butter Cookies       | 2 each    |                       |         |                              |         |                     |         | Wheat Dinner Roll       | 1 each   |
|                         |           |                     |         |                             |           |                       |         |                              |         |                     |         | Blonde Brownie          | 1 (2x2)  |

## DINNER

|  |            |  |            |   |            |  |            |   |            |  |            |  |            |
|--|------------|--|------------|---|------------|--|------------|---|------------|--|------------|--|------------|
| <b>Turkey<br/>Cheese<br/>Sandwich</b>  | 1<br>each  | <b>Tuna Salad<br/>Sndw on<br/>White</b>  | 1<br>each  | <b>Chicken<br/>Parm<br/>Sandwich</b>      | 1<br>each  | <b>Grilled<br/>Cheese on<br/>Wheat</b>     | 1<br>each  | <b>Ham &amp;<br/>Potato<br/>Casserole</b> | 1<br>each  | <b>Shepherd's<br/>Pie</b>              | 1 Cup      | <b>Egg Salad<br/>Sndw on<br/>Wheat</b> | 1<br>each  |
| <b>Sauteed<br/>Herbed<br/>Zucchini</b> | 1/2<br>Cup | <b>Seasoned<br/>Broccoli<br/>Florets</b> | 1/2<br>Cup | <b>Potato<br/>Wedges</b>                  | 1/2<br>Cup | <b>Sweet<br/>Potato Fries</b>              | 1/2<br>Cup | <b>Peas &amp;<br/>Onions</b>              | 1/2<br>Cup | <b>Seasoned<br/>Cabbage</b>            | 1/2<br>Cup | <b>Roasted<br/>Squash</b>              | 1/2<br>Cup |
| <b>Oranges &amp;<br/>Pineapple</b>     | 1/2<br>Cup | <b>Fresh<br/>Cantaloupe</b>              | 1/2<br>Cup | <b>Oranges In<br/>Whipped<br/>Topping</b> | 1/2<br>Cup | <b>California<br/>Blend<br/>Vegetables</b> | 1/2<br>Cup | <b>White<br/>Dinner Roll</b>              | 1<br>each  | <b>Wheat<br/>Dinner Roll</b>           | 1<br>each  | <b>Strawberry<br/>&amp; Pineapple</b>  | 1/2<br>Cup |
|  |            |  |            |   |            | <b>Chilled<br/>Tropical<br/>Fruit</b>      | 1/2<br>Cup | <b>Chilled<br/>Diced Pears</b>            | 1/2<br>Cup | <b>Peaches in<br/>Orange<br/>Sauce</b> | 1/2<br>Cup |  |            |

| MONDAY                          | APR 15    | TUESDAY                   | APR 16  | WEDNESDAY                    | APR 17    | THURSDAY                            | APR 18  | FRIDAY                         | APR 19    | SATURDAY                   | APR 20  | SUNDAY                        | APR 21  |
|---------------------------------|-----------|---------------------------|---------|------------------------------|-----------|-------------------------------------|---------|--------------------------------|-----------|----------------------------|---------|-------------------------------|---------|
| BREAKFAST                       |           |                           |         |                              |           |                                     |         |                                |           |                            |         |                               |         |
| Oatmeal                         | 1/2 Cup   | Oatmeal                   | 1/2 Cup | Oatmeal                      | 1/2 Cup   | Homefried Potatoes                  | 1/2 Cup | Oatmeal                        | 1/2 Cup   | Oatmeal                    | 1/2 Cup | Oatmeal                       | 1/2 Cup |
| Scrambled Egg                   | 1 #16 sc. | Pancakes                  | 2 each  | Scrambled Egg                | 1 #16 sc. | Oatmeal                             | 1/2 Cup | Scrambled Egg                  | 1 #16 sc. | Pancakes                   | 2 each  | Cheese Omelet                 | 1 each  |
| Hashbrown Patty                 | 1 each    | Sausage Links             | 2 each  | Hashbrown Patty              | 1 each    | French Toast                        | 2 slice | Hashbrown Patty                | 1 each    | Sausage Links              | 2 each  | Bacon Strips                  | 2 slice |
|                                 |           |                           |         | Dry Wheat Toast              | 1 slice   | Sausage Links                       | 2 each  | Dry Wheat Toast                | 1 slice   |                            |         | Dry Wheat Toast               | 1 slice |
|                                 |           |                           |         | Butter                       | 1 each    |                                     |         | Butter                         | 1 each    |                            |         | Butter                        | 1 each  |
| LUNCH                           |           |                           |         |                              |           |                                     |         |                                |           |                            |         |                               |         |
| Turkey Tetrazzini               | 1 Cup     | Roast Pork                | 1 each  | Stuffed Cabbage              | 1 each    | Garden Salad                        | 4 Oz    | BBQ Chicken Thighs             | 3 Oz      | Salisbury Steak with Gravy | 1 each  | Baked Lemon Tilapia           | 3 Oz    |
| Glazed Carrots                  | 1/2 Cup   | Mashed Potatoes           | 1/2 Cup | Roll In Sauce                | 1/2 Cup   | Chicken Stir-Fry                    | 3/4 Cup | Whipped Sweet Potato           | 1/2 Cup   | Baked Potato               | 1 whole | Mashed Potatoes               | 1/2 Cup |
| White Roll                      | 1 each    | Caribbean Vegetable Blend | 1/2 Cup | Seasoned Green Beans         | 1/2 Cup   | Sesame Brown Rice                   | 1/2 Cup | Zucchini Parmesan              | 1/2 Cup   | Meadow Blend Vegetables    | 1/2 Cup | Creamed Peas & Onions         | 1/2 Cup |
| Poke Cake                       | (2x3)     | Wheat Dinner Roll         | 1 each  | White Choc Macadamia Cookies | 2 each    | White Dinner Roll                   | 1 each  | Wheat Bread                    | 2 slice   | Wheat Dinner Roll          | 1 each  | White Roll                    | 1 each  |
|                                 |           | Peanut Butter Pie         | 1 slice |                              |           | Orange Pineapple Gelatin            | 1 (2x3) | Chocolate Chip Cookies         | 2 each    | Lazy Daisy Cake            | 1 (2x3) | Apple Crisp                   | 1/2 Cup |
| DINNER                          |           |                           |         |                              |           |                                     |         |                                |           |                            |         |                               |         |
| Chicken Salad Sandwich on Wheat | 1 each    | Tuna Melt Sandwich        | 1/2 Cup | Grilled Cheese Sndw on Wheat | 1 each    | Turkey Rice Casserole               | 1 Cup   | Hot Dog on Bun                 | 1 Cup     | Turkey Cheese Sandwich     | 1/2 Cup | Chicken Broccoli Alfredo Cass | 1 Cup   |
| Creole Green Beans              | 1/2 Cup   | Steak Fries               | 1/2 Cup | Cream of Tomato Soup         | 6 fl. oz  | Cream Style Corn                    | 1/2 Cup | Baked Beans                    | 1/2 Cup   | Sweet Potato Fries         | 1/2 Cup | Sauteed Greens & Garlic       | 1/2 Cup |
| Cinnamon Applesauce             | 1/2 Cup   | Spiced Peaches            | 1/2 Cup | Fresh Grapes                 | 1/2 Cup   | French Bread                        | 1 slice | Roasted Carrots                | 1/2 Cup   | Fresh Honeydew Cubes       | 1 Cup   | Wheat Roll                    | 1 each  |
|                                 |           |                           |         |                              |           | Ginger Baked Pears with Spiced Whip | 1/2 Cup | Fruit Cocktail in Whip Topping | 1/2 Cup   |                            |         | Chilled Pineapple             | 1/2 Cup |

| MONDAY                 | MAR 25    | TUESDAY                   | MAR 26  | WEDNESDAY        | MAR 27    | THURSDAY                      | MAR 28  | FRIDAY                | MAR 29    | SATURDAY                      | MAR 30  | SUNDAY                         | MAR 31  |
|------------------------|-----------|---------------------------|---------|------------------|-----------|-------------------------------|---------|-----------------------|-----------|-------------------------------|---------|--------------------------------|---------|
| BREAKFAST              |           |                           |         |                  |           |                               |         |                       |           |                               |         |                                |         |
| Oatmeal                | 1/2 Cup   | Oatmeal                   | 1/2 Cup | Oatmeal          | 1/2 Cup   | Oatmeal                       | 1/2 Cup | Oatmeal               | 1/2 Cup   | Oatmeal                       | 1/2 Cup | Hashbrown Patty                | 1 each  |
| Scrambled Egg          | 1 #16 sc. | Pancakes                  | 2 each  | Scrambled Egg    | 1 #16 sc. | French Toast                  | 2 slice | Scrambled Egg         | 1 #16 sc. | Pancakes                      | 2 each  | Oatmeal                        | 1/2 Cup |
| Hashbrown Patty        | 1 each    | Sausage Links             | 2 each  | Hashbrown Patty  | 1 each    | Sausage Links                 | 2 each  | Hashbrown Patty       | 1 each    | Sausage Links                 | 2 each  | Cheese Omelet                  | 1 each  |
| Dry Wheat Toast        | 1 slice   |                           |         | Dry Raisin Toast | 1 slice   |                               |         |                       |           |                               |         |                                |         |
| Butter                 | 1 each    |                           |         | Butter           | 1 each    |                               |         |                       |           |                               |         |                                |         |
| LUNCH                  |           |                           |         |                  |           |                               |         |                       |           |                               |         |                                |         |
| Spaghetti & Meat Sauce | 1 Cup     | Oven-Fried Chicken        | 3 Oz    | Chicken Pot Pie  | 1 Cup     | Pork Chop & Mushroom Sauce    | 1 each  | Teriyaki Chicken      | 3 Oz      | Mediterranean Baked Fish      | 3 Oz    | Kensington Easter 2024         |         |
| Green Beans with Thyme | 1/2 Cup   | Baked Potato              | 1 whole | Italian Beets    | 1/2 Cup   | Ginger Whipped Sweet Potatoes | 1/2 Cup | Fluffy Rice           | 1/2 Cup   | Mashed Potatoes               | 1/2 Cup | Rosemary Orange Chicken Breast | 3 Oz    |
| Garlic Bread           | 1 slice   | Seasoned Broccoli Florets | 1/2 Cup | Coconut Cake     | 1 (2x3)   | Roasted Cauliflower           | 1/2 Cup | Zucchini with Oregano | 1/2 Cup   | Scandinavian Blend Vegetables | 1/2 Cup | Scalloped Potatoes             | 1/2 Cup |
| Mixed Fruit Pie        | 95 g      | Wheat Dinner Roll         | 1 each  |                  |           | Wheat Dinner Roll             | 1 each  | Wheat Dinner Roll     | 1 each    | White Roll                    | 1 each  | Lemon Asparagus                | 1/2 Cup |
|                        |           | Frosted Brownie           | 1 (2x2) |                  |           | White Choc Macadamia Cookies  | 2 each  | Lemon Cake            | 1 (2x3)   | Butter                        | 1 each  | Dinner Roll                    | 1 each  |
|                        |           |                           |         |                  |           |                               |         |                       |           | Sugar Cookies                 | 2 each  | Strawberry Cloud Cake          | 1 (2x3) |
|                        |           |                           |         |                  |           |                               |         |                       |           |                               |         | Baked Glazed Ham               | 3 Oz    |

| DINNER                      |         |                            |         |                                 |         |   |                             |
|-----------------------------|---------|----------------------------|---------|---------------------------------|---------|---|-----------------------------|
| Egg Salad Sandwich on White | 1 each  | Cheese Ravioli & Sauce     | 1 Cup   | Chicken Salad Sandwich on Wheat | 1 each  | Tuna Salad Sndw on Wheat                      | 1 each                      |
| Baked Sweet Potato          | 1 whole | Spinach with Garlic Butter | 1/2 Cup | Mashed Potatoes & Gravy         | 1/2 Cup | Macaroni & Cheese California Blend Vegetables | 1/2 Cup                     |
| Peaches in Orange Sauce     | 1/2 Cup | Wheat Roll                 | 1 each  | Winter Blend Vegetables         | 1/2 Cup | Tuna Melt w/Tomato Sandwich                   | 1 each                      |
|                             |         | Rosy Applesauce            | 1/2 Cup | Strawberries & Topping          | 1/2 Cup | Steak Fries                                   | 1/2 Cup                     |
|                             |         |                            |         |                                 |         | Chilled Fruit Cocktail                        | 1/2 Cup                     |
|                             |         |                            |         |                                 |         |   | Ham Salad on Wheat          |
|                             |         |                            |         |                                 |         |   | Lemon Thyme Mashed Potatoes |
|                             |         |                            |         |                                 |         |   | 4 Oz                        |
|                             |         |                            |         |                                 |         |   | Chilled Mandarin Oranges    |
|                             |         |                            |         |                                 |         |   | 1/2 Cup                     |